

Watching porn alone, in a private place can be a very healthy part of someone's sex life and self-discovery and is nothing to be ashamed of

PORN AND THE LAW

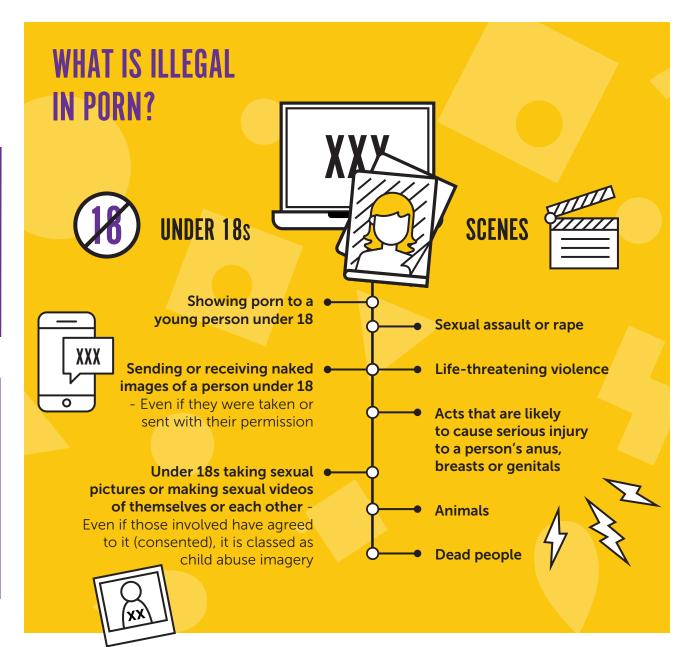


In the UK, watching porn when you're under 18 isn't against the law, but it is illegal to buy until you turn 18.

DID YOU KNOW?









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.

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

Porn doesn't promote safer sex - We rarely see any contraception being used or discussed, and there is 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!

DID YOU KNOW?



If you watch porn to masturbate, then you could try masturbating without porn too! This way you can fully focus on yourself and what feels good without any distraction.

REMEMBER:

Sex in real life is not about performance or looking the best you can, it is about pleasure.



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	VVV
Occupying your time or your thoughts too much	XXX

Negatively affecting your feelings about yourself
your partner, your body or your behaviour

Making you feel anxious or ashamed

Impacting on the time you spend doing other activities (e.g. work, studies, hobbies or socialising)