

It's natural to be curious about sex and porn, but it's also completely normal to not be interested or enjoy porn at all.

Whether you do or don't watch porn, there are some things worth knowing about it.

DID YOU KNOW?

Porn has been around for thousands of years, beginning as images carved into cave walls or painted on ancient pottery.

DID YOU KNOW?



IMPORTANT!

If you're online and see porn by accident, you should close the window. Talk to a trusted adult if you are confused, worried or upset by what you've seen.

PORN AND UNDER 18s

Porn is meant for adults. Technically, it's not illegal in UK law for under 18s to watch porn, but it is illegal to...



Show or sell porn to under 18s



Take sexual photos or videos of under 18s



Send or receive sexual images or videos that have under 18s in

It doesn't matter if everyone is consenting – if a person in an image or video is under 18, it is illegal.

REMEMBER: the law is there to keep you safe, not to get you into trouble. If something has happened and you are worried, you should speak to a trusted adult.

If you accidentally see sexual images or videos of someone you think is under 18, you can report it anonymously to the Internet Watch Foundation ([iwf.org.uk](https://www.iwf.org.uk)).



PORN VS REAL LIFE

Sex in porn is not the same as sex in real life, so don't use porn as a framework for how you or your partner(s) should behave during sex.

Porn could help you feel more open minded about sex. As long as you remember that porn is not real, it can help you to explore fantasies on your own first, before trying them with a partner.

BODIES

Don't compare yourself or your partner(s) to the people you see in porn - the bodies you see in porn are usually not realistic.

CONTRACEPTION & CONSENT

Generally, porn doesn't promote safer sex - we rarely see contraception being used or discussed, and there is usually no communication about consent.

GENITALS

Genitals in porn are often hairless and uniformed - in reality, penises and vulvas come in lots of different shape, sizes and colours.

SEX

Sex in porn looks smoother than sex in real life - they edit out any of the silly or clumsy moments that make sex in real life more fun!

REMEMBER:

Sex in real life isn't about performance or how you look.

AM I WATCHING TOO MUCH PORN?

There is no set rule with how much is too much, everyone is different.

SIGNS OF UNHEALTHY PORN USE COULD INCLUDE:

- ☐ Watching it and not really enjoying it
- ☐ Looking for more extreme porn to turn you on
- ☐ Occupying your time or your thoughts too much
- ☐ Negatively affecting your feelings about yourself, your partner, your body or your behaviour and sexual activities
- ☐ Making you feel anxious or ashamed
- ☐ Impacting on the time you spend doing other activities (e.g. work, studies, hobbies or socialising)

XXX