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# PROMOTING HEALTH IN THE YOUTH SECTOR

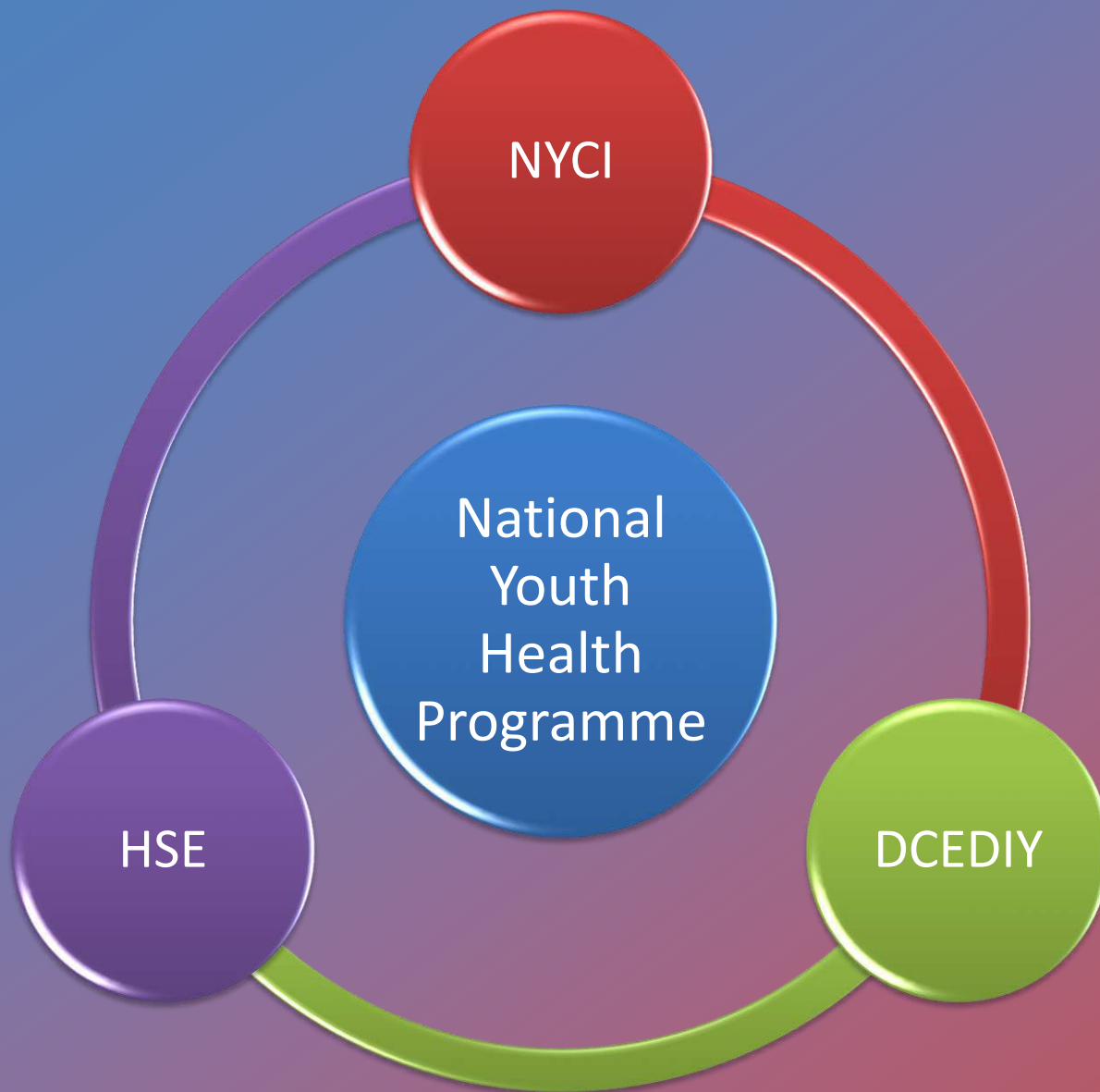
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## Understanding Young People & Pornography



**National Youth Health Programme**

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***“To build the health promotion capacity and sustainability of health promotion in the youth sector”***

**PROMOTING HEALTH  
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# FRAMEWORK FOR PROMOTING YOUNG PEOPLE'S HEALTH IN YOUTH ORGANISATIONS



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<b>Recent moments of happiness in your life</b>	<b>Something your grateful for</b>	<b>Places in the world that you would want to visit</b>	<b>An inspirational person you would like to have dinner with and why</b>
<b>A favourite song that has stuck in your mind</b>	<b>A great life lesson you have learned</b>	<b>Things you learned from your parents</b>	<b>A film that has stuck in your mind</b>
<b>One thing you do to relax</b>	<b>The most useful thing you own</b>	<b>A job you would like to try</b>	<b>Something that makes you happy</b>



## Group Agreement

- Respect
  - Listening
  - Confidentiality
  - Openness
  - Questioning
  - Trigger points
- 



# Objectives

- To define pornography
- To develop a greater understanding of why young people engage with pornography
- To explore the impact of pornography on young people
- To develop confidence in addressing the issue of pornography with young people

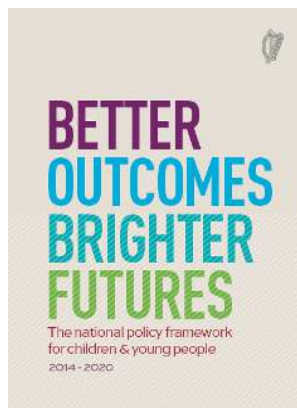
# National Policies/Strategies



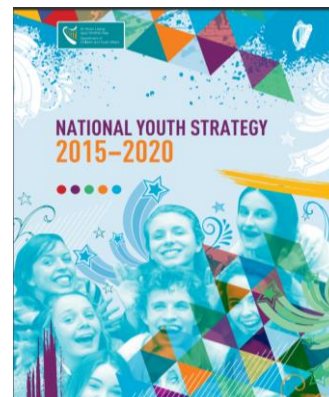
**Healthy  
Ireland (HI)**



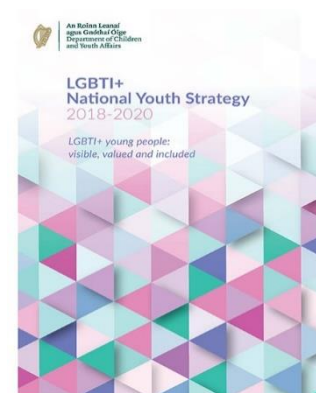
**National Sexual  
Health Strategy  
2015- 2020:**



**Better Outcomes  
Brighter Futures  
2014-2020**



**National Youth  
Strategy 2015-  
2020**



**LGBTI+ National  
Youth Strategy  
2018-2020**

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# UBU

## 7 Personal and Social Outcomes

### Communication Skills

Essential for successful transition to further education, training and employment. Also vital for independence and to form positive relationships



### Confidence & Agency

Vital that young people recognise that they can make a difference in their own lives which can lead to positive outcomes such as career success



### Planning & Problem Solving

Provides young people with a 'positive protective armour' against negative outcomes and the skills to cope with the stresses of life



### Relationships

Valuing personal relationships with peers, youth workers, parents and other adults in a young persons life



### Creativity & Imagination

Creativity can have a positive impact on young people in relation to their self-esteem and overall achievements



### Emotional Intelligence

The ability to manage feelings and a persons own emotions, in addition to recognising and understanding other peoples emotions. This is essential in managing relationships



### Resilience & Determination

The cognitive and socio-emotional abilities and health of young people at risk can be improved if society intervenes early enough. Effective early interventions can result in reducing crime, promote schooling amongst many others.



# Capture the Impact of youth work with Skills Summary



## Skills Summary

Measures skills  
gained in youth  
work

Supports  
vulnerable young  
people

Builds  
confidence

Dialog tool btw. a  
young person &  
youth worker

Values youth  
work

Gives young people a  
language around their  
skills

Captures `7 Personal &  
Social Developmental  
Outcomes` of DCYA

Supports job  
application  
processes

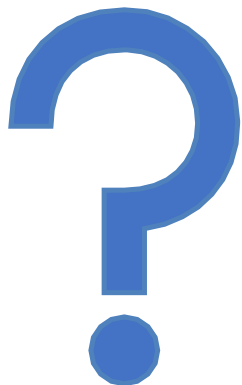
Self-assessment  
& self-reflection  
tool

What are your  
goals/intentions  
for this training?

# Questions

- **Why do people/young people engage with pornography ?**
- **What are your issues & concerns regarding young people and pornography?**
- **Is sexting pornography? Is Onlyfans pornography?**

# Why Do Young People Use Pornography?



- Extends sexual knowledge
- Provides immediate sexual pleasure
- Spice up sexual activities either alone or in a relationship
- For some it's exciting and deeply satisfying
- Natural curiosity
- Accidentally



**DERMOT & DAVE**

## **Irish Dad Making More Than €60,000 A Month On OnlyFans**

- Content sharing platform created in 2016.
- Initially used by sex workers, now models, musicians, actors and influencers use it to generate income.
- Creators offer videos, pictures and one-to-one chats for a fee. Often times the material shared is sexually explicit.
- Fans pay through a monthly subscription/give tips to creators.
- Over 30 millions users and 45,000 creators (as of December 2020).
- Some creators charge upwards of €40 a month for a subscription.
- \*Actress Bella Thorne reportedly earned up to €2 million within her first week on OnlyFans and rapper Cardi B earned upwards of €7 million in one month.

\*Estimates based on creators number of followers and the subscription fee charged.

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# Keep it Real Online



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# Definition of Sexual Health

*'a state of physical, emotional, mental and social wellbeing in relation to sexuality; that is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.'*

(WHO 2006a)

# Definition of Pornography

*Printed or visual material containing the explicit description or display of sexual organs or activity, intended to stimulate sexual excitement*

Oxford English Dictionary

“any sexually explicit material displaying genitalia with the aim of sexual arousal or fantasy”

(Short et al., 2012, p.21)

## Definition of 'child pornography' (child under 18 years)

### Criminal Law (Sexual Offences) Act 2017

..any visual representation

- (i) that shows, or in the case of a document relates to, a person who is or is depicted as being a child and who is engaged in or is depicted as being engaged in real or simulated sexually explicit activity,
- (ii) that shows, or in the case of a document relates to, a person who is or is depicted as being a child and who is or is depicted as witnessing any such activity by any person or persons, or
- (iii) that shows, for a sexual purpose, the genital or anal region of a child or of a person depicted as being a child,”.

Offences in relation to production, distribution, possession of child pornography, On-line grooming

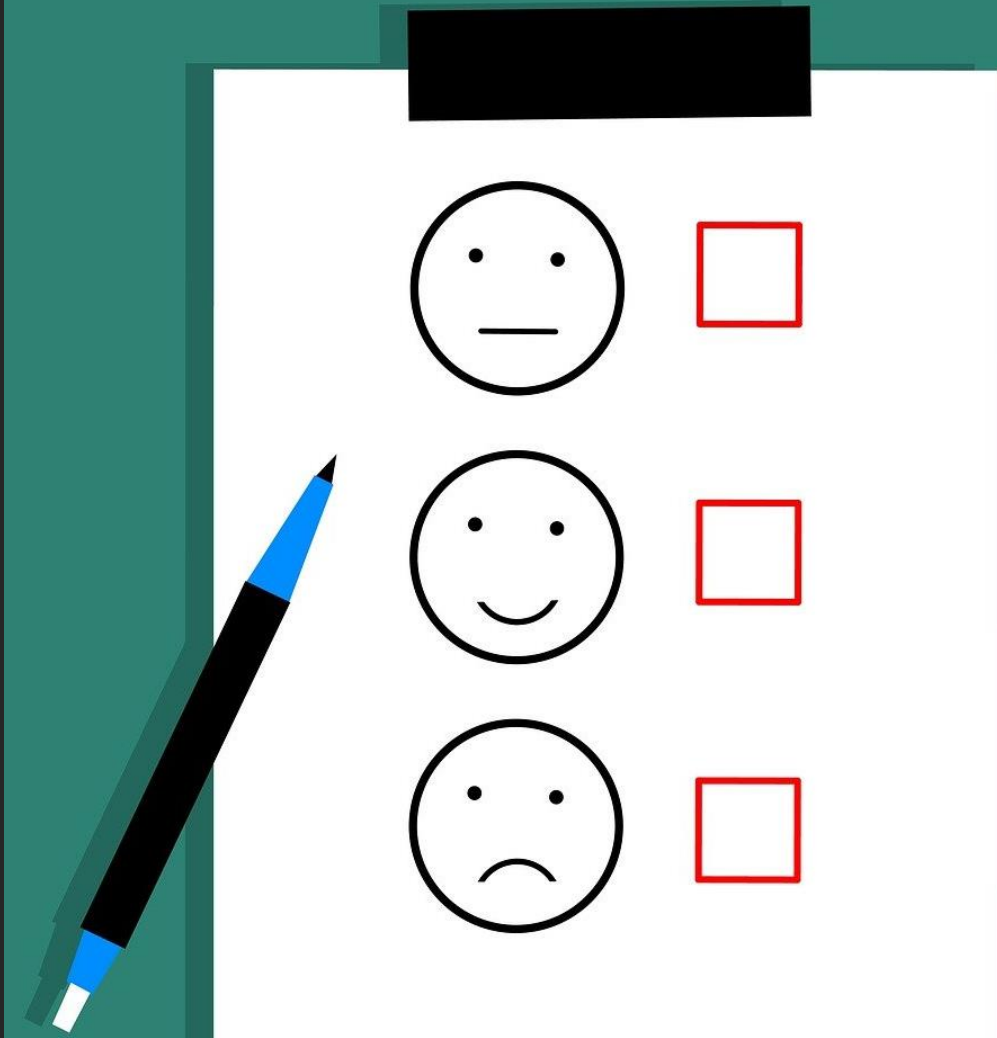
# Activity



**Q.1 What are the stereotypes typically portrayed in porn? Are they realistic?**

**Q.2 What are the positives about porn and what are the negatives about porn?**

# Research and Statistics



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## Talking About Sex & Sexual Behaviour of Young Adults in Ireland (2020)

At age 17, nearly a quarter of young men and 20 per cent of young women cited the internet/TV/films/books as their main source of information on sexual health

### My World Survey 2

The National Study of Youth Mental Health in Ireland.

Dooley, B., O'Connor, C., Fitzgerald, A., & O'Reilly, A.

**86% of males** and **24% of females** in senior cycle said they had watched pornography.

# Positive Sexual Relationships Report- 2018



Youth Work Ireland

- **90%** of young people reported that the internet was their most trusted source of information on healthy sexual relationships.
- **74%** are comfortable talking about sex on the internet & social media.
- **20%** of young people find porn useful and think it's a good source for information on healthy sexual relationships.
- **Boys are FIVE times** more likely than girls to be influenced by porn.
- **60%** trust youth workers in relation to having conversations about sex/sexual health with **92%** comfortable to talk to friends.



Youth Work Ireland

## Addressing the issue

- **69%** of respondents said that their organisation addressed the issue of pornography with the young people they work with. Primarily through:
  - Structured relationships and sexuality training programmes and workshops (43%)
  - More informal group discussion and 1 – 1 work (22%)
  - Internet safety programmes (7%)

### Barriers

- lack of training and resources
- difficulties with gaining parental consent and support
- child protection concerns
- Lack of comfort with addressing the issue with young people.

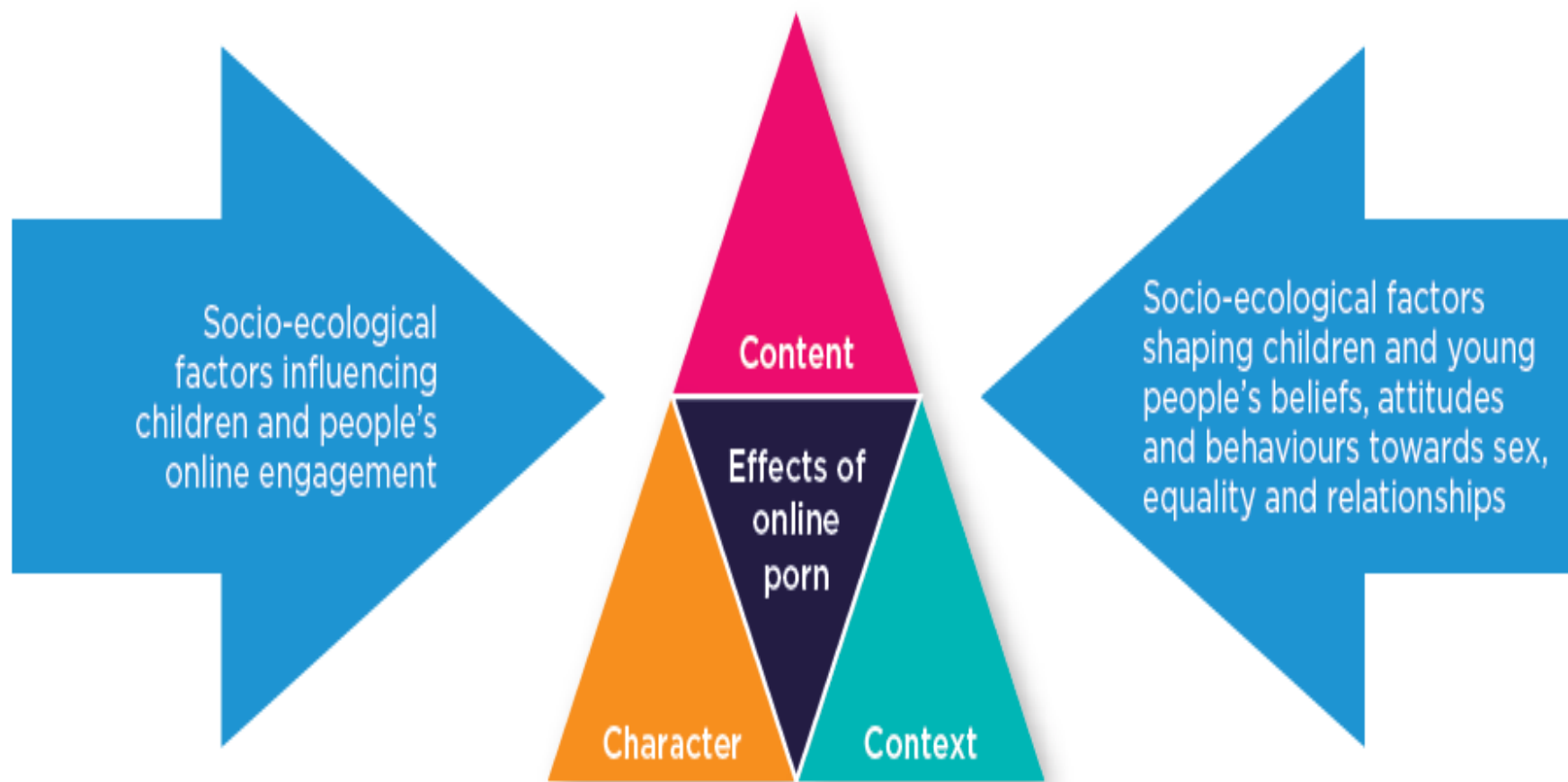


(2018)

- **Males 4x more likely** to watch porn a few times a week
- Over **53% of boys** first saw porn between the ages of 10 and 13 compared to just over **23% of girls** of the same age
- **60% of students** use porn for masturbation regularly
- **21%** said they have used porn with their partner for new sexual ideas
- **Most agreed** that porn was not realistic

# **The Effects of Pornography on Children & Young People- An Evidence Scan 2017 Key Themes in the Literature**

- Self knowledge and self development
  - Attitudes about sex – increasing sexual permissiveness
  - Expectations of sex
  - Gender stereotypical beliefs
  - Sexual double standards
  - Mental wellbeing
    - Distress
    - Self esteem and body image
    - Anxiety and depression
    - Addiction and preoccupation
    - Riskier sexual practices
- Complex interacting factors**



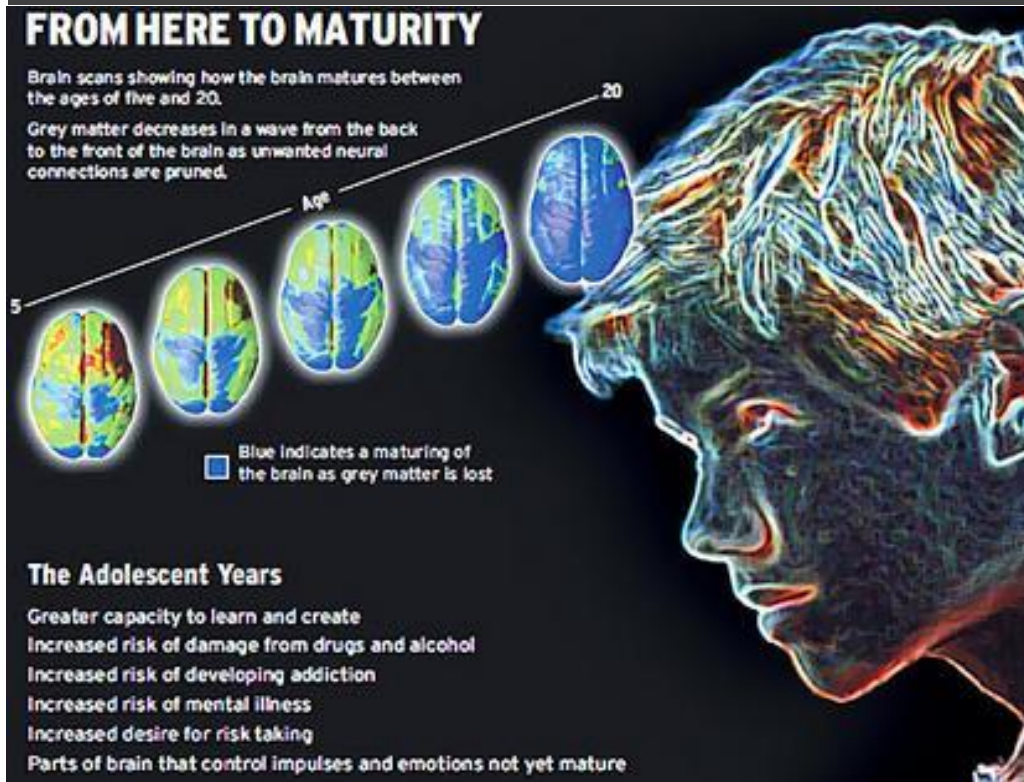
**Figure 3:** Summary of key influences on pornography's impacts

# Body Image

- Both **males and females who watched pornography** were more likely to consider **pubic hair to be unattractive** and to remove their pubic hair in order to sexually arouse their partner
- **Males who said that they never watched pornography** were most likely to have **positive feeling about their genitals**, including comfort with their genital size, appearance, function and the least genital embarrassment
- **Females who were frequently exposed to pornography and who used pornography often** as a source of sexual education were **most likely to be dissatisfied with their genitals** in function, appearance, size, odour and more likely to be embarrassed about their genitals

*Dawson, K., NicGabhainn, S., O' Higgins, S. (2015).  
Pornography Consumption and Genital Esteem in Irish  
Students. National University of Ireland, Galway,  
Masters Thesis, Unpublished*

# The Teenage Brain



- The prefrontal cortex area of the teenage brain is not fully developed – not developed until a person's mid 20's.
- This is the area that assess situations, weighs up outcomes, makes judgements, and controls impulses and emotions. Linked to understanding and reading responses in others.
- Makes the brain more highly vulnerable to addiction.
- If the opportunity to intervene before adulthood is missed, the young persons negative working model will establish the pattern of their future relationships.



# ANNUAL REPORT 2019: WHAT DO WE KNOW?



**87%**

OF 8-13 YEAR  
OLDS HAVE  
RULES FOR  
GOING ONLINE



**13%**

SAY 'THERE  
ARE NO  
RULES'



**31% KIDS**

GAME ONLINE  
WITH STRANGERS



**84% KIDS**

TALK TO PARENTS ABOUT ONLINE LIVES



**40%**

OF KIDS AGED  
8-13 ARE NOW  
USING TIKTOK



**65%**

OF CHILDREN  
ARE ALREADY  
ON SOCIAL  
MEDIA DESPITE  
THE 13+ AGE  
RESTRICTIONS  
SET BY SOCIAL  
MEDIA  
PLATFORMS



**93% KIDS**

AGED 8-13 OWN THEIR OWN SMART DEVICE

*All statistics are taken from CYBERSAFEIRELAND Annual  
Report 2019, available on [www.cybersafeireland.org](http://www.cybersafeireland.org)*



**61% KIDS**

HAVE BEEN CONTACTED  
BY A STRANGER IN AN  
ONLINE GAME



**1 in 3 KIDS**

HAVE BEEN BOTHERED BY  
SOMETHING THEY HAVE  
ENCOUNTERED WHILE ONLINE.  
22% HAVE SEEN THINGS  
THEY 'WOULDN'T WANT  
PARENTS TO KNOW ABOUT'.

Made with canva



# What Thoughts Go Through Young People's Heads?

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# Pornography and the Law



# Pornography and the Law

- 
- [Hard-core pornography](#), while legal in Ireland, is not allowed to depict any acts which are illegal in the state. This also covers any participants being beneath the Irish [age of consent](#) (17). If any of these are in a video, DVD, film, photograph or website, use and possession of them is illegal.
  - If you are under 18 and a sexual image or video of you is circulated, this is child pornography. Anyone who has distributed this will be liable to be prosecuted as distributors of child pornography.
  - The UK are now introducing a specific law to criminalise revenge porn. It is possible that Ireland will follow suit.

# The Harassment, Harmful Communications and Related Offences Act December 2020 (Coco's Law)

Covers a wide range of offences, including online abuse, cyberbullying, and image-based abuse

Two new offences

1. The taking, distribution, publication or threat to distribute intimate images without consent, and with intent to cause harm to the victim – unlimited fine and/or 7 years imprisonment
  2. Taking, distribution or publication of intimate images without consent without a requirement that the person intended to cause harm to the victim - €5,000 fine and/or 12 months imprisonment
- It will be irrelevant that a person might have consented to the taking of an image if it subsequently published or distributed without their consent
  - It will be an aggravating factor .... If the perpetrator of the offence is or was in an intimate relationship with the victim

# Continued..

- “intimate image” means a visual recording of a person made by any means including a photographic, film or video recording (whether or not the image of the person has been altered in any way)
  - (i) of his or her genital organs or anal region or her breasts (whether covered by underwear or bare), or
  - (ii) in which the person is nude, is exposing his or her genital organs or anal region or her breasts, or
  - (iii) in which the person is engaged in sexual activity

Proceedings against a person **under the age of 17** charged with an offence under this Act shall not be taken except by or with the consent of the Director of Public Prosecutions.

# Criminal Justice Human Trafficking Act 2008

(5) In this section— ‘ child ’ means a person under the age of 18 years; ‘ sexual exploitation ’ means, in relation to a child—

- (a) inviting, inducing or coercing the child to engage in prostitution or the production of child pornography,
- (b) the prostitution of the child or the use of the child for the production of child pornography,
- (c) the commission of an offence specified in the Schedule to the Sex Offenders Act 2001 against the child; causing another person to commit such an offence against the child; or inviting, inducing or coercing the child to commit such an offence against another person,
- (d) inviting, inducing or coercing the child to engage or participate in any sexual, indecent or obscene act, or
- (e) inviting, inducing or coercing the child to observe any sexual, indecent or obscene act, for the purpose of corrupting or depraving the child

# **Consent (Criminal Law Sexual Offences Act 2017)**

**(1) A person consents to a sexual act if he or she freely and voluntarily agrees to engage in that act.**

**(2) A person does not consent to a sexual act if—**

- (a) application or threat of force
- (b) asleep or unconscious
- (c) incapable of consenting because of the effect of alcohol or some other drug
- (d) physical disability which prevents him or her from communicating whether he or she agrees to the act
- (e) mistaken as to the nature and purpose of the act
- (f) mistaken as to the identity of any other person involved in the act
- (g) unlawfully detained at the time at which the act takes place
- (h) third party consent

# Children First 2015

## Definition of child sexual abuse:

**Sexual abuse** occurs when a child is used by another person for his/her gratification or arousal, or for that of others. It includes the child being involved in sexual acts (masturbation, fondling, oral or penetrative sex) or exposing the child to sexual activity directly or through **pornography**.

**Sexting** is the process of sending sexual images via phone, email or the web

**It is illegal to send, receive or share sexually explicit images, video or text involving under 18's**  
**Criminal Law (Sexual Offences Act 2017)**

### **Under 18? It is illegal to...**

Send sexually explicit images, video or text of yourself to someone

Receive sexually explicit images, video or text

Share sexually explicit images, video or text of someone under 18 to someone else



### **Why is it illegal?**

Produced & distributed child pornography

In possession of child pornography

Distributed child pornography

# 'Let's Talk About Sexting' - NYCI Toolkit

The toolkit provides guidance on:

- What is meant by the term sexting
- Sexting and the Irish law
- Guidance for young people on what to do if they are involved in a sexting incident which they are not comfortable in
- Guidance for the youth worker if a young person notifies them on a sexting incident
- Additional supports and services for both the youth worker and young people

[www.youth.ie/documents/lets-talk-about-sexting/](http://www.youth.ie/documents/lets-talk-about-sexting/)



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# Regret

- **23% of young people** expressed regret over the timing of first intercourse (HSE/ESRI 2020)
- **Young women are more likely** than young men to express regret about the timing of sexual initiation, a quarter doing so compared to one in six of young men – may be related to gendered social norms
- Other factors causing regret:
  - Being with the ‘wrong person’
  - Being put under or exerting pressure
  - Lack of prior planning
  - Lack of control

# **How would you handle this situation? 3 Scenarios**



**\*NB-This Tool is from the UK where the age of content is 16 years**

# Brook Traffic Light Tool

## SEXUAL BEHAVIOURS

●●● TRAFFIC LIGHT TOOL

### Behaviours: age 13 to 17 years

All green, amber and red behaviours require some form of attention and response. It is the level of intervention that will vary.

#### ● Green behaviours

- solitary masturbation
- sexually explicit conversations with peers
- obscenities and jokes within the current cultural norm
- interest in erotica/pornography
- use of internet/e-media to chat online
- having sexual or non-sexual relationships
- sexual activity including hugging, kissing, holding hands
- consenting oral and/or penetrative sex with others of the same or opposite gender who are of similar age and developmental ability

#### ● Amber behaviours

- accessing exploitative or violent pornography
- uncharacteristic and risk-related behaviour, e.g. sudden and/or provocative changes in dress, withdrawal from friends, mixing with new or older people, having more or less money than usual, going missing
- concern about body image
- taking and sending naked or sexually provocative images of self or others
- single occurrence of peeping, exposing, mooning or obscene gestures
- giving out contact details online
- joining adult- only social networking

#### ● Red behaviours

- exposing genitals or masturbating in public
- preoccupation with sex, which interferes with daily function
- sexual degradation/humiliation of self or others
- attempting/forcing others to expose genitals
- sexually aggressive/exploitative behaviour
- sexually explicit talk with younger children
- sexual harassment
- non-consensual sexual activity
- use of/acceptance of power and control in sexual relationships

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# Sexual Health Competencies

Sexual Health Competence is about young people being supported in achieving:

- a) absence of regret
- b) willing sexual encounters (i.e. not under duress)
- c) autonomy of sexual decision-making(i.e. based on personal preferences rather than being drunk or through peer pressure)
- d) reliable use of contraception.

# Media

## Online porn and our kids: It's time for an uncomfortable conversation

Children viewing endless, sexually explicit, violent material shouldn't be inevitable

© Sat, Jul 27, 2019, 06:03



Jennifer O'Connell

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## RTÉ News

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Ireland > Crime and Legal > Science and Technology

## Thousands of photos of Irish teens ending up on pornography sites

0 418

Thursday 04 December 2014 22:54

## State may examine laws on children accessing porn, after Ana Kriegel trial

Leo Varadkar says Government may review effectiveness of UK online safety measures

© Wed, Jun 19, 2019, 14:49 Updated: Wed, Jun 19, 2019, 15:06

Jennifer Bray



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Tags # CORK # IRELAND # NEIL PRENDEVILLE # PORN # PORNOGRAPHY

## Images of young Cork women being used on 'depraved' porn site

One woman said images of her between the ages of 14 and 19 had been taken from her social media profiles.

Wed 6:30 PM 61,898 Views 49 Comments

Share 60 Tweet Email 15

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# Questions

- How do you currently address the issue of pornography with young people? And what would you like to be able to do?
- What do you have that you could use currently to address the issue? And what do you need?



# So Why Do We Need to Teach About Pornography?

Pornography is deficient at teaching about:

- Relationship skills
- Negotiation
- Consent
- Complex and difficult conversations necessary to have enjoyable sex

<https://core.ac.uk/download/pdf/10903924.pdf> (Mc Kee, 2010)

# Mitigating Factors That Reduce a Negative Impact

- Access to an alternative source of information
- Good sexuality education
- Discussion about values and relationships
- Understanding the realities and myths in relation to pornography
- Appropriate supervision and knowledge about the internet
- Pornography and its impacts need to be situated within a broader framework of primary prevention and **supporting the sexual safety and wellbeing** of children and young people.

# Good Practice Guidelines

- Based on education not condemnation
- Based on need
- Education for all – not just young people
- Comprehensive sexual health policy
- Part of overall health promotion strategy and policy
- Comprehensive acceptable usage policy for workplace
- Keeping young people safe – keeping workers safe – keeping the organisation safe
- Self care for all

## Interventions and Initiatives to Address Harm of Online Pornography:

- Law and governance
- Sexuality education
- Harm Reduction
- Resources/awareness raising
  - Webwise
  - Spunout
  - Bishuk.com
  - Lockers



# Keeping workers safe

Training and  
awareness raising

Organisational  
policy – including  
communication  
with parents and  
other relevant  
parties

Support and  
supervision

Self care

**Check out [youthhealth.ie](http://youthhealth.ie) or [youth.ie](http://youth.ie)  
for further information and resources**

