

Do Now

Porn, Sexual Ethics and Harmful Sexual Activities



BELONG CARE ASPIRE SUCCEED

Reggie was in trouble. His mom caught him looking at a very troubling porn site. The people on there were doing dangerous and pretty disgusting things. Reggie's brother went through his history. His mom was too upset to check more. 'Seriously mate, what is all this? You have a problem. These girls look like they're drugged up too!'

Discuss: Why was Reggie's mom so upset by this do you think?



What do you think people mean when we talk about sexual ethics?

I think when people talk about sexual ethics they mean...

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Learning outcomes:

Describe how some so-called 'sexual acts' are actually criminal offences, which could even lead to death.

Explain how poor sexual ethics are often linked to misogyny and can be emotionally and mentally damaging to participants and viewers.

Sexual Ethics - Sexual ethics is ideas about right or wrong, good or bad, in various sexual contexts, including sexual expression and sexual health.

Harmful or criminal sexual behaviour – this includes acts such as suffocation, strangulation and causing physical damage to someone.

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Task One:



Why are we focusing on sexual ethics and harmful sexual activities today anyway? Well, there are many good reasons for this. Read the statements below and vote to see if you think they are true or false as a class.

We'll reveal the answers on the next slide.

In the UK, in 2025, over a third of people aged **16–34** report having experienced sexual strangulation.

Recent research suggests between **16% and 29%** of adolescents have consumed violent pornography.

Reports indicate about half of boys now watch pornography by age **13**, with **1 in 6 boys aged 15–20** watching daily.

In Scotland, up to **60%** of rape cases in higher courts now include allegations of choking or strangulation

Research shows that more young women have started to report enjoying being choked or strangled during sexual encounters.

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Unfortunately, most of these statistics today are true. This highlights the importance of us learning about our topic today. For those of you that thought the final box was true... nope. You're confusing porn and real life there.

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Why is this such a troubling and harmful development for our society? Let's investigate. Watch the clips and attempt all questions. We'll go through the answers together afterwards.

<https://www.youtube.com/watch?v=s6A3GfLtWQ8> (up to 5.10)

<https://www.youtube.com/watch?v=FyVaFel5Zsw>

<https://www.youtube.com/watch?v=t5bQ3LorpXs>

https://www.youtube.com/watch?v=o6lSo_DpnKg



1. What does Robert Greene mean when he says porn sites are 'playing us'?
2. What does pornography rob us of?
3. What does porn do to your brain?
4. What happened to Sophie Moss?
5. The partner did not mean to kill Sophie. The choking act was consensual – all the same, it killed her - how long was he sent to prison for?
 1. Why do many people want harsher sentences, even if it's an accident?
 2. What does 'consider before consuming' mean – and why should we do it?

What does Robert Greene mean when he says porn sites are ‘playing us’?

They are enticing us with clickbait and algorithms, hijacking our brains for views in the same way a social media site can, or a fast-food chain can. They take advantage of our minds.

What does pornography rob us of?

The best thing in the world – the ability to have an amazing true, loving connection with a real person. (You may think you can still have this but if areas of your brain have shrunk from watching porn, you will miss out on one of the things that makes life worth living).

What does porn do to your brain?

It shrinks important areas of it. We know this and have proved it again and again.

What happened to Sophie Moss?

Her partner accidentally killed her through consensual choking / strangulation during sex.

The partner did not mean to kill Sophie. The choking act was consensual – all the same, he killed her - how long was he sent to prison for?

4 years 8 months

Why do many people want harsher sentences, even if it’s an accident?

The victims do not consent to being killed, even if at the time they consent to a sex act.

What does ‘consider before consuming’ mean – and why should we do it?

It means, just like any other action you take – think, ‘is this a good idea or a bad idea?’

We should do it because porn shrinks your brain, hurts relationships and damages society.

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You should by now have started to realise just how harmful porn can be and why we need good sexual ethics to live a healthy life.

In your pairs discuss and come up with three of the most important pieces of learning or advice from today to complete

- 1)
- 2)
- 3)

Please complete this on Satchel



Useful helplines and charities:

[Young Minds](#). Child and adolescent mental health

charity for teens struggling with any subject. Call: 0808 802 5544

[Teen Line | Teens Support hotline - Connect, talk, get help!](#) Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.

<https://www.ukat.co.uk/addiction/behavioural/porn/>

UK-based porn addiction advice service

<https://www.themix.org.uk/sex-and-relationships> Relationships advice for young people

<https://mensadviceline.org.uk/contact-us/> Men's advice and support site

<https://safeline.org.uk/mens-mental-health-a-silent-crisis/> Men's mental health site

[Mental Health Foundation](#). Information and support for anyone with mental health problems or learning disabilities.

Reporting a Concern at Thornden School

- It is important to us that all of you feel safe, happy and belong at Thornden.
- We also know that sometimes it is not as easy as simply telling a member of staff
- It could be:
 - A friend you are worried about
 - Someone being unkind to you
 - Something you have heard and think we should know

How can you report anything you are worried about?

- Speak to a member of staff or parent / carer
- Visit the Well Being Den or Head of Year area
- On Satchel each week you will be sent a link to a form to share any worries you have
- On our school website homepage there is a 'Report a Concern' link.
- In the Student Bulletin there is a 'Report a Concern' link
- On all school desktops there is a 'Report a Concern' logo to click and report anything

Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people)

MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>