

Addressing pornography – Do's and Don'ts

Supporting 14+ year olds



Do's

- ✓ **Do talk about unrealistic representations of sex in pornography**
Stress that what they are seeing is often a conflation of sex and violence, is dictated by a handful of pornographers that use extreme acts to shock people into watching and has little bearing on reality
- ✓ **Do talk about unrealistic representations of bodies pornography**
The body image talk here is key for both boys and girls – everything from hairless bodies to fake breasts, talk about the misrepresentation of reality
- ✓ **Do talk about the impact of sexualisation on young people**
Point it out wherever you see it – in signs, in music videos in magazines
- ✓ **Do get them to think critically about the images they see**
Don't let them be passive viewers get them to think about why women are being depicted in this way and the impact it has on expectations in relationships



Don'ts

- ✗ **Don't allow pornographers to talk to them before you**
You have the chance to influence how they absorb this material, make sure you take it
- ✗ **Don't make them feel guilty about what they have seen**
You want them to be able to come to you so you need to be on the same side
- ✗ **Don't forget to check in with them regularly**
This is not a one-off conversation so raise it again when they get their first partner and talk about their feelings about intimacy and boundaries
- ✗ **Don't make it difficult for them to come to you**
Have an open door policy, be patient, be on their side

