

Violence Prevention & Porn Literacy: Why You Should Include Porn Literacy in Your Violence Prevention Programming – and How to Do It!

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Pronouns: she/her/hers

Prevention Peer Network – August 2021



Overview

Why violence preventionists should consider porn literacy

What to consider before teaching porn literacy

Activities to do with youth

What youth should walk away with

How to field difficult questions

Resources

Q&A





Go to [menti.com](https://www.menti.com) & type in **8456 7280**



Why consider porn literacy?

Videos:

- [Porn Star Gives Parents "The Talk"](#)
- [Keep It Real – New Zealand add](#)



The facts

While frequency of use is hard to determine due to inconsistency in studies, there is some limited evidence¹ that:

- Among young people overall sexually explicit media use may predict an increased risk of sexual risk behavior; and
- Sexually explicit media use may predict an increased risk of sexual aggression and/or violence perpetration among boys

It's accessible! From Porn Hub to Only Fans, accessing free porn on our phones is easier than ever

¹Peterson, A.J., Silver, G.K, and Coyle, K.K. Young people's pornography use and sexual health attitudes, development and behavior: a literature and scoping review. ETR, 2021.



Story time!



Porn literacy

Porn literacy is a framework from which people can critically examine and make sense of the sexual images they see

It's about asking questions to help us better understand the porn we use and how we use it

It is about being a critical consumer of pornography, like we should with any form of media, to understand that what we are seeing is not real life, but it can affect the way we act in real life



In porn we might see...

People doing things without asking for consent

Only penetrative sex

Exaggerated gender roles

Fetishization of certain bodies, ethnic/racial groups, disabilities

No safer-sex protection

Sex for an extended period of time

Orgasms at the end of sex

Or even violence



This might make us think...

We don't need to ask for consent

Sex is defined only as penis-in-vagina

Sex is gendered

It's okay to have sex with people because of their identity

We don't need to use protection

Sex has to last a long time

Orgasm is the end goal of sex and if it doesn't happen it wasn't 'good'

Sex has to be violent



These expectations are unrealistic & inaccurate!

Which means we might cause harm if we rely solely on porn for our sex education



Before moving forward

It's important to consider:

- *Our* biases as educators – why do we want to teach porn literacy?
- What do we feel comfortable answering/talking about?

Remember: It's our job as preventionists to provide shame free, trauma-informed education.



Activities



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World Café

Can use google slides, jamboard, or flip chart (in person)

Break youth into breakout rooms/small groups
alternating questions among groups

1. Is pornography healthy or unhealthy?
2. Does it influence expectations people have of sex?
3. How might it affect the person watching it?
4. How could it affect a relationship?
5. How might the use of pornography by one partner make the other partner feel?
6. Is viewing pornography a good way to find out about sex? Does it realistically depict sex?



Messages Unpack

Can use Google Slides, Jamboard, or flip chart (in person)

Focus on themes or stereotypes you might see in porn, like exaggerated gender roles, lack of consent, what kind of bodies we see, heteronormativity, etc.

Questions to think about:

- What do you think of these messages/expectations?
- Are they fair/realistic?
- How could these messages/expectations cause harm?



Using Media

Use different media clips to look at some media examples that include messages/expectations about sex

Important: media clips are NOT pornography – they are:

- Clips where characters are either talking about porn
- Or share misinformation about sex they may have learned in porn

If possible, edit clips to take out pieces that aren't appropriate and add captions



Booksmart Unpack

Molly pressuring Amy into watching porn

- No consent

Educational documentary/"hot doc"

- Porn is for entertainment, not education

European sex trafficking victims

- Sex work is different than sex trafficking
- Important to think about if someone is being exploited



Easy A Unpack

Sex noises

- We have to sound a certain way or put on a performance for someone for it to be “good”

Fake orgasm

- In order for sex to be good it has to end in a big climax (especially for the ‘man’)
- Violence is a part of sex

Sex as status

- Who gets cheered on for having sex
- Reinforces shame in being gay/out



Sex Education Unpack

No judgment from Lily to Eric

- We shouldn't 'yuck people's yums'

Lily asks Eric what 'it' feels like and Eric says rimming, to which Lily says "no sex"

- Heteronormative assumption
- Rimming *is* sex, it's just not penis-in-vagina



Superbad Unpack

Seth making Evan feel bad about bringing a condom and lube

Sex having to last a long time (going down on someone for hours)

Dry humping

Misconception that young people would not need lube

- Being lubricated does not mean consent!



Using Disney

How might these themes, like in Disney movies, also influence how we view sex?

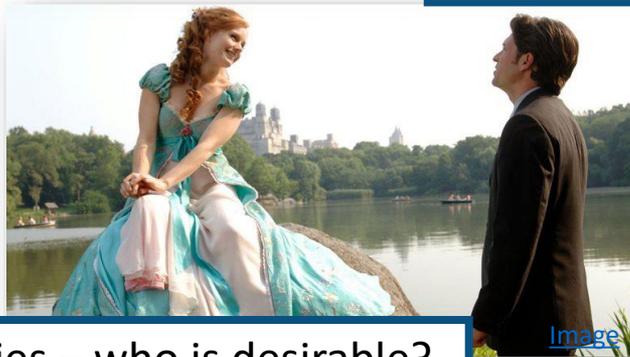


No consent



Violence

Exaggerated gender roles



Bodies – who is desirable?
Who is fetishized?



Heteronormativity



Takeaways

Pornography isn't about realistic depictions of sex, love, and intimacy – it's fantasy!

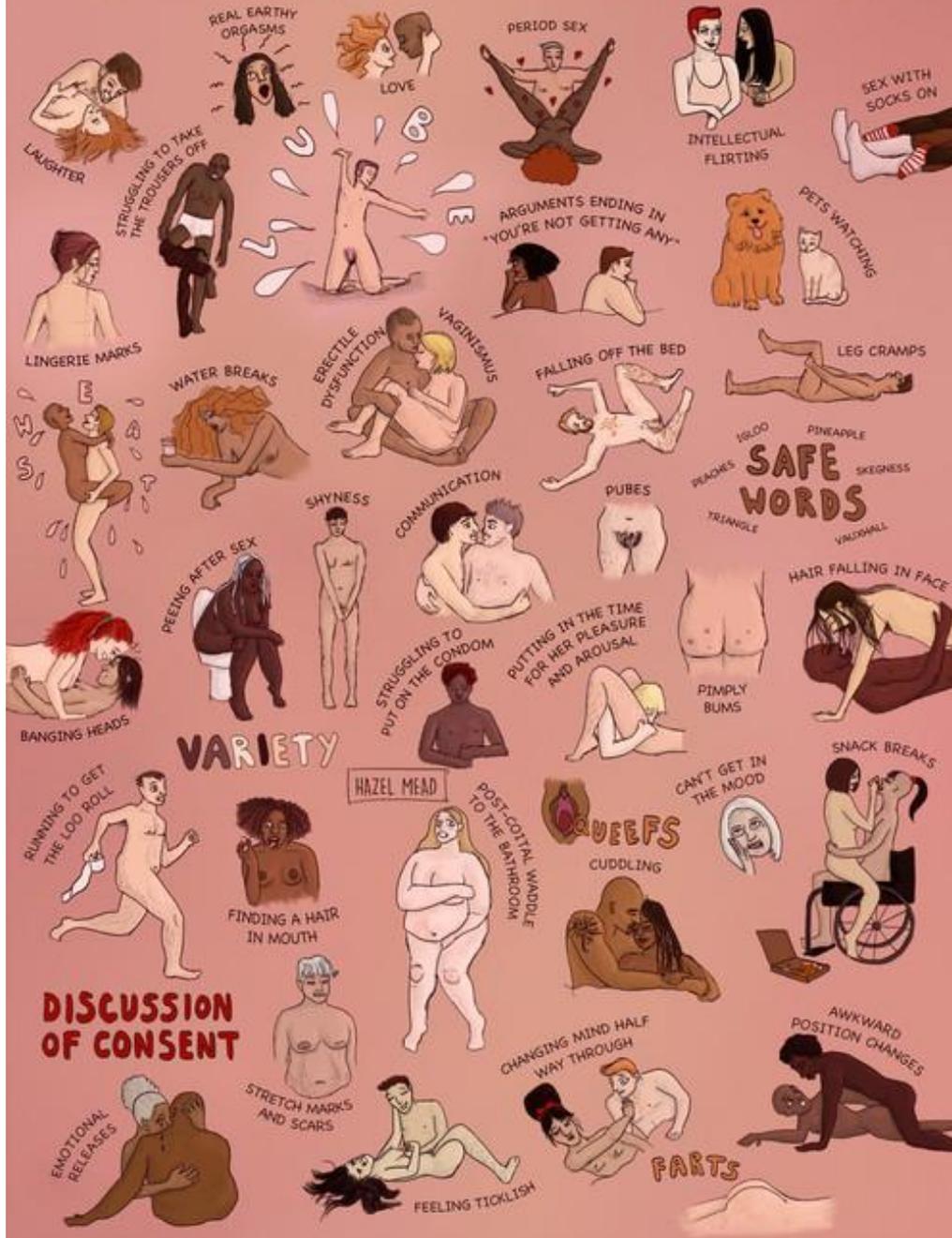
Pornography is a media industry that is all about \$\$\$

We don't have to stop watching porn, but we should ask:

- What messages are we being told/sold?
- Who is porn for?
- What's missing?
- “Sex sells”, but what kind of sex?



THINGS YOU DON'T SEE IN MAINSTREAM PORN



And remember!

Whether you have never had sex, have had sex, or use porn for fun, remember, sex should always be:

- Consensual
- For all bodies
- Defined however you want
- Pleasurable!



Fielding Difficult Questions

Questions are typically about learning, but they might include:

- Shock factor – “Is it okay to choke someone without their consent? I saw it in a porn.”
- Slang – “Does a WAP mean someone gives consent?”
- Personal – “Do you watch porn?”
- Values-based – “Is it okay to watch porn?”
- Or a combo of all of them!



Fielding Difficult Questions

Don't answer personal questions

If you think there is a learning moment to be had, reframe the question and answer it

While slang is common, it's also important they know medically accurate terminology too!

Remember: It's okay to not know all the answers! Like any topic, it's okay to tell youth "I don't know the answer but let me check and get back to you."

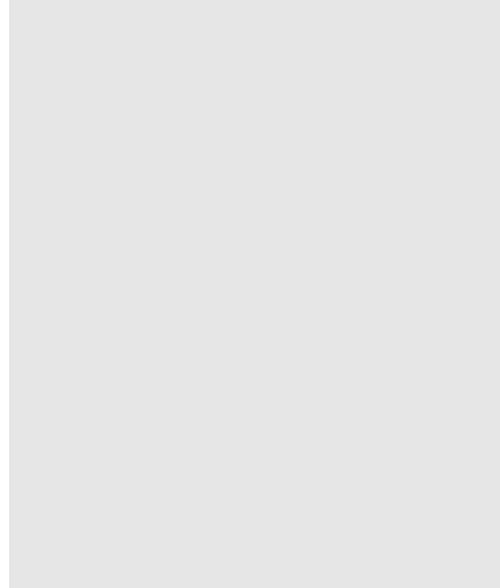


Resources



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**What is one thing
you learned from
this presentation?**



Questions?

Q&A

Concerns?

Comments?



Thank You!

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