Porn Literacy

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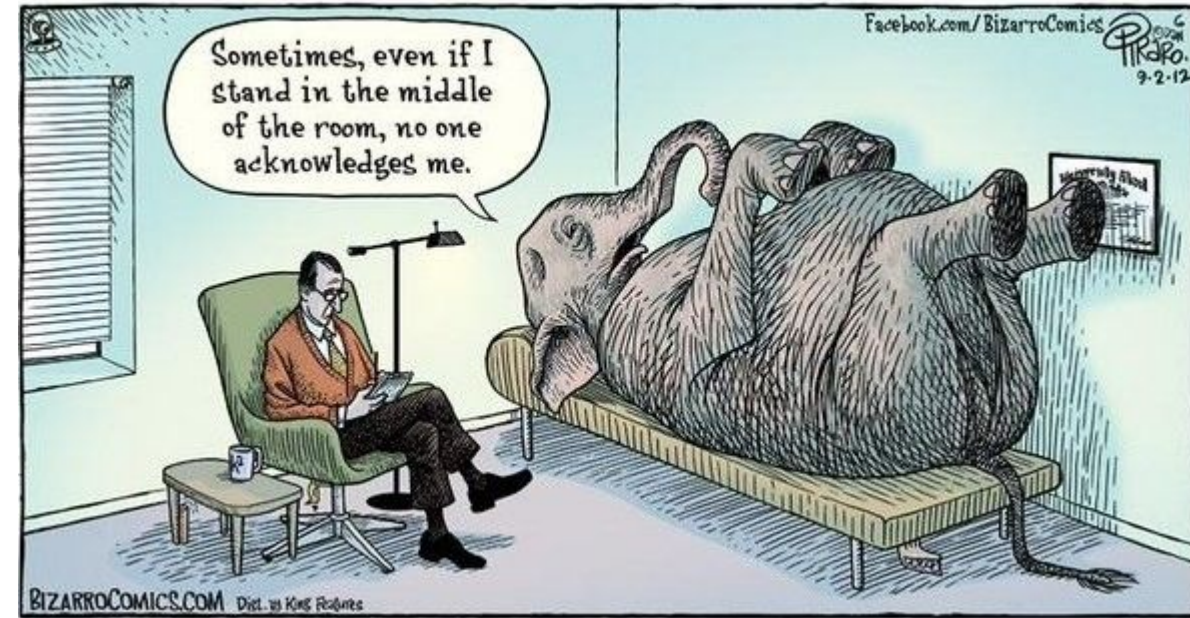SEXUAL ASSAULT

Learning Objectives

1. To better understand the connection between porn literacy and media literacy;

2. To have increased knowledge about the impact porn viewing can have on the knowledge, attitudes, and behaviors of young people when it comes to sex, relationships, power, and identity;

3. To be able to identify and integrate resources and strategies for addressing the topic with young people in accessible, approachable, and appropriate ways.

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Framing

- How can we weave in conversation around what young people may be experiencing if they are tuning into online SEM/porn?
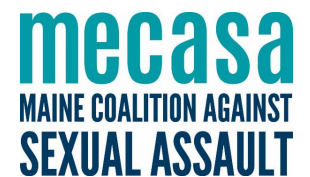
Values activity

- Please fill out the handout provided but do not include your name or any identifying information.

- When prompted, crumple your paper into a ball and throw it.

- When prompted, find a crumpled ball and throw it again.

- When prompted, pick up a crumpled ball and that will be the sheet you use to think about the questions.

The Landscape

- Young people are accessing porn.

- Can we safely address porn in sexual health education?

- Can we be objective about porn?

- Fear-based approach further guilts/shames youth.

- Pornography shapes and is also shaped by culture.

- What is porn? "I know it when I see it"

Youth accessing porn

Nearly **3** in **4** teen respondents (73%) have been exposed to pornography, either accidentally or on purpose.

12 is the average age when children first consumed pornography.

Percent of teen respondents who have seen online pornography, by age:

15%	54%	73%
AGE 10 OR YOUNGER	AGE 13 OR YOUNGER	AGE 17 OR YOUNGER

Common Sense Media Teens and Porn report, 2022

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What do youth think?

- Porn is a normal part of their lives.

- They do not not think porn is harmful.

- They still feel shame/guilt about watching it.

- Their values often conflict with what they see.

- They don't talk about it with others.

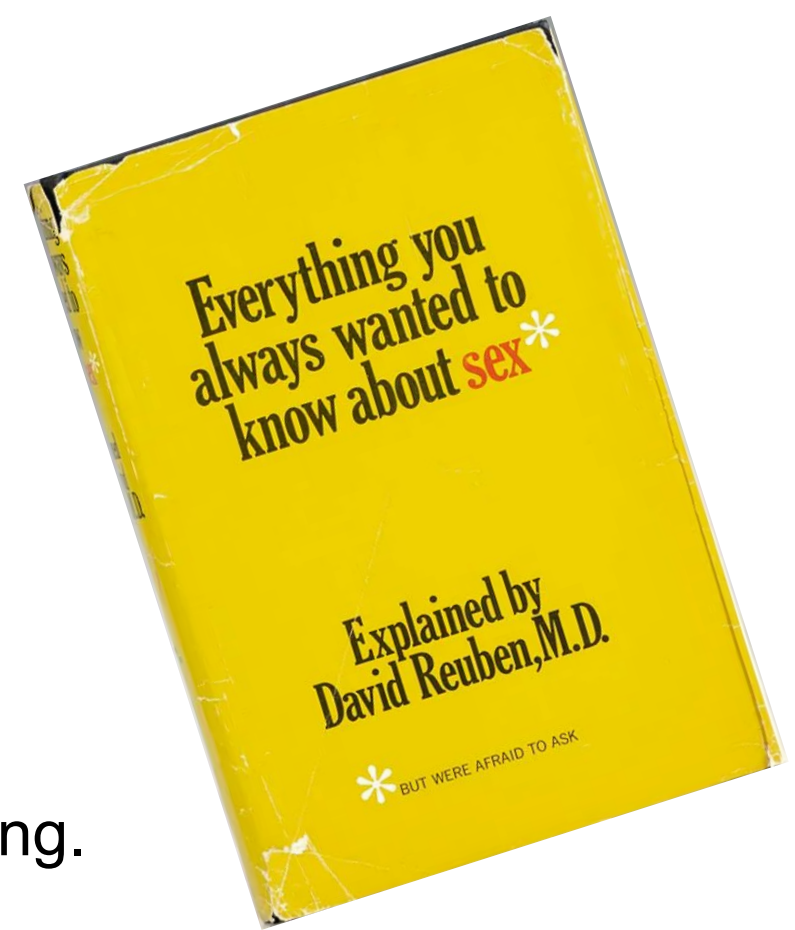Common Sense Media Teens and Porn report, 2022

What they learn from porn

- How to have sex.

- What types of people they're attracted to.

- Sexual behaviors they may be interested in trying.

- Human bodies and anatomy.

- Sexual behaviors that may/may not be pleasurable.

Common Sense Media Teens and Porn report, 2022

Everything you always wanted to know about sex*

Explained by David Reuben, M.D.

*BUT WERE AFRAID TO ASK

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Youth accessing porn

Agree that porn gives helpful information about sex

45%

Agree that porn accurately shows sex

27%

Learned about sex from parent, caregiver or trusted adult

47%

Common Sense Media Teens and Porn report, 2022

Partner activity

What is your guilty pleasure tv show?
Do you get embarrassed/feel shame sharing this?

Debrief

Young people watching porn may find it a turn on/stimulating, even if what they're watching may conflict with their own values/relationships.

If they have nowhere to process what they see, this can lead to:

- Feelings of shame
- Misrepresentation of what bodies can do or look like
- Beliefs around what sexual acts are common or desired
- Lack of role modeling around consent and safer sex practices

Strategies

Integrate into what you're already doing:

- Align with Maine health education standards

- Media literacy more broadly

- Sexual health topics:

  - anatomy

  - safer sex practices

  - consent/communication

Strategies

What could this look like in
your classroom or your work with youth?

Strategies

Model for Responding:

- Communication
- Empathy
- Accountability

These are protective factors for healthy development.

Strategies

- Stay calm

- Don't ignore the behavior

- Avoid shaming and victim blaming language

- Avoid probing questions

- Redirect when you can (child - child)

Closing

Thanks for joining us!

Questions? Email us:

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You can find resources on the handout being circulated
Please take a moment to complete the evaluation