



Young People & Pornography

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Safe space

- Be aware of triggers and keep yourself safe.
- Confronting content – coarse language.
- Respecting individual views and believes.
- Strength based (no blaming and shaming)



Purpose of the workshop

- Open up a conversation about the challenges of raising children in a sexualised culture.
- Create awareness about the messages conveyed about gender and sex through entertainment media.
- Discuss strategies, tools and solutions for raising young people as critical information seekers.

Desensitization to sexual content





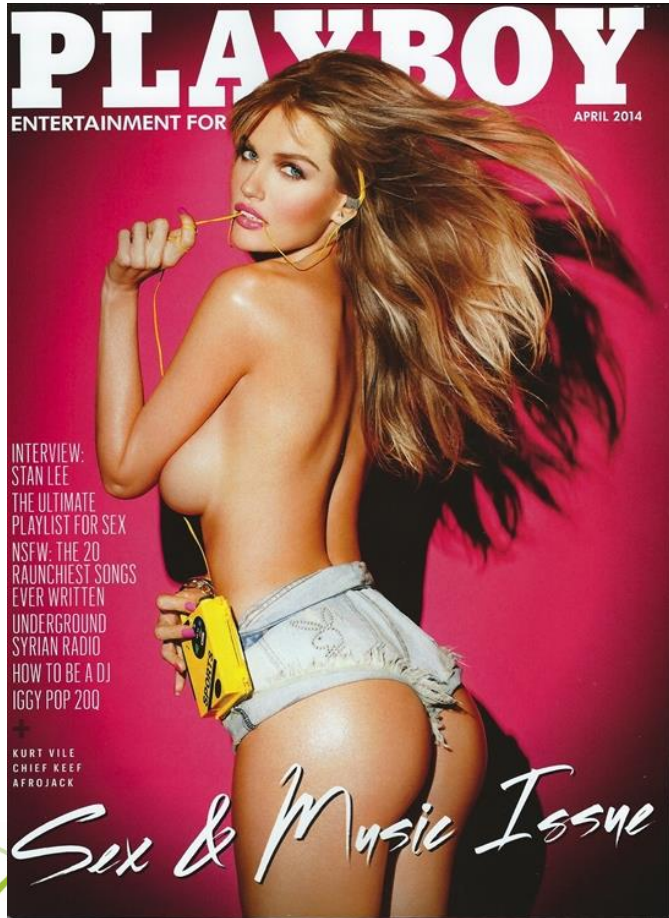
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What has changed?



Porn hub



So what is the issue?

- Access and age appropriateness
- Undermining the positive social messages that we try and teach young people
- Fantasy vs. reality and learning about sex and relationships through entertainment media.



Accessibility

- The ‘new normal’ in this digital age is for people to access virtually any content on their devices – anywhere, any time.
- Many young people access content online with little or no supervision or restrictions.
- Young people view age restrictions more like a guide than actual restrictions.



Are young people watching porn?

- Studies show that between 80-100% of kids will have viewed porn. A recent Australian study indicated 100% of boys and 67% of girls had viewed porn, and of the boys, 85% watched porn weekly or daily.
- Many young people first discover porn by accident, often at a very young age. In New Zealand, this can be as young as eight years old.

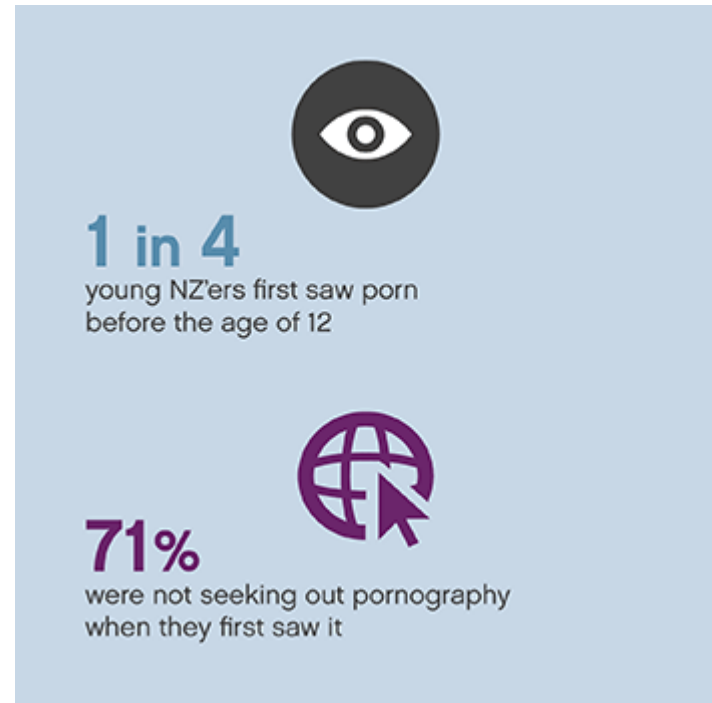
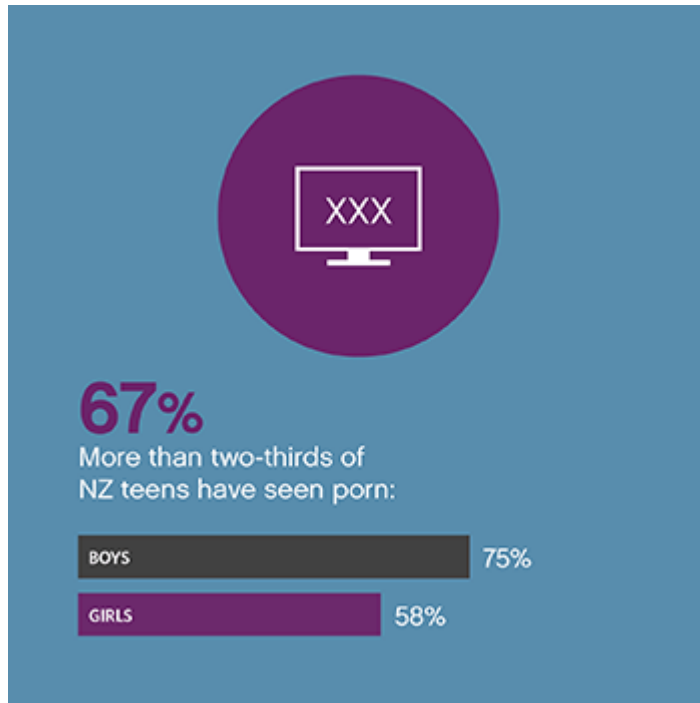


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NZ Youth and Porn



NZ Youth and Porn



73%
of regular viewers use porn as a learning tool



1 in 5
recent viewers of porn have tried
doing something they've seen



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NZ Youth and Porn



Top 5

reasons young people look at porn:

1. **76%** curiosity
2. **58%** accidentally
3. **57%** entertainment
4. **57%** sexual arousal or pleasure
5. **56%** boredom



72%

of recent viewers saw things in porn that made them feel uncomfortable



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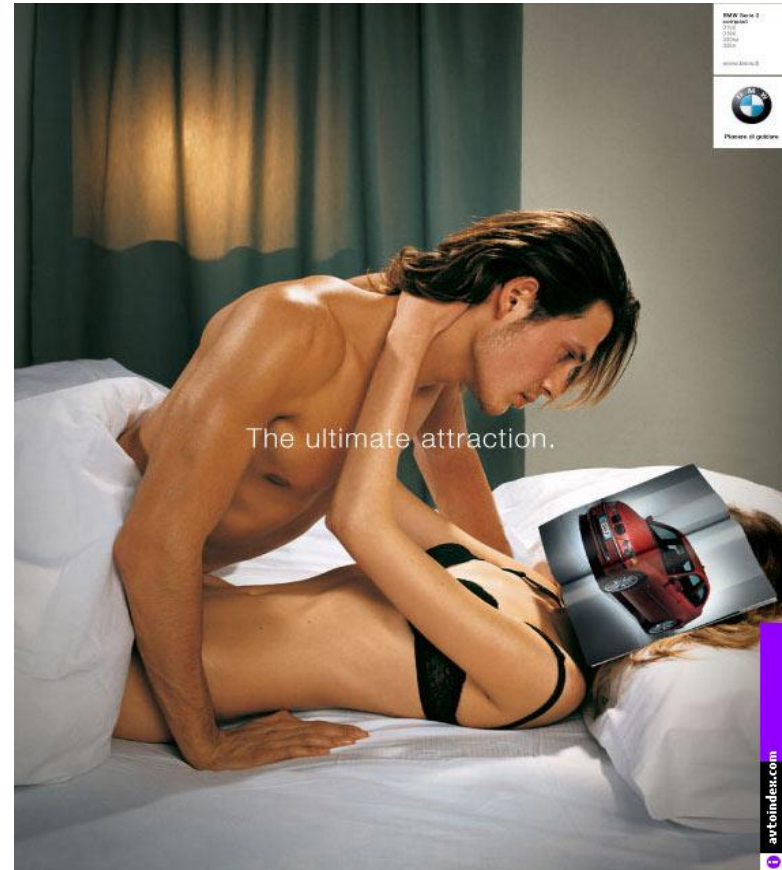
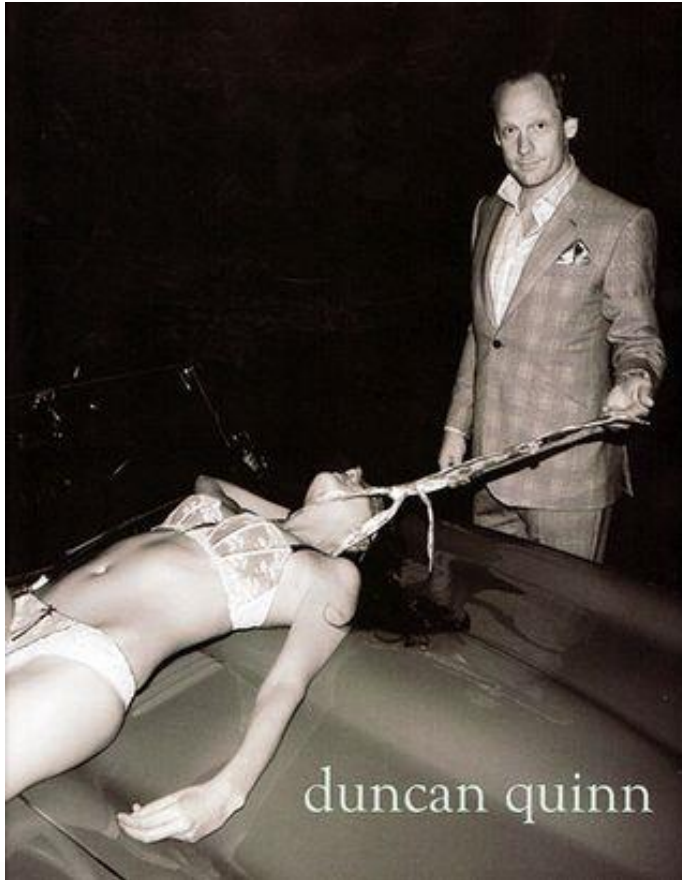
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Messages for young people



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Enjoy your
time out of the
bedroom.



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Making Everyday New

See the entire range at madisonproducts.com.au

A woman's
best friend.



MADISON AVENUE
Making Everyday New

See the entire range at madisonproducts.com.au

The only thing
that cooks better
is a woman.



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THE CLEANER YOU ARE

THE DIRTIER YOU GET

NEW IMPROVED AXE / SHOWER GEL



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*TOUCH BOTH SIDES
FOR ADDED ENJOYMENT.*



PSVITA
PlayStation Vita



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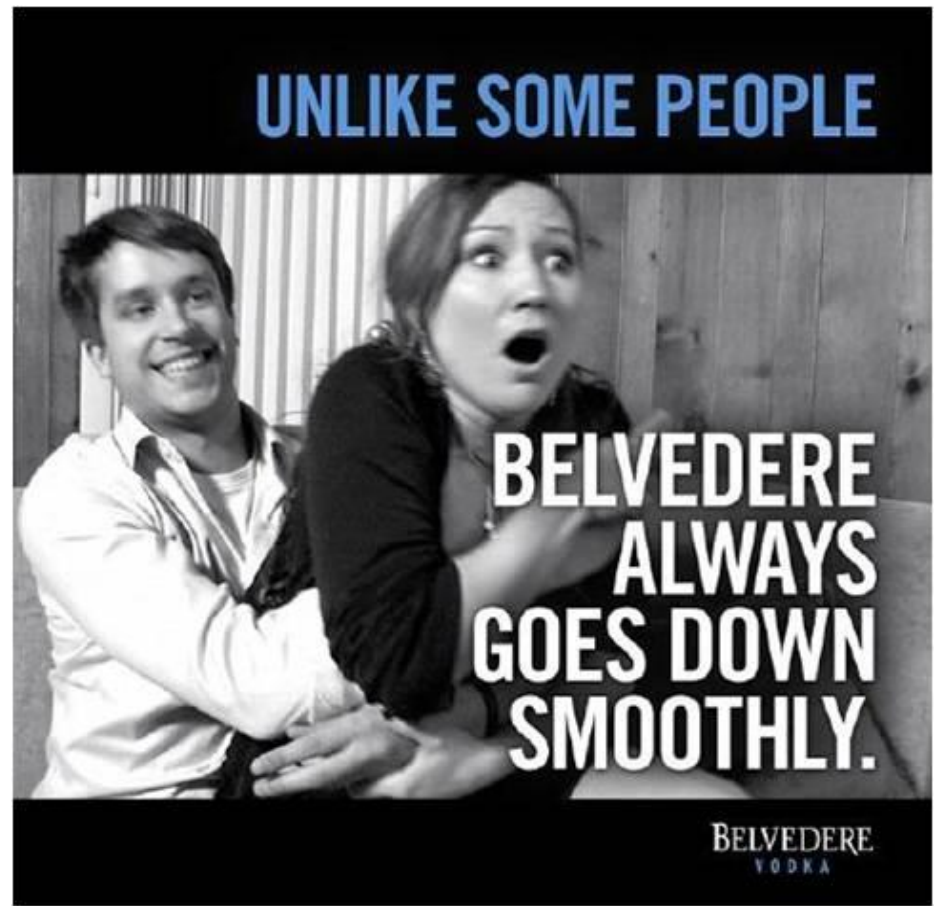
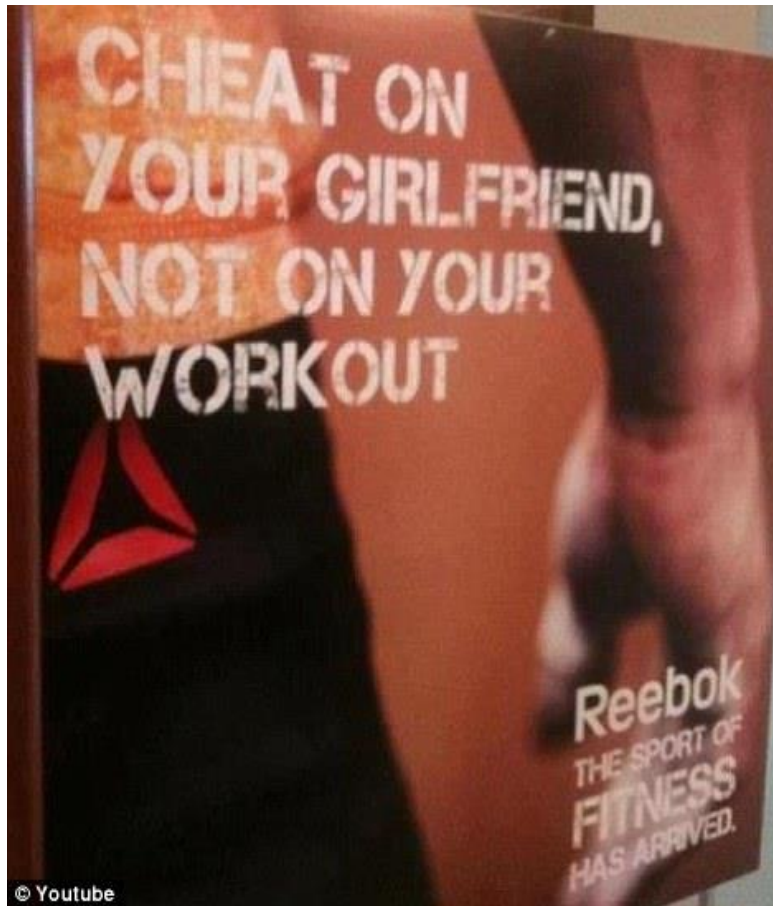
KEEP AUSTRALIA BEAUTIFUL.



PROTEINEX ONLY 4g CARBS
LO CARB
ONLY 10g SUGAR
LOW FAT
LOW SODIUM
LOW CALORIES
LOW CARB
LOW FAT
LOW SODIUM
LOW CALORIES

THE BODY BEAUTIFUL BAR







**She'll tell you
size doesn't matter.
She's lying.**



Super Star[®] with cheese

Carl's Jr. It's gonna get messy.



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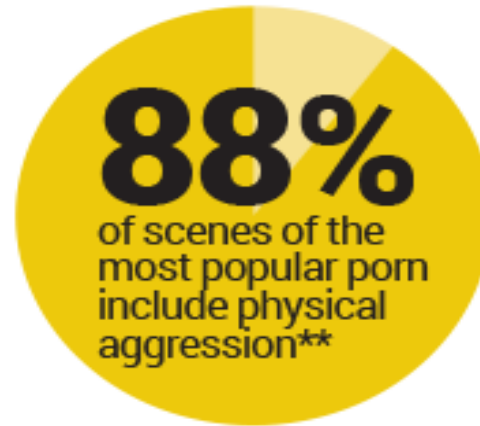
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Making violence sexy

- Heavy exposure to sexualised media and pornography influences sexual behaviour, strengthens beliefs in gender related sexual roles
- Creating attitudes supportive of sexual coercion and violence.

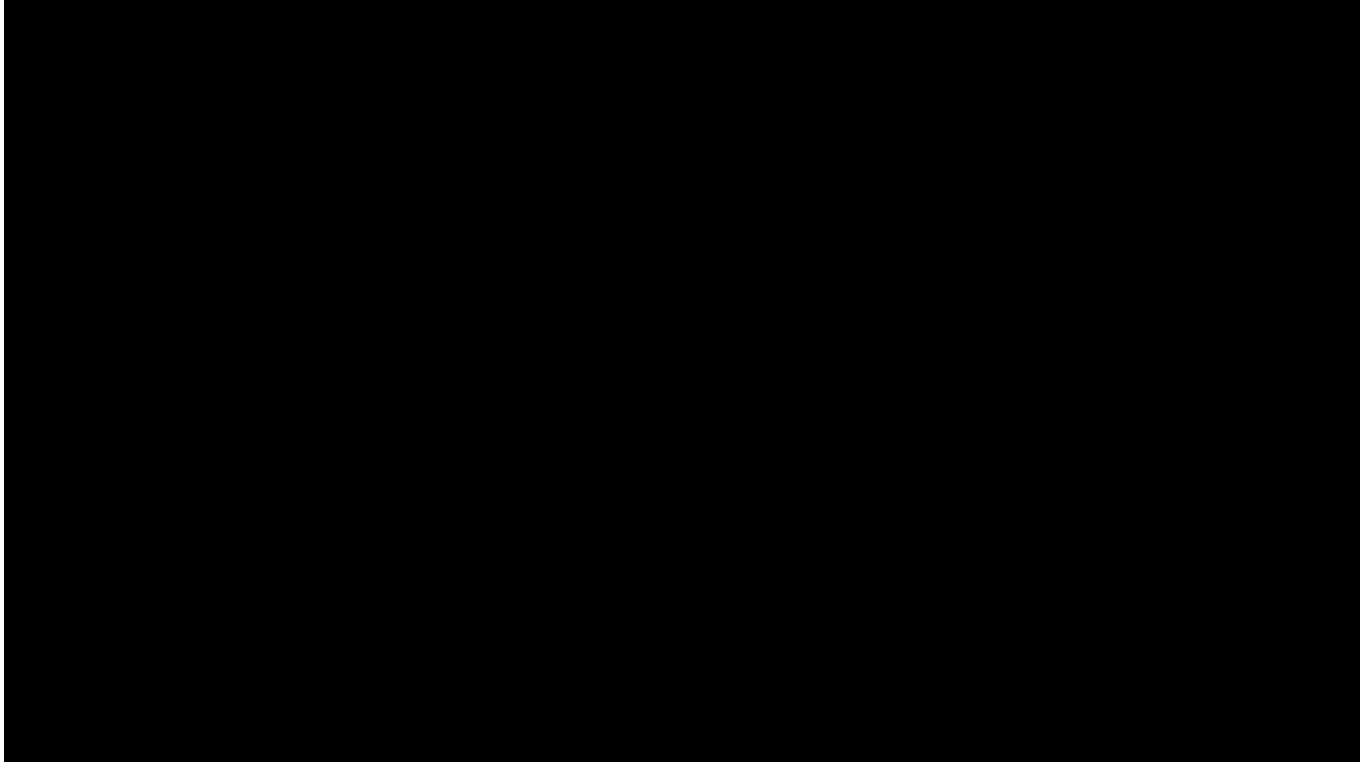


“Rougher and harder”



In **94%** of incidents, the targets of the aggression were female performers.

Mainstream pornography

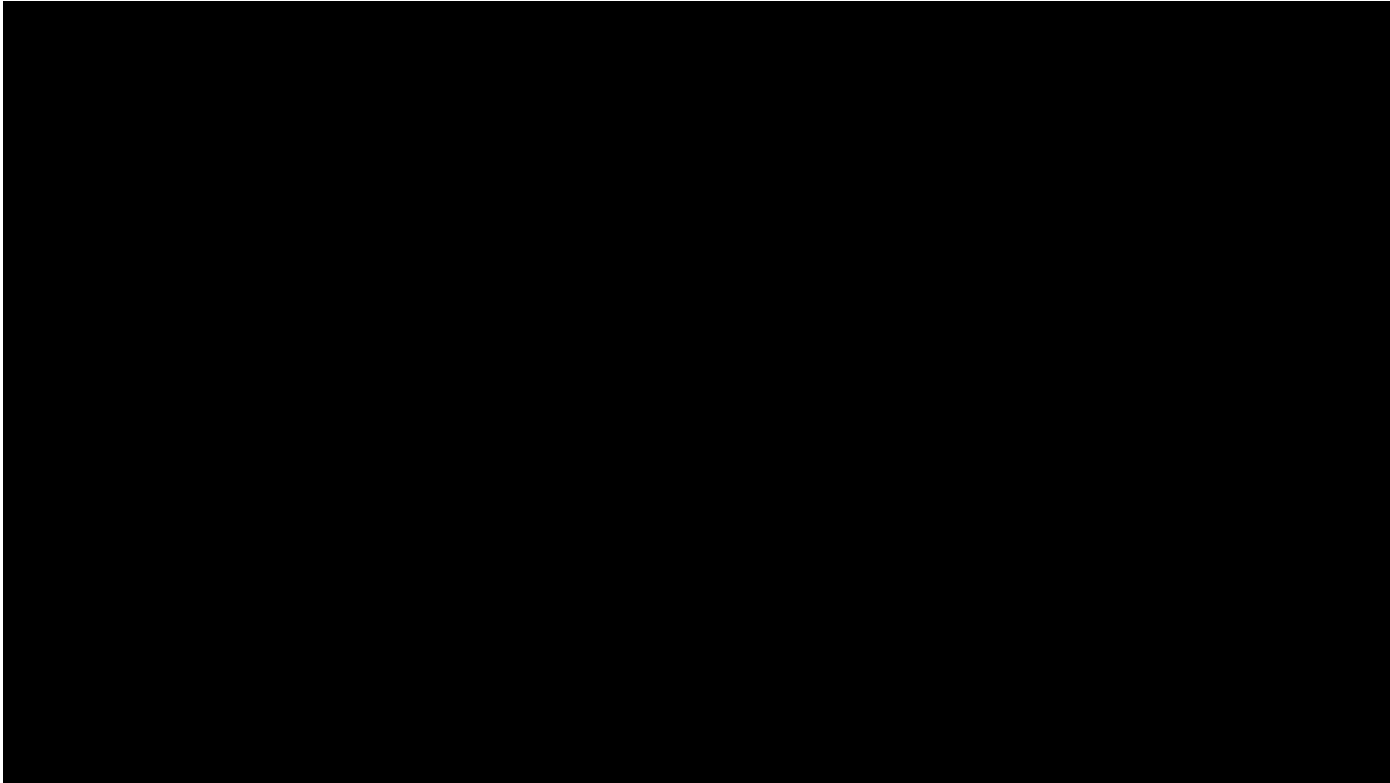


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Porn world

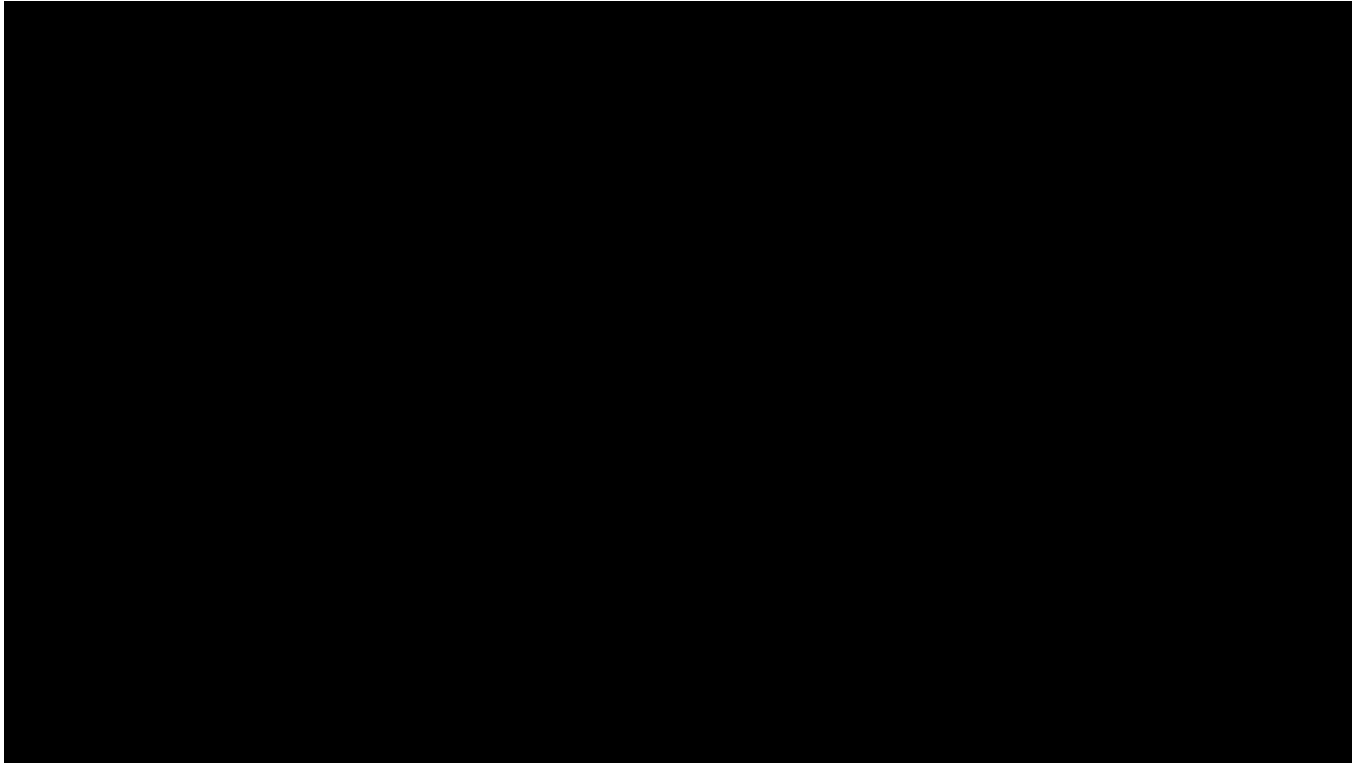


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The Industry



Porn world vs. Real world

PORN WORLD

REAL WORLD

BOTH

NEITHER



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Growing up in a pornified culture



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Sex Ed by entertainment media

Body
image

Negotiating
consent

Healthy
relationships

Social

Gender,
power &
aggression



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Porn world versus real world



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Sex for one

Sex recession and social stunting? - “Procrasturbation”

WHY

Nofap

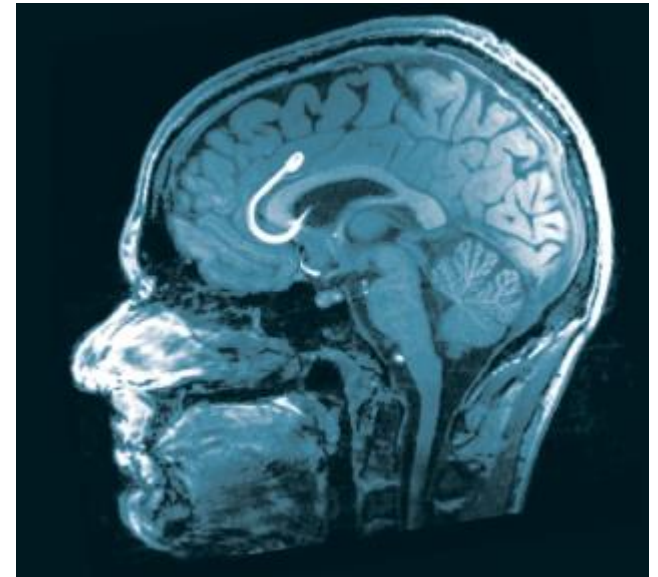
Destroys

Social Anxiety

High-Status Man

The brain and porn

- Average age of access is 10 years.
- Same neurochemical response as a “class A” drug.
- Can cause long-term physiological damage – increase in young men with E.D.
- Impacts on relationships.



TED^xGlasgow

x = independently
organized TED event



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What can go wrong?

- Pornography has the power to condition unhealthy behaviours.
- Becoming desensitized to 'soft' porn and moving on to more disturbing images.
- Exposure to media violence is associated with more aggressive behaviours, thoughts and feelings, as well as reducing behaviours that could help others.
- At worst, some people begin to act out their fantasies by victimizing others, including children and animals.

What can we do?

Consider the internet as a place that young people go...they wouldn't let them go to the park with kids they didn't know, without supervision, so why the internet?



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Starting the conversation



What can we do? - summed up

1. **Limit** young people's exposure and access to sexually explicit content.
2. **Teachable moments-** encourage young people to *critique and question* what they see, teach core values.
3. **Help** young people develop *skills* required to resist pornography's influence.
4. **Create a safe supportive home environment** where respect is shown.



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Limit Exposure

- **Educate parents/caregivers to limit** young people's exposure and access to pornography and other 'R' rated media.
- **Install** porn blocking filter on computers such as "net nanny".
- **Supervise** your child on the internet.
- **Limit** their time on the internet.
- **Situational-** have computer in living room- not in their bedroom.
- **Be aware** of the games they are playing on line or on PS, X Box.
- **Cell Phone-** purposeful use, limit apps.
- **Consider all media-** songs, music videos, games, movies, TV, unintended or intended viewing of porn.



Teachable Moments

- **Do not over or under-react.**
- **Discuss and name what you see.**
- **Ask them** what they think about the image and listen.
- **Teach core values.**
- **Explain** your views and the dangers of porn.
- **Set boundaries** with them.
- **Be open-** let them know they can come to you if they have any questions.



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Teach Skills

- **Help children stand up to pressure.**
- **Help them to see the lies** (fantasy vs. reality).
- **Help them to critique what they see.**
- **Develop a script with them** for what they can say if put under pressure to look at porn.
- **Encourage them to seek** help if they feel uncomfortable about what they see online.



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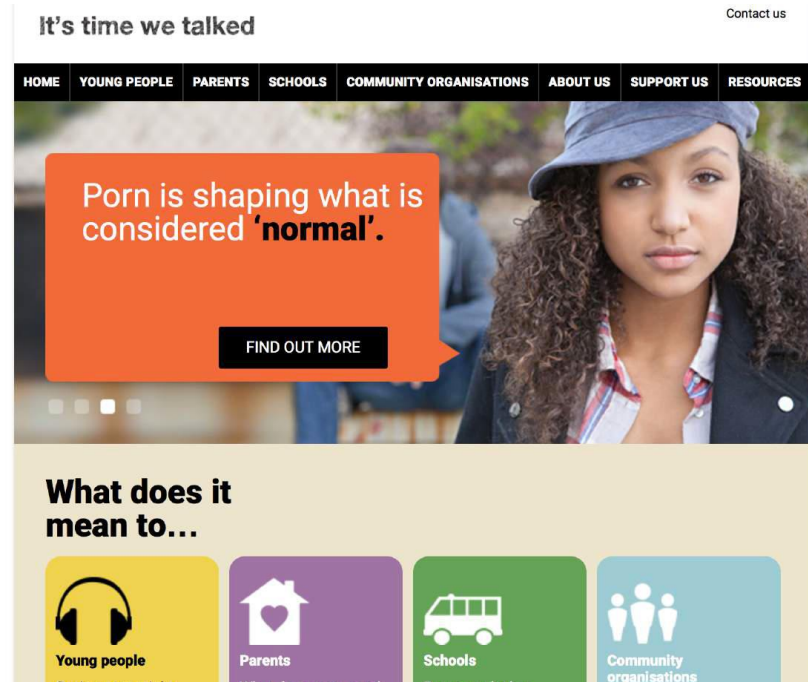
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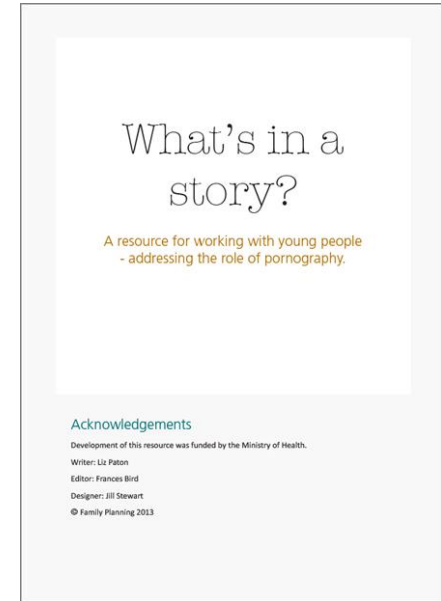
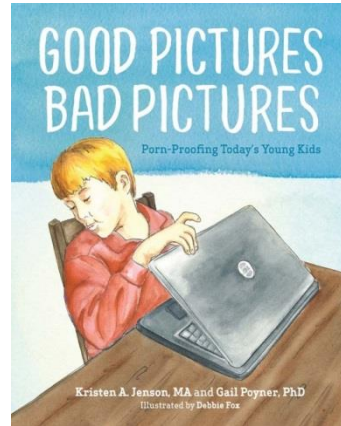
Create Safe Supportive Environment

- Ensure kids are provided with **the right information about sex in an age appropriate way**, and have at least one safe adult they can talk to.
- Inform them about what's coming up.
- Have clear family rules and routines.
- Model respectful relating.
- Encourage participation in family discussions.
- Have rules around privacy.
- Ask them “what do you think”.
- Teach body safety.

Resources



Resources



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