



Resource List for Addressing Sexually Explicit Media in Sex Education

Sex Positive Families has many resources for parents and caregivers about when and how to start conversations with their children about pornography, particularly for ages 4-10 and 11 and up; what to do when you find your child has seen pornography; and key messages to give young people about pornography. The webpage also provides resources such as conversation guides, videos and ideas for supporting the development of media literacy skills.

<https://sexpositivefamilies.com/porn-talks-a-guide-for-families/>

Melissa Carnegy from Sex Positive Families also has a series of conversation guides for parents on the Amaze.org parent site, including this one.

<https://amaze.org/parents/guides/porn/>

Teen Health Source. This teen sexual health website from Planned Parenthood in Toronto has the following information about porn literacy geared toward a teen audience.

<http://teenhealthsource.com/sex/porn-literacy/>

The Porn Conversation <https://thepornconversation.org/about-us> The Porn Conversation Curriculum & Activity Guides are free and easily accessible theoretical and practical resources for educators seeking tools to lead an age-appropriate comprehensive sex education program for their students.

The National Sexual Violence Resource Center In the second episode of their *Sex Ed* series, NSVRC's Jen Grove talks with [Boston University School of Public Health](#) professor [Dr. Emily Rothman](#) about what it means to be porn literate and how we can help young people think critically about what the research says about pornography. Listen as they discuss the connection between porn literacy and preventing sexual and dating violence.

<https://www.nsvrc.org/resource/2500/teaching-porn-literacy>

The Truth About Pornography: [Pornography-Literacy Curriculum for High School Students Designed to Reduce Sexual and Dating Violence](#) is available through a recorded webinar. The cost is \$200 for the webinar and curriculum. It is a 10 session pornography literacy curriculum that was designed for Boston-area youth enrolled in afterschool programs. The objectives for the course are:

- Summarize the research literature in which the pornography literacy curriculum is grounded.
- Describe three or four activities that are conducted with youth to increase their pornography literacy.
- Facilitate conversations around consent, communication and media literacy.

Dr. Emily Rothman TED Talk - [How Porn Changes the Way Teens Think About Sex](#) "The free, online, mainstream pornography that teenagers are most likely to see is a completely terrible form of sex education," says public health researcher Emily F. Rothman. She shares how her

mission to end dating and sexual violence led her to create a pornography literacy program that helps teens learn about consent and respect -- and invites them to think critically about sexually explicit media.

It's Time We Talked <https://itstimewetalked.com/> is an Australian Organization with information and school resources for teaching about pornography. They have a school based curriculum called ***In the Picture*** that can be purchased. Here is a presentation on YouTube from the organization's Director - Maree Crabbe: [It's Time We Talked – Young People, Sexuality and Pornography](#)

Advocates for Youth 3 R's Curriculum <https://www.3rs.org/download-3rs/> has two lesson plans for high school addressing Sexually Explicit Media -

- [Not Made for TV](#) is a lesson that doesn't specifically address porn, but addresses characteristics of unhealthy relationships that are often perpetuated in the media.
- [Fantasy vs Reality](#) and its corresponding [powerpoint](#) defines sexually explicit media and how media representations of sex and sexuality can affect sexual and romantic relationships.

This [Google Folder link](#) has additional resources and lesson plans on the topic that we have compiled that you may want to check out.

Research

[2022 Teens and Pornography. Common Sense Media](#)

[Young People's Pornography Use and Sexual Health Attitudes. Development and Behavior: A Rapid Evidence Review](#), ETR, 2021

[Insights on Pornography and Sex Education](#), ETR, 2021

[Talking Porn Literacy in Sex Ed](#), ETR - 3 in 30 (3 tips in 30 minutes) webinar.



Ofentimes, it may not be appropriate, effective, or even possible to mention pornography in the classroom or programming, particularly as a standalone lesson/workshop. How might you fold porn literacy skills into other parts of your work with young people?

Maine Learning Result/Topic	Strategies for Integrating Porn Literacy
Students identify how a variety of factors influence personal health behaviors including media and technology (MLR)	
Students recognize and examine a variety of behaviors to help avoid or reduce personal health risks to self/others (MLR)	
Students list health behaviors that could influence future behaviors (MLR)	
Students demonstrate health-enhancing behaviors to avoid or reduce health risks to self and others (MLR)	

Students explain the importance of assuming responsibility for personal health behaviors (MLR)	
Students apply effective interpersonal communication skills including affirmative consent, refusal and negotiation skills to enhance health and build relationships including written, face-to-face, and safe use of technology (MLR)	
Students analyze advocacy skills for self and others to make positive health choices (MLR)	
Students evaluate positive and negative influences on health practices and behaviors including peers, family, media, culture, community, perception of norms, government, technology, and social platforms (MLR)	
Safer Sex topics	
Sexual/Reproductive Anatomy & Human Development	