

Do Now

What does being a good citizen mean?

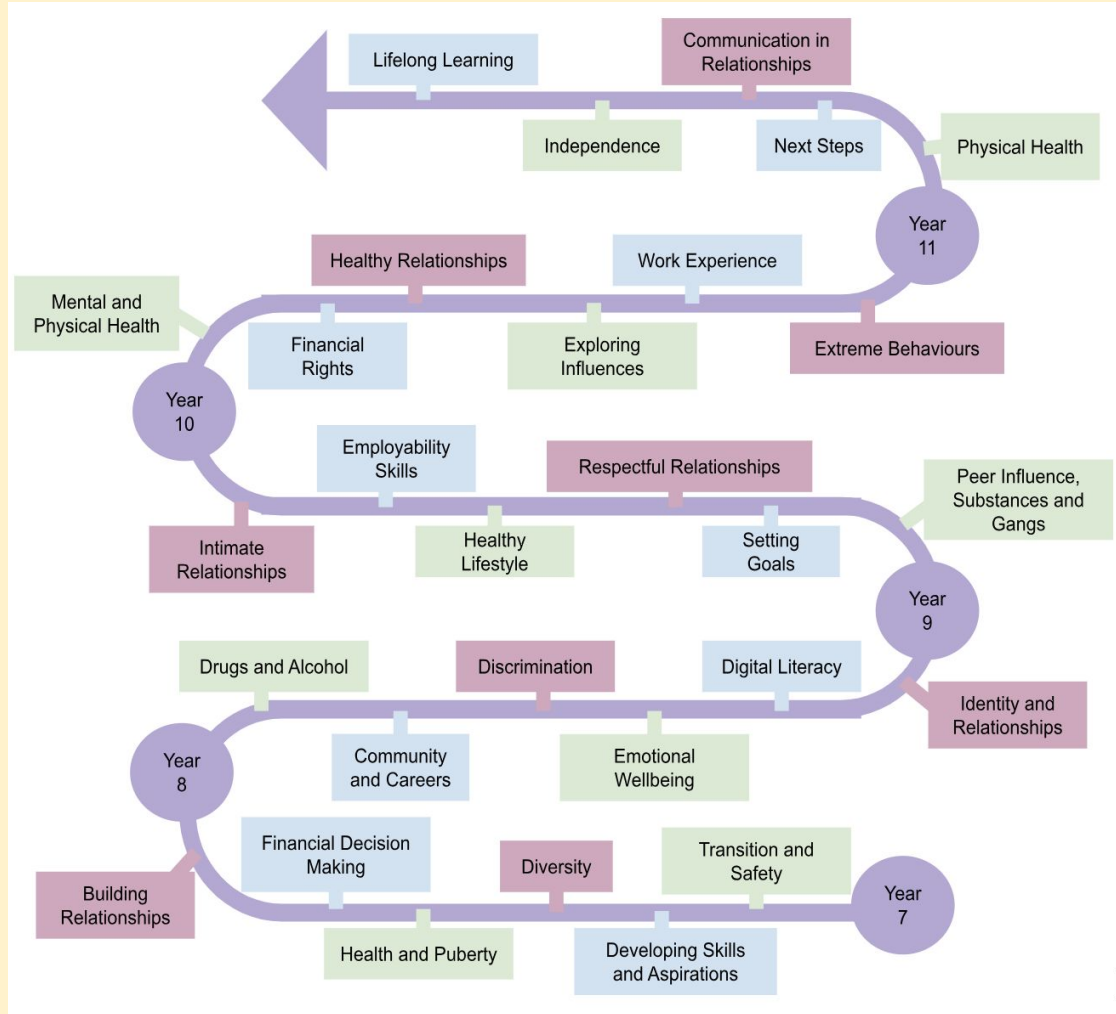
What should you do if someone is choking?

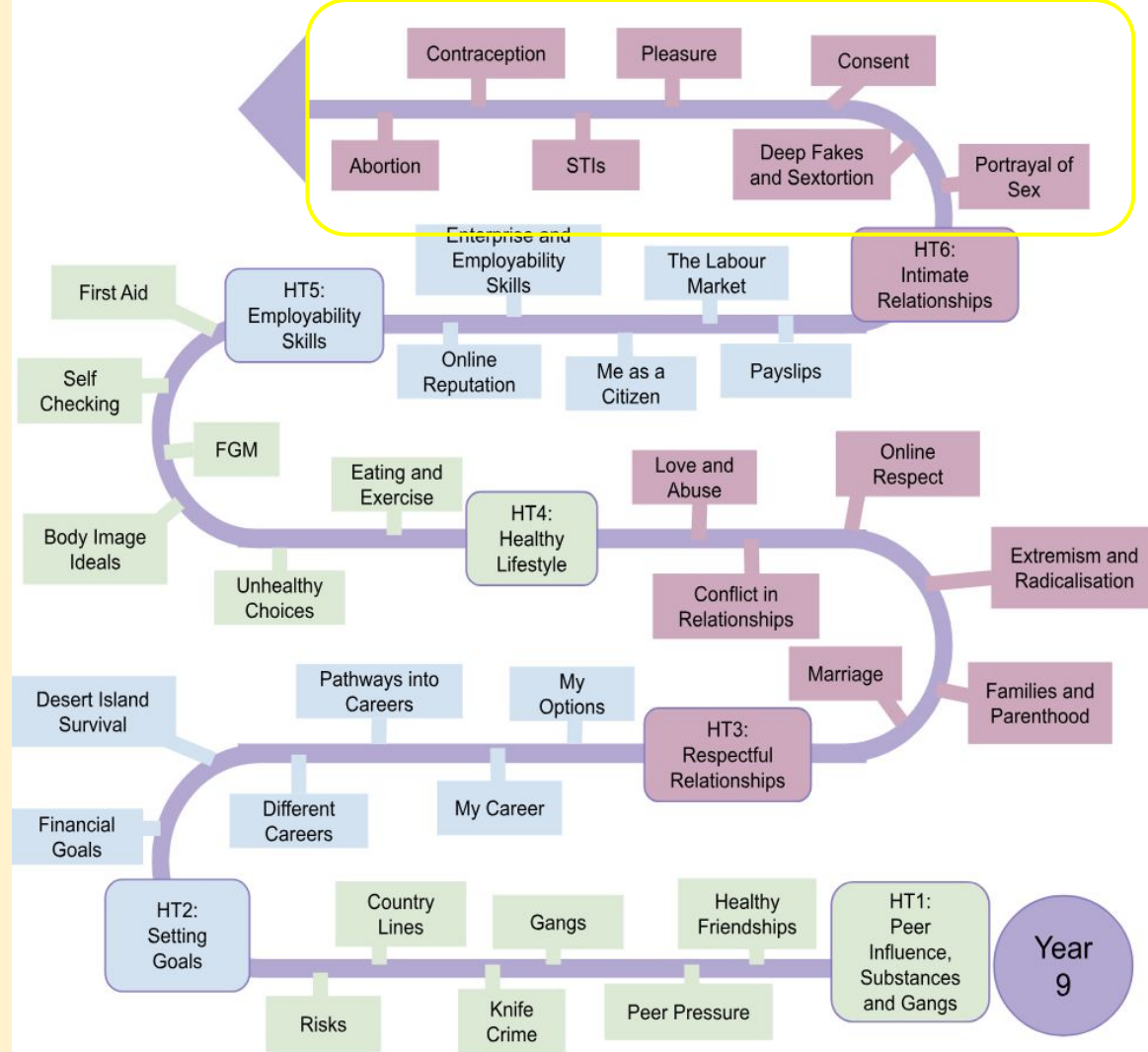
What are the signs of abusive behaviour in a relationship?

What is peer-pressure?
Why could peer-pressure be dangerous?



PSHE Curriculum Map





Portrayal of Sex

LO: To know how the media portrays sex and how sex is portrayed in pornography and how this does not reflect real life. The issues with the pornography industry

What do you think?



Draw a continuum on your whiteboard.

As we work through the statements decide if you agree or disagree with the statements?

Can you explain why?

Agree

Disagree



What do you think?



Watching TV and film is a good way to learn about romantic relationships

Why do you think this?

Agree

Disagree



What do you think?



The best place to get advice about relationships is friends or family

Why do you think this?

Agree

Disagree



What do you think?



Most romantic relationships on TV and in film seem realistic

Why do you think this?

Agree

Disagree



What do you think?



TV and film are very good at showing a range of diverse relationships and families

Why do you think this?

Agree

Disagree



What do you think?



TV and film have influenced what I expect from a romantic relationship

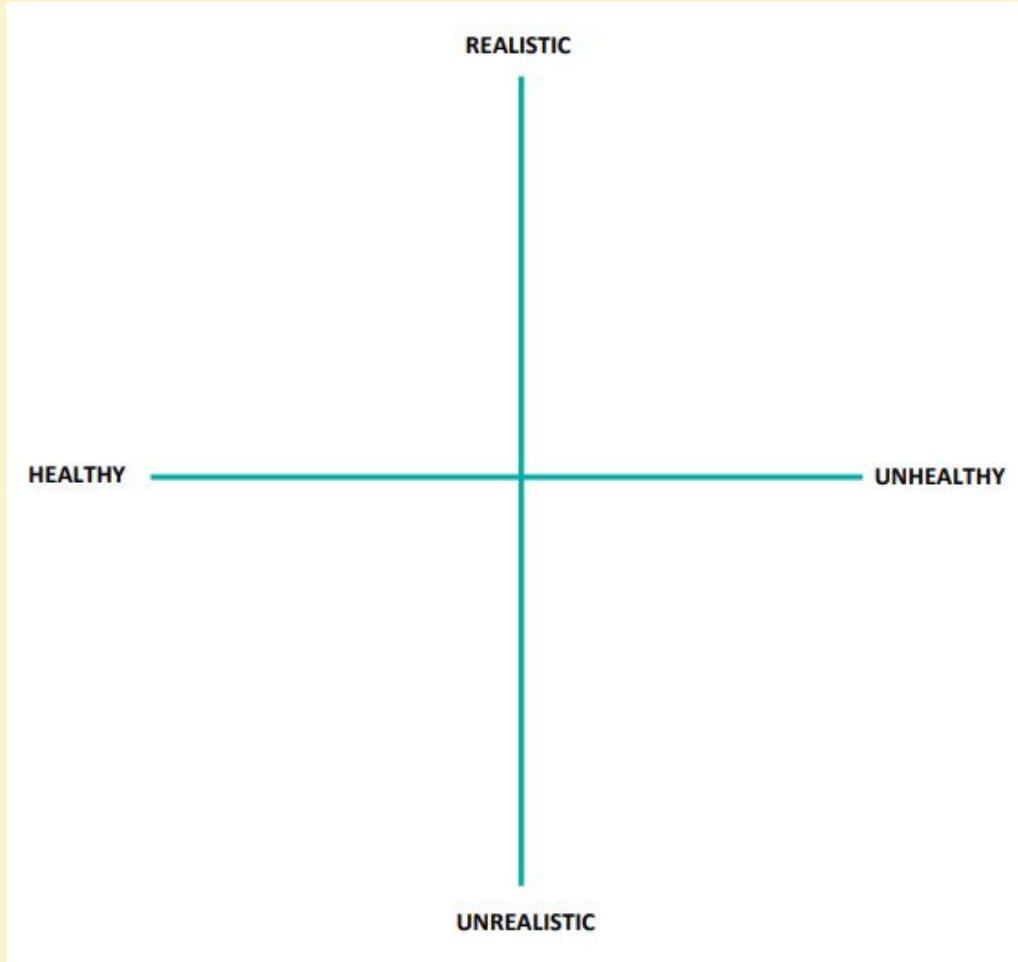
Why do you think this?

Agree

Disagree



Copy this onto your whiteboards:

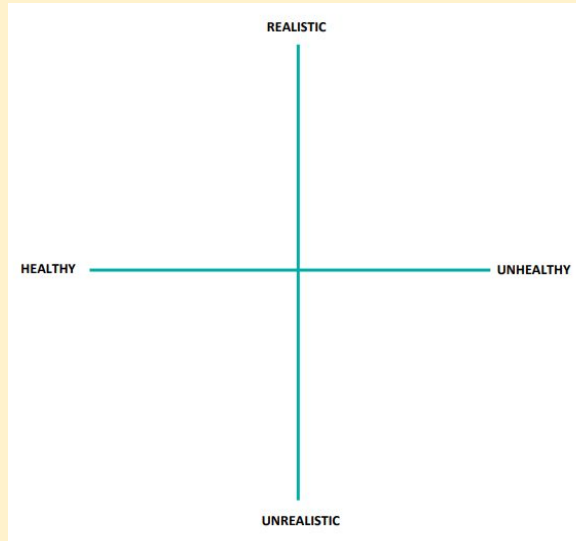


Task: In pairs, decide how healthy or unhealthy you think each type of relationship is on the following slide.

Then decide on how realistic or unrealistic you think each type of relationship is. Where do they fit on your grid?



Task: Where
does each one
fit on your grid?



a Disney film romance	b Reality TV romance competition	c Constructed reality TV show
d Teen high school drama shown on an online streaming service	e Soap opera on TV	f Hollywood/Bollywood romantic comedy film
g Celebrity documentary	h Family sit-com	i US comedy-drama series
j Historical period drama	k Sci-fi or fantasy films	l Pornography

Task:

1. Why aren't there many examples of healthy and realistic relationships in the media?
2. What impact might this have on how young people think about their own relationships?
3. Where could we go to find realistic and healthy representations of relationships?



Pornography

Pornography – more commonly known as porn – is defined as visual or printed material intended to stimulate sexual excitement, particularly sexually explicit videos and images widely available online and on social media.

Pornography

Pornography has become increasingly accessible with the development of the internet and modern technology.

It is therefore vital that we understand the impact of porn, both on us as individuals and our society as a whole so you can make informed choices about viewing pornography.

Keyword check:

Match these
keywords up
with the letter
for each
definition on
your whiteboard



1

masturbation

2

pornography

3

sexual activity

4

sexual arousal

5

sexual consent

a

Any sexually explicit media that is intended to sexually arouse the audience.

b

A person's agreement by choice to a particular sexual activity or act. It is freely given, reversible, informed, enthusiastic and specific to that sexual act. Without this, any kind of sexual activity is sexual violence.

c

Any intimate or physical activity that could reasonably be considered to be sexual. This might include kissing, sexual touching, oral, anal and vaginal sex, sending sexual messages or taking intimate photos.

d

Stimulation of your own genitals for sexual pleasure. Also referred to as solo sex or self-pleasure.

e

The physical or psychological effects that occur in anticipation of sexual activity. Physical effects may include the penis becoming erect or the vagina becoming lubricated.

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Stimulation of your own genitals for sexual pleasure. Also referred to as solo sex or self-pleasure.

The physical or psychological effects that occur in anticipation of sexual activity. Physical effects may include the penis becoming erect or the vagina becoming lubricated.

Task: People might choose to watch porn for a number of different reasons. Try to think of as many as you can and write them down.



Some reasons why people may choose to access porn:

- for sexual arousal/pleasure
- to have something to masturbate to
- feeling curious about sex or certain parts of the body
- to find out about a term we have heard that we don't understand
- exploring our sexuality
- peer pressure or encouragement from friends
- boredom or procrastination
- wanting to switch off from real life

Task: For each reason given, indicate whether you think it could be healthy, unhealthy or both, giving a reason for your answer.



1. for sexual arousal/pleasure
2. to have something to masturbate to
3. feeling curious about sex or certain parts of the body
4. to find out about a term we have heard that we don't understand
5. exploring our sexuality
6. peer pressure or encouragement from friends
7. boredom or procrastination
8. wanting to switch off from real life

Reason	Healthy, Unhealthy or Both?	Why?
for sexual arousal/pleasure	both	It is healthy to watch porn for sexual arousal/pleasure sometimes. This becomes unhealthy if we feel like we <i>need</i> porn (or a certain kind of porn) for sexual pleasure or to be turned on, or if it is negatively impacting other aspects of our sex lives, such as sexual encounters with other people.
to have something to masturbate to	both	It is healthy to watch porn to masturbate to sometimes, as well as using other stimuli (such as our imagination). This becomes unhealthy if we feel like we <i>need</i> porn (or a certain kind of porn) to masturbate.

Reason	Healthy, Unhealthy or Both?	Why?
feeling curious about sex or certain parts of the body	both	While we might use porn to find out about some sexual activities or to see what certain body parts look like, we must understand that porn differs a lot from real life. If we are going to use porn for this reason, it should be alongside other reliable sex education resources. We should never use porn as our <i>only</i> form of sex education, nor treat it as a representation of real life.
to find out about a term we've heard that we don't understand	both	While we might use porn to find out about some terms, we must understand that it is often not a reliable resource. If we are going to use porn for this reason, it should be alongside other reliable sex education resources. We should never use porn as our <i>only</i> form of sex education, nor treat it as a reliable source of information.

exploring our sexuality	both	It is healthy to use porn as a way of exploring our sexuality, including our sexual orientation (who we might be attracted to) and what kinds of sex we might like. However, we must understand that porn differs a lot from real life. The sex presented in porn is frequently violent and degrading, and watching too much of this can be harmful to our health and wellbeing. For example, it might set unrealistic expectations for sex in real life, which can cause further issues if we put this onto partners.
peer pressure or encouragement from friends	unhealthy	The choice to view porn is up to each individual to decide for themselves. It is not OK for friends or peers to pressure us into it, nor should we feel like we have to watch it just because others are. It is important to learn to set boundaries if we are being pressured into watching porn.

Reason	Healthy, Unhealthy or Both?	Why?
boredom or procrastination	unhealthy	Watching porn occasionally when bored or procrastinating is not necessarily unhealthy. However, if it becomes a consistent habit, it can be harmful to our health and wellbeing.
wanting to switch off from real life	unhealthy	Using porn occasionally as a distraction is not necessarily unhealthy. However, if it becomes a consistent habit, it can be harmful to our health and wellbeing, particularly if we are using it to distract ourselves from uncomfortable feelings or emotions. It is important to seek out support for difficulties we are experiencing, and work towards using healthier coping strategies, such as exercise, mindfulness or spending time with friends and family.

Video

Watch the video on
the link above



Pornography effects: 'Watching porn left me scarred from a young age'

What are some of
the negatives of
pornography?

Why do you think
pornography is now
part of the national
curriculum?



Scenario 1: Danny is in year 7 and is sent a video from his friend. When he opens the video he realises it is a couple having sex. The video makes him feel very uncomfortable.

What could Danny do?



Scenario 1

Danny should speak to a trusted adult at home or at school about what he has seen or he could contact an organisation such as Childline. He should also let his friend know that he doesn't want to be sent videos like this again.

It isn't illegal for children and young people under 18 to watch porn, but it is against the law to show anyone under the age of 16 porn or give them access to it.

Remember, it's also illegal for anyone under 18 to share explicit images or films of themselves or another young person, even if it was shared with their permission.

Scenario 2: Annie has started dating Thomas and has found out he enjoys watching a lot of pornography. He has shown Annie a couple of videos. Annie now feels self-conscious about her body and what Thomas' expectations may be.

What could Annie do?



Scenario 2

Annie needs to speak to Thomas about how she feels. Porn can lead to very unrealistic expectations of body image and performance which can in turn affect someone's self-esteem during sex. Sex is meant to be an enjoyable part of a relationship and viewing porn may make someone concerned about what they look, sound and behave like during sex.

Why do you think porn can lead unrealistic expectations of body image and performance?



Scenario 3: Usmaan has been watching a lot of porn recently – and is worried it's become a bit of an addiction. He thinks about sex all the time.

Whenever he sees a girl he finds attractive he thinks about how it would be to sleep with them and do the stuff he's watched in porn films. He is now finding it difficult to concentrate on anything else.

What could Usmaan do?



Scenario 3

Pornography can lead people to think about sex a lot more. This can make it harder for them to enjoy their friendships and other interests.

Some people worry that they watch too much pornography, and might feel like they can't stop viewing it. This can make them feel guilty or ashamed, and they may want help to stop viewing pornography. Childline has advice on addiction that young people may find helpful.

Some suggestions include setting a 'goal' to reduce the frequency with which you view pornography; writing a list of reasons why you don't want to look at pornography; considering what you can do to distract themselves when thinking about accessing pornography.

Scenario 4: Sara used to be in a healthy relationship with her partner, Nina. However, she has been watching a lot of porn and is now finding her sexual relationship with Nina much less enjoyable than before.

What could Sara do?



Scenario 4

Research shows that online pornography can cause real harm and put young people's freedom to develop meaningful, intimate relationships at risk. These research findings include:

- Watching pornography can make real-world sex less enjoyable.
- Pornography can make people feel less happy in their relationships.

Scenario 5: Molly has been in a long term relationship with Jacob for a few years. Occasionally they used to enjoy watching porn together, but she has noticed Jacob has been watching it a lot on his own. He has started asking her to do things during sex which she is uncomfortable with, and he's spoken about other women in a way which has made her concerned.

What could Molly do?



Scenario 5

Pornography can lead to people viewing others, especially women, as ‘sex objects’ and not as people with intelligence and feelings, meaning they are respected less

Over time, pornography can shape the types of things people are aroused by, and this may lead to an increased interest in extreme or violent pornography.

Some types of porn are illegal, even for adults. These are called “extreme pornographic images” and include porn which:

- threatens a person’s life or results in serious injury
- shows violence such as rape or abuse
- anything involving children under 18.

It’s important to remember what we have learnt about healthy relationships and remember the differences between porn and real life. In this topic we will look at consent and positive romantic relationships.

If you’re aware of someone accessing extreme porn then you must report this to the police.

Challenge task: explain how different portrayals of sex could influence people and the affect it could have on people's mental health.



Signposting

If you have any questions or concerns, **please speak to a trusted adult.**

These services also offer support:

- Childline: [Advice for porn addiction](#) and [Risks of online porn](#)
- [Relate.org.uk](#) Support for porn addiction
- NHS: The NHS website provides information on consent and support after sexual assault.
- Victim Care Lancashire is available to provide free, confidential and non-judgemental support and practical help. This includes emotional support, listening to your concerns, and signposting you towards additional support that may be available depending on your situation.
- Police.uk offers guidance on consent and reporting sexual offences.