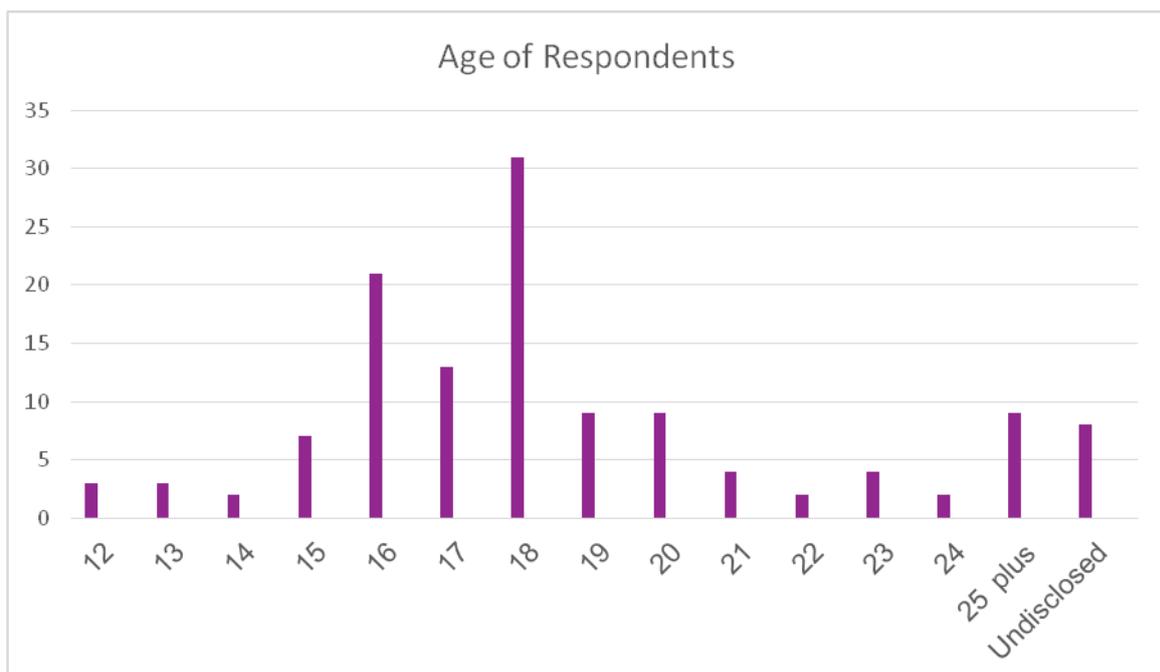
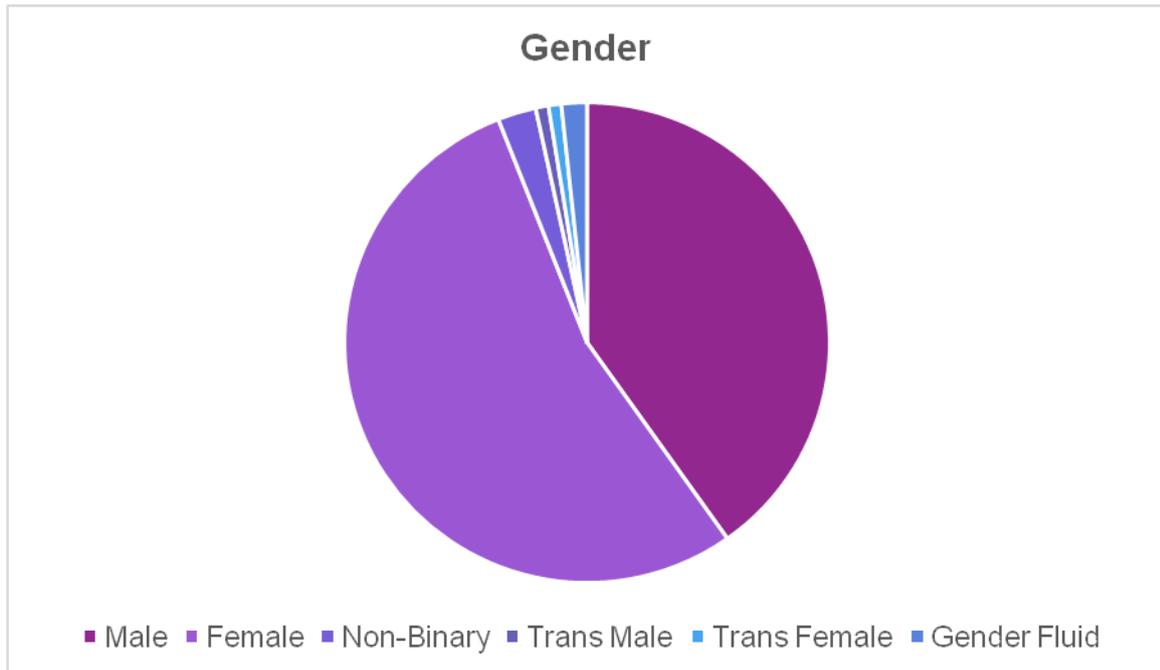


Young People Online – Pornography, Sex and Technology, Cool2Talk

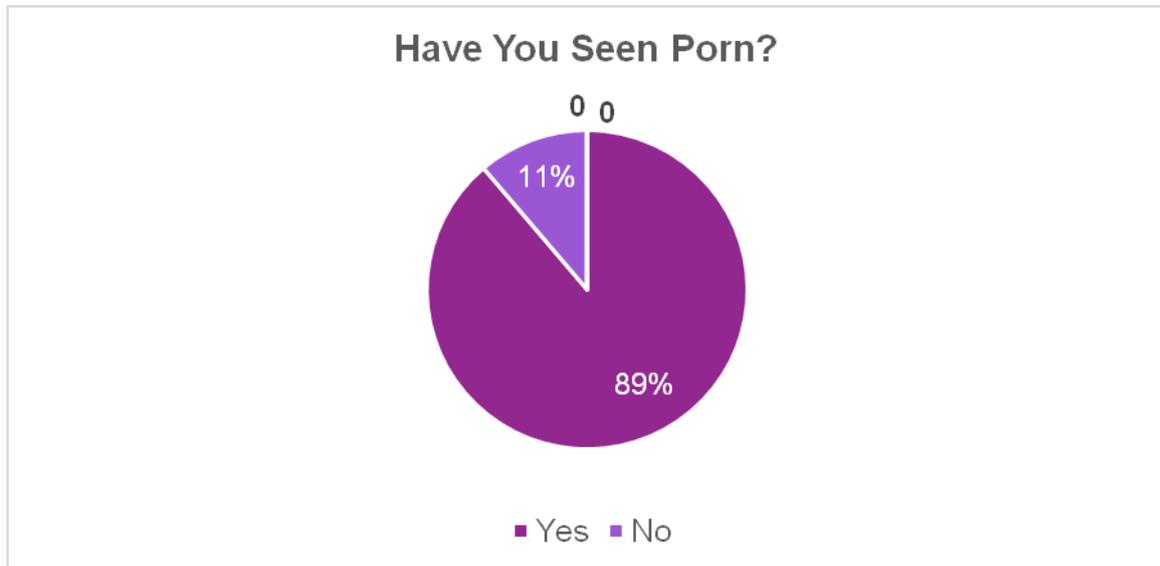
Results Overview

In total 125 young people responded to the anonymous and confidential C2T survey carried out between August and September 2019. The survey asked various questions regarding online behaviour and experiences, with an emphasis on pornography use and sending explicit images. 50% of respondents were female, 38% were male and 12% identified as other. They ranged in age from 12 to 25 plus.

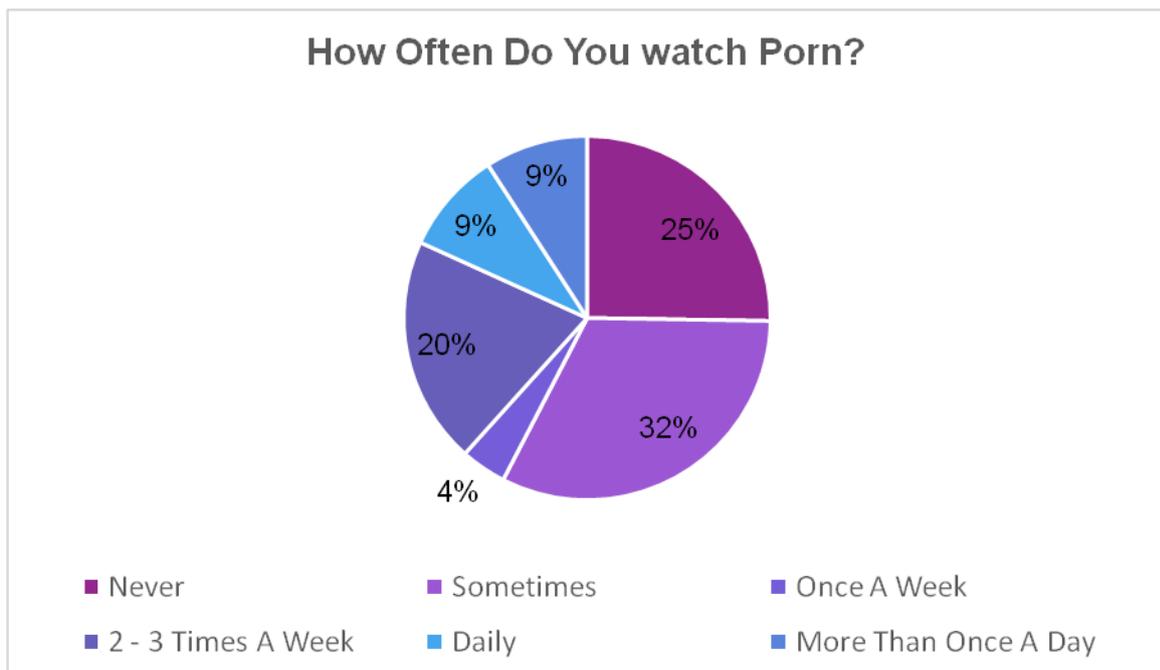


Pornography

The survey asked about access to pornography, levels of use and feelings associated with watching it.

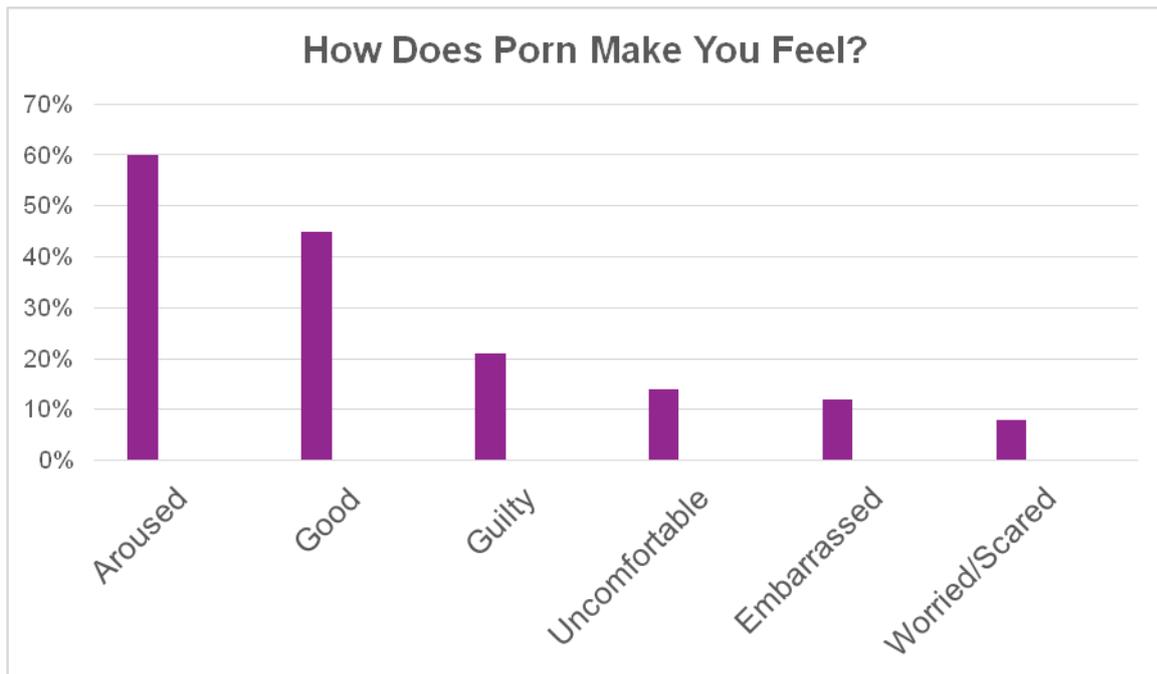


The majority of young people had seen porn and most (68%) had actively looked for it. There was a variation in the ages of people who hadn't seen porn, suggesting that possible exposure was equal across the age groups. 20% of respondents had seen porn accidentally, through things like pop-ups or internet searches for other things. Most people used their phones to access pornography (83%) but laptops, tablets and gaming devices were also used to a lesser extent. There were various levels of porn use ranging from never watching (even if participants had seen porn once) to watching more than once a day. Results can be viewed below:



Motivations for accessing pornography were also varied, with a high number of young people saying they mostly watched it for pleasure or to masturbate (84%) Other reasons included curiosity (26%), with a partner as part of sex (17%), to get information (16%) and for a giggle (15%)

Participants were asked to feedback how watching porn made them feel. They could pick more than one response. There were some conflicting views as outlined below:



Other responses here included it depends, depressed, stigma makes it feel disgusting, unsure, indifferent and “disappointed that I’ve had to use it.”

The survey asked participants to elaborate on how they thought pornography affected their perceptions of males, females, sex and relationships, bodies and consent. Some participants highlighted that porn can be diverse and can offer various representations of bodies, gender and sexuality. However some young people recognised that their views may be shaped by what they’re watching.

What Messages Does Porn Give You About Males?

- Dominant
- Aggressive
- Muscles
- Big penis
- In Control
- Indifferent
- Self-conscious
- Big Penis
- Abusive
- Unrealistic
- Horny
- Toxic Masculinity
- Varied
- Confident
- Dehumanised
- Animalistic
- Rough
- Treat Women Badly
- Strong

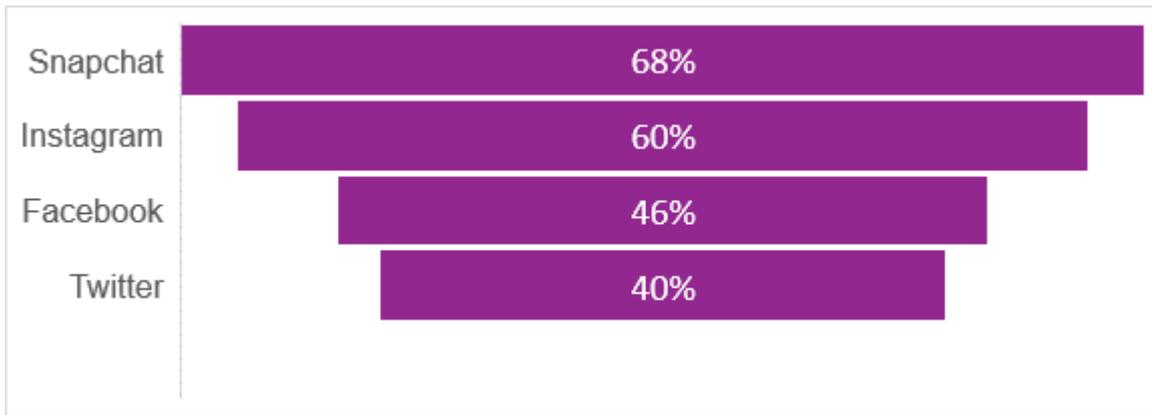
What Messages Does Porn Give You About Consent?



The data suggests that many young people can be critical about the messages they receive through pornography. Some recognised that lack of consent may be seen as sexy or a turn on in porn but not in real life. There was an overarching recognition that consent is not evident or explicit in porn. Some young people highlighted the diverse range of bodies that can be seen in various genres of pornography. However, clear themes shone through around narrow body types for both males and females. "Big penis" was the most popular comment made in relation to how males are portrayed in porn. There were also common themes in relation to power, gender and control with pornography being seen as promoting males as dominant (and often aggressive or abusive) and females as submissive and secondary in terms of obtaining pleasure.

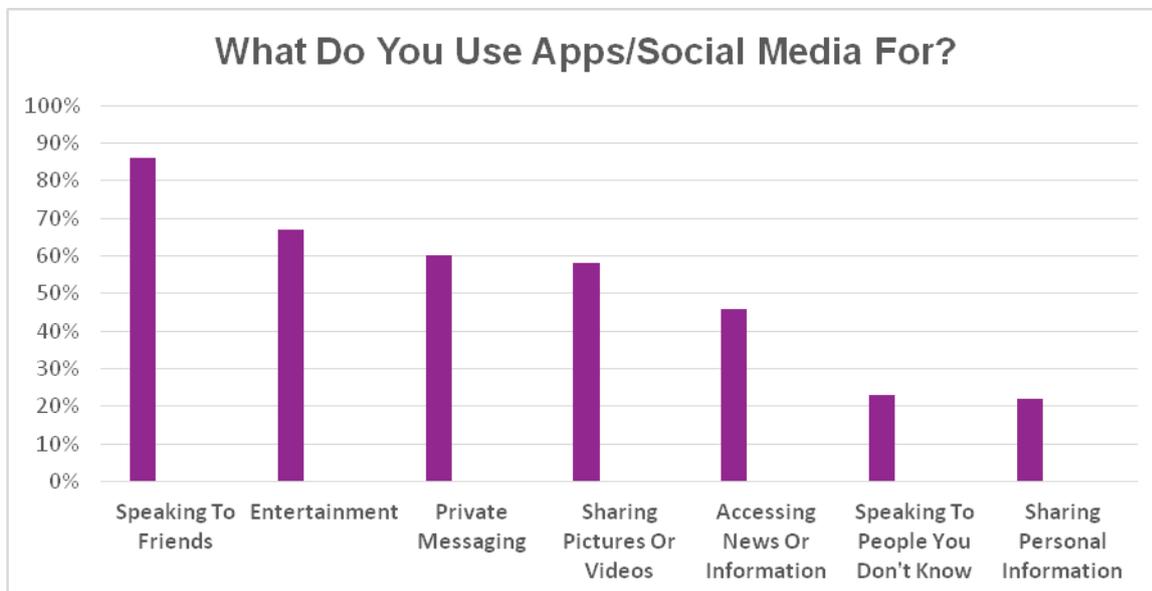
Apps, Social media and Online Behaviour

Participants were asked to highlight their 3 most commonly used apps or social media sites and to tell us what they used these for. The most commonly used apps or sites were as follows:



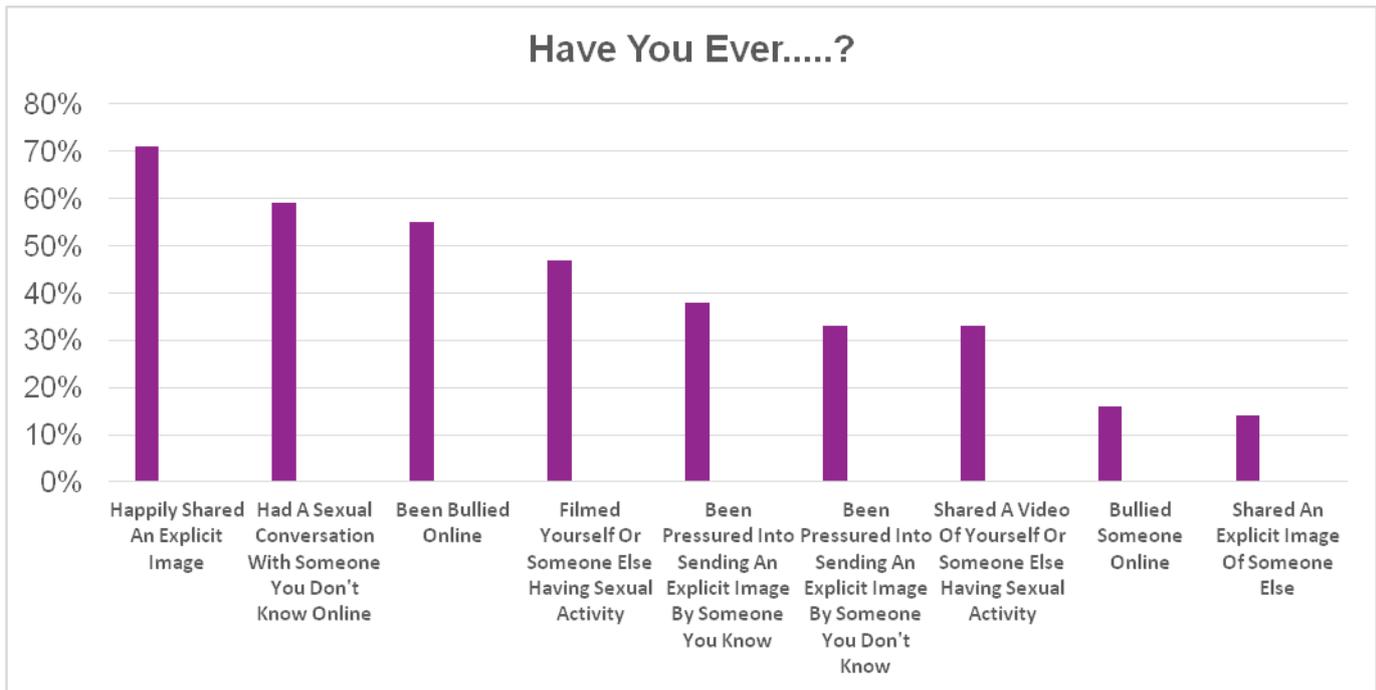
They also used a multitude of others, including Facebook Messenger, Pornhub, YouTube and dating and gaming sites.

The most popular activities engaged in were as follows:

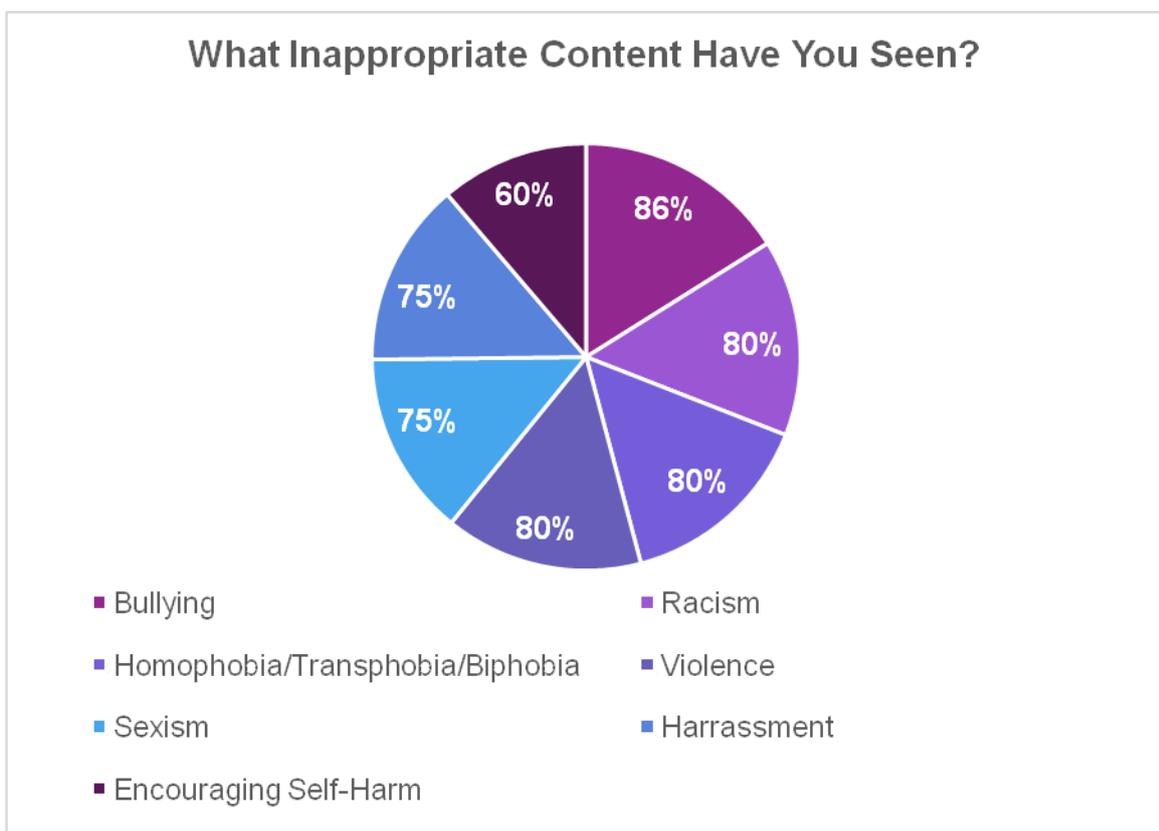


Unsurprisingly communicating with friends was the top reason for using apps and social media. Almost quarter of the respondents used online platforms to speak to people they didn't know.

Participants were asked about their own experiences of sending and receiving explicit images and bullying. The majority of those who had sent image with a sexual content had been happy to do so. There was also a slightly higher number of young people who had been pressured to send images by someone they knew compared to those who had been pressured by someone they didn't know.



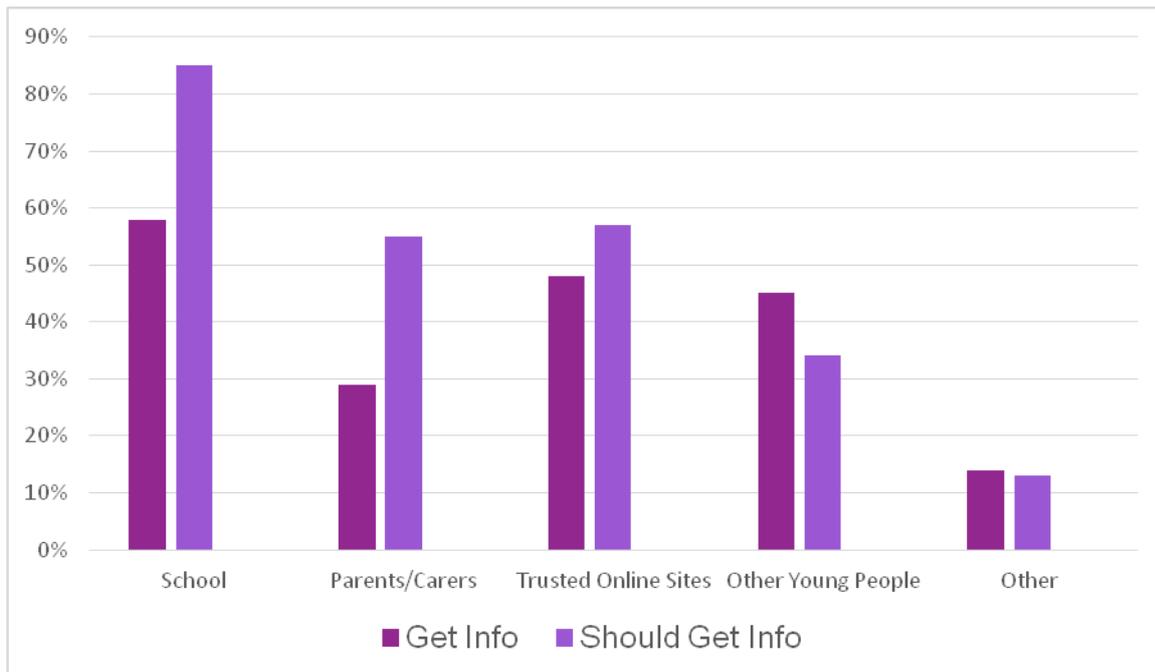
In relation to harmful content that may be viewed online 88% of participants stated that they had seen something inappropriate. This was mostly related to bullying, homophobic and transphobic comments, racism and violent images. However many young people had also seen content encouraging people to harm themselves in some way.



The survey also asked if respondents thought there was a link between their online life and their emotional health. 85% said yes. Some young people recognised that the online world can cause stress and pressure, but there was also acknowledgement that online relationships and support can help to maintain positive mental health. Comments here included:

- Body Dysphoria
- Sometimes not having the “perfect instagram” life gets me down but it’s short lived
- Makes me feel so low seeing all these Instagram influencers or porn stars being so good looking and fake almost but sets unrealistic expectations
- I think people publicly sharing the good parts of their lives and seeing other people having “perfect” lives can make you feel bad about your own life
- Gaming and socialising relieves stress
- 100% the more you present yourself online the more you create a “better” version of yourself – the one that gets all the likes and comments
- It is an extension of myself and if its anonymous its genuine my real self - venting, ranting, learning, feeling ,evolving, hurting, and getting over it
- If someone says something to you online it can impact how you feel in real life
- When I was bullied online my mental health lacked and I started hating myself
- The more online activity I have, the worse my emotional health is
- I rely heavily on friends in other countries to boost my mood
- They can be separated

Those who took part were also asked to comment on whether they thought they received enough information about these topics and where this information came from. 66% felt that they received enough information about technology, the online world and keeping safe. However only 41% felt they receive enough information about pornography. Respondents were also asked where they get information from and where they think they should get it from.



The majority thought that information like this should be taught at school. The biggest difference was in the amount of people who received information for parents and carers and those who thought they should. Other sources of information included any educational setting, wherever the person feels most comfortable and from other trusted adults like youth workers.

Final comments were also requested to ensure participants could add any other relevant points. Feedback here included:

- I am aware pornography is not accurate description of how sex should be and can make some young people feel bad about themselves if they don't look like porn stars
- Nope, my life is fine, I'm a normal teenage girl in a steady healthy relationship
- Porn isn't bad but there is a point where someone can be addicted. Porn can be used as a way to release sexual desires rather than them building up, but it can also cause someone to explore further than they should
- It's far too easy for vulnerable teens to access porn sites, it gives us the wrong idea of how a relationship should be
- Porn culture makes men and women both just seek casual sex which hurts women and isn't good for me either
- On question 14 (have you seen inappropriate content online) there are so many people on the internet and so many places to voice an opinion that almost everyone will have seen almost all those types of comments
- Pornography is wonderful, after a certain age. I've grown desensitised to it due to the commonplace of it in my daily life, however I do not wish for

ANYBODY under the age of 18 to witness any sexual acts or intercourse.
Unintentionally or otherwise

- The lack of education regarding sex, sexual health pornography etc may be a result of the way in which it is taught. If the educator is uncomfortable with the discussion it can ripple through the students causing them to find it amusing as opposed to educational and as a result not take it seriously
- I feel like a lot of the answers in this quiz can be misrepresented or twisted. People are shunned too much for what they do online and we have people who have no clue about the online world telling us how to be safe. I'd rather hear online tips from a friend or someone my age than a teacher or a paid representative or even figure it out myself. I would like online care and freedom represented more but I'd rather not have it shoved down our throats like we're stupid. I do not believe children should have access to the internet or social media because it is dangerous.
- The damaging effects of pornography are completely exaggerated and too many people portray it in a negative light which results in a harmful effect
- Porn is a wonderful thing in moderation cause it can ruin sex if watched too much. People trying to ban it don't understand that people watching it know it's not real, like they make a living from it
- Many young men have messaged me asking for nude images. All of whom I don't know. When confronted they either lash out and insult me or they think it's hilarious