

Do Now

# How can pornography re-wire our brains in a negative way?



Sam's friend Darren sent him a link to a porn site. The message attached said, 'OMG you have to watch this.' Sam started watching the video on his phone, but then his mom walked in. 'Samuel – I want to trust you online, but we need to have a talk. NOW.' She insisted.

**Discuss: Why is Sam's mom so concerned? Should she be?**



Pornography in some form or another, has existed since at least the time of the first civilisations. So why is it such a big deal today?

**CLUES:** *extreme content internet accessibility harm exploitation*

# How can pornography re-wire our brains in a negative way?

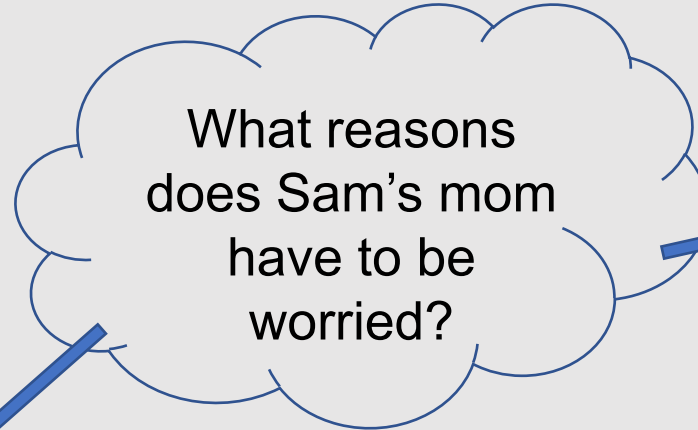
## Learning outcomes:

Describe specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners.

**Pornography** – printed or visual material containing the explicit description or display of sexual organs or activity, intended to stimulate sexual excitement.

**Dopamine** - a chemical released in the brain that makes you feel good. Having the right amount of dopamine is important both for your body and your brain.

**Sam's mom had a lot of concerns.** She's not a strict parent and is fully aware of the kind of things teenagers think about – but is worried about the type of video she saw. It was hardcore porn. Sam is fifteen. Complete the mind map in pairs, we'll feedback in five minutes.



One other reason Sam's mom might be concerned is...



You might have thought of a few more reasons than this, so let's hear them if you have any to share.



**Regular porn viewing can re-wire our brains, effecting how we release dopamine and experience real-life pleasure**



Another reason might be a moral one – Sam is a child, this is adult material she needs to protect him from.

**It's illegal to show someone porn if they are under 18 – even if the person sharing it is under 18.**



What reasons does Sam's mom have to be worried?

**Regular porn use really can ruin our real-life intimate relationships**



**Porn can have negative severe negative effects on personal body image.**



Watch the following clips and complete the questions in your booklets.

<https://www.youtube.com/watch?v=3adhnlRoxig>

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1. What aren't porn addicts satisfied by anymore?
2. What is the medical name for the symptoms created by porn over-use?
3. Why are heavy porn users giving it up by the thousands?
4. What is internet porn killing?
5. What other symptoms come from porn over-use?
6. Why did Terry Crews quit porn?
7. What does he say he learned from porn?
8. What's his relationship like now?



**What did we find out? We can discuss any questions or thoughts you have as we go through this.**

**What aren't porn addicts satisfied by anymore?**

Every day pleasures

**What is the medical name for the symptoms created by porn over-use?**

Arousal addiction

**Why are heavy porn users giving it up by the thousands?**

Erectile dysfunction

**What is internet porn killing?**

Young men's sexual performance

**What other symptoms come from porn over-use?**

Depression and life issues – e.g dropping out of college, anxiety, poor-memory and focus.

**Why did Terry Crews quit porn?**

The porn use had led to him being unfaithful – and his wife leaving him.

**What does he say he learned from porn?**

A lot of wrong things which he had to unlearn.

**What's his relationship like now?**

Super-strong

# How can pornography re-wire our brains in a negative way?



## Effects on relationships

You struggle to maintain an erection with your partner.

Your partner is upset because you don't seem attracted to them

Those women being degraded in hardcore scenes are daughters, sisters and mothers.

You just don't seem to get very excited at the idea of real sex anymore.

## Ethical issues

You struggle to orgasm through real life sex.

Many people who join the porn industry end up on drugs to cope with what they do.

The porn industry has a high suicide rate (especially for men).

The mainstream porn has stopped cutting it – you want more specific and extreme scenes.

## Effects on mental / physical health

Your brain has rewired in a strange way. You don't get that excited feeling at meeting new girls IRL.

You are comparing yourself to the people in the porn videos – your body doesn't look like that.

You are watching things you would fight to stop in real life. You begin to hate yourself.

Your partner is starting to act increasingly distant with you.

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## Effects on relationships

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You just don't seem to get very excited at the idea of real sex anymore.

## Year 9 Autumn 2 RSE – Knowledge Check

Confidence Scale:

1 = Not confident at all | 5 = Very confident

1. On a scale of 1 to 5, how confident do you feel that you can explain what gender stereotypes are and how they can be harmful?
2. On a scale of 1 to 5, how confident do you feel that you can describe different types of relationships shown in the media and how they might affect young people's expectations?
3. On a scale of 1 to 5, how confident do you feel that you can identify how diverse relationships are represented (or misrepresented) in society and media?
4. On a scale of 1 to 5, how confident do you feel that you can understand and challenge harmful gender-based assumptions?
5. On a scale of 1 to 5, how confident do you feel that you can discuss how gender equality benefits individuals and society as a whole?
6. On a scale of 1 to 5, how confident do you feel that you can explain what constitutes sexual harassment and why it is never acceptable?
7. On a scale of 1 to 5, how confident do you feel that you can understand what the law says about sexual harassment and how to report it?
8. On a scale of 1 to 5, how confident do you feel that you can identify the negative effects that pornography can have on mental health and relationships?
9. On a scale of 1 to 5, how confident do you feel that you can evaluate how pornography may present unrealistic views of relationships and intimacy?
10. On a scale of 1 to 5, how confident do you feel that you can know where to go for support if you have concerns about any relationships, online behaviours, or sexual content?



**This is your Home Learning. It has been shared with you on Satchel. Please make sure it is completed by next week**

# How do you report something you are concerned about?

- 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/>