

UNDERSTANDING YOUNG PEOPLE AND PORNOGRAPHY RESOURCE

The National Youth Health Programme (NYHP)

**PROMOTING HEALTH
IN THE YOUTH SECTOR**



Purpose of this Guide

This guide is designed to be used in conjunction with training on 'Understanding Young People and Pornography' delivered by the National Youth Health Programme (NYHP). The guide includes some of the key messages regarding pornography, alongside links to useful resources. Staff/volunteers should ensure that they are familiar with the resources listed and that they are suitable and age appropriate for any group of young people they are working with. Please note that some content may be sexually explicit and unsuitable for some groups or individuals, including under 18's.

Please remember that these key messages do not provide a comprehensive guide to understanding young people and pornography. It is important to take account of all of the information contained in the resources listed and to seek additional information and support if necessary.

▪ What can practitioners do?

- Try, as best you can, to not be alarmist
- Instructing young people to not look at porn is not feasible, and it could potentially foster feelings of shame and may isolate young people from talking to you about it. Young people have a natural curiosity and may find porn on the internet without necessarily searching for it e.g. in a pop-up ad.
- Have age appropriate conversations:

Pre-pubescent

- If they have accidentally accessed adult content reiterate that they didn't do anything wrong
- Let the young person know that they can confide in or come and tell you if they have seen anything that made them feel uncomfortable

When they're older:

- Explain that porn is fantasy and was designed as entertainment for adults who are aware that it isn't real. While it's understandable that they might be curious about porn, it's not an educational tool.

- If they have questions about sex, they should talk to their parent/you or another appropriate adult they feel comfortable with.
- Let them know being curious about their developing sexuality is not something to be ashamed of. The purpose of the conversation is not to make them feel ashamed or embarrassed, but to guard their wellbeing.

(from reachout.com)

▪ **Degrading content**

A lot of porn that's widely available is hard-core and depicts degradation of women.

Approach discussion of this is with a level-head. There is extreme porn available and it can be disturbing and can be potentially damaging. Emphasise that this is not standard, "normal" sex. There is no expectation that someone has to enjoy this. Many people don't find it attractive and again, this is somebody's version of a fantasy – not depiction of reality. Just because they see something online doesn't mean they have to try emulate that in real life.

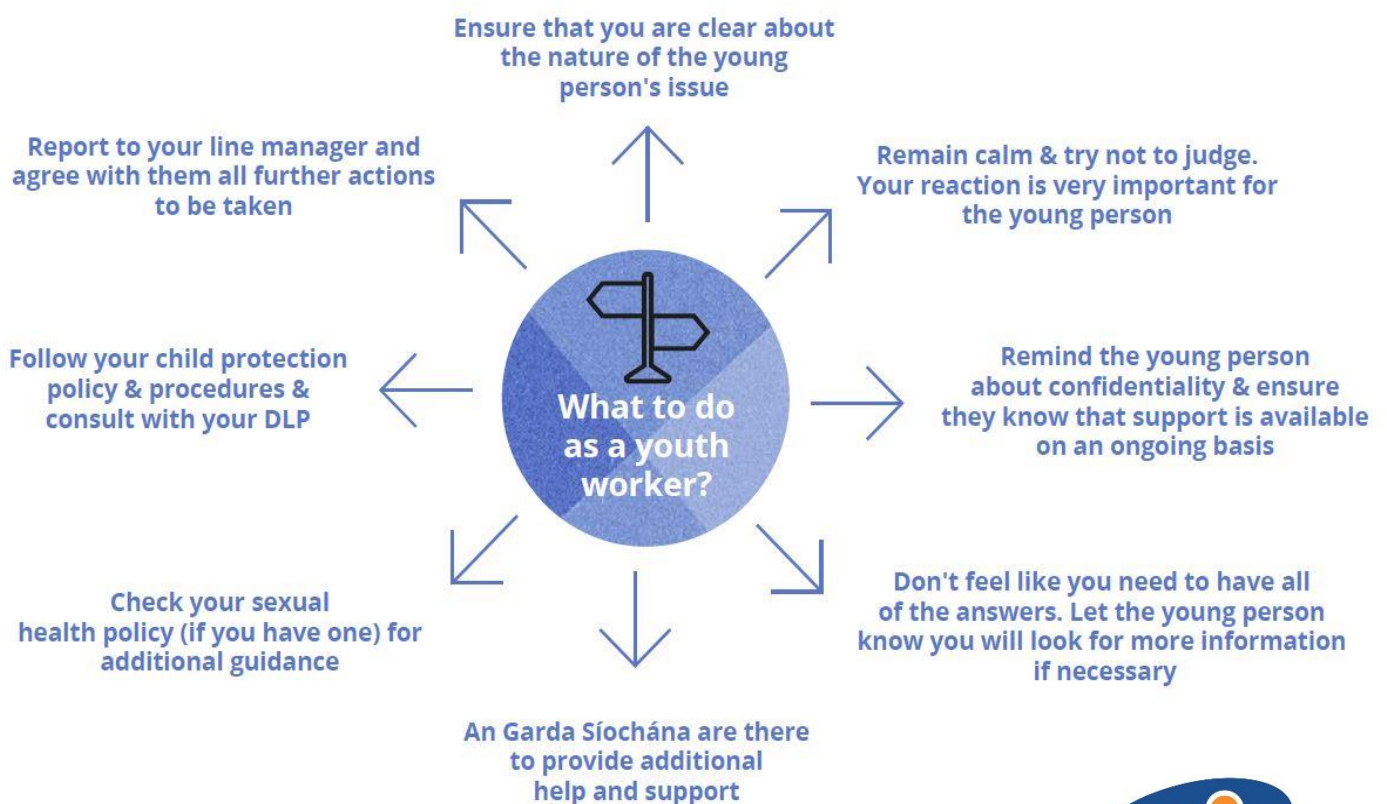
▪ **Healthy relationships**

- Everyone should know that a good, healthy relationship involves an honest conversation with their partner about what they're comfortable with and what they enjoy.
- Ensure they are adequately equipped to deal with what they see and how to separate what's realistic and what is not realistic.
- Provide context on the content and messages people might encounter and this can help minimize potential negative effects.
- Be honest

▪ **There are naked photos/videos of a young person online. What do I do?**

- Advise them to untag themselves if tagged
- Encourage them to contact the person who has posted it and request they take it down
- If they are under 18 contact the Guards
- If they are over 18 and have not given consent for these images to be shared contact the Guards

- Advise them to report it to the website in question and request they remove it. Sometimes this may take a bit of time
- Encourage them to talk to a family member straight away; it may be embarrassing at first, but it's better they're aware and able to help the young person - any immediate embarrassment or hurt will but greatly increased if the video/photo goes viral
- Some people may want to deactivate their social media accounts. If they don't it is a good idea to take a step back from their accounts for a period of time.
- If the situation escalates seek legal advice. Under Data Protection and copyright law, people have the legal right to have these images taken off the internet
- Be prepared for the stress, trauma & anxiety it will cause, but also know; things will get better. Encourage them to speak to someone they trust and get support where needed.
- **Sexting & What to do**





▪ Signposting & Supports

www.garda.ie

www.cybersafeireland.org

www.ispcc.ie

www.webwise.ie

www.tusla.ie

www.spunout.ie

www.hotline.ie

www.b4udecide.ie

www.drcc.ie

www.zeeko.ie

www.youthhealth.ie

Crisis Textline Ireland- text TALK to 50808

▪ Website, Articles and Video References

NYCI Sexting Resource

www.youth.ie/documents/lets-talk-about-sexting/

NYCI 'Let's Talk About Consent' Research & Resources

<https://www.youth.ie/articles/lets-talk-about-consent-new-research-and-guidance-launched/>

The Full Picture- Webwise Video

https://www.youtube.com/watch?v=EvP_PCNGP9I

Say No! Webwise Video

https://www.youtube.com/watch?v=kCX8f4j6wmc&feature=emb_logo

The Science of Pornography Addiction- Video

https://www.youtube.com/watch?v=1Ya67aLaaCc&feature=emb_logo

Keep it Real Online- New Zealand Ad

<https://www.youtube.com/watch?v=cTfcUro-pyQ>

How porn changes the way teens think about sex- (Ted Talk)

<https://www.youtube.com/watch?v=FhP0AfZdRZ4&list=PLYWZdcoC2UcC8BKJuT9TsNGuQR7bRj3ZM&index=76>

What are the effects of porn on the brain? video

https://www.youtube.com/watch?v=OtQBxsf1st8&feature=emb_logo

The Science of Porn Addiction- video (over 18's)

https://www.youtube.com/watch?v=1Ya67aLaaCc&feature=emb_logo

Louis Theroux: Twilight of the Porn Stars (2012) – Over 18's
Louis Theroux: Weird Weekends- Porn (1998) – Over 18's

Children & Young Peoples Sexual Development

<https://learning.nspcc.org.uk/child-health-development/healthy-sexual-development-children-young-people#heading-top>

Porn Report NUI Galway

<http://www.nuigalway.ie/media/smartconsent/PornReport-PrintReady-A5.pdf>

Does pornography harm young people? (Article)

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