

# PORN

For more information and support visit [brook.org.uk/porn](https://brook.org.uk/porn)



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?

If you accidentally see sexual images or videos of someone you think might be under 18, you can report it quickly, easily and anonymously to the Internet Watch Foundation ([iwf.org.uk](https://www.iwf.org.uk)).



**IWF**  
Internet  
Watch  
Foundation

## WHAT IS ILLEGAL IN PORN?



UNDER 18s



SCENES



Showing porn to a young person under 18

Sexual assault or rape



Sending or receiving naked images of a person under 18  
- Even if they were taken or sent with their permission

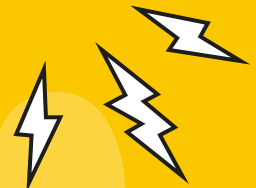
Life-threatening violence

Under 18s taking sexual pictures or making sexual videos of themselves or each other -  
Even if those involved have agreed to it (consented), it is classed as child abuse imagery

Acts that are likely to cause serious injury to a person's anus, breasts or genitals

Animals

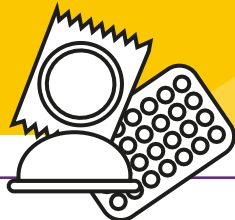
Dead people



## 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.

Porn could help you feel more open minded about 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.

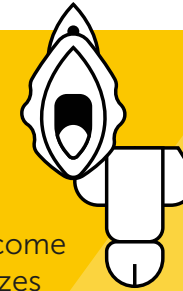


### CONTRACEPTION & CONSENT

Porn doesn't promote safer sex - we rarely see any contraception being used or discussed, and there is no communication about consent.

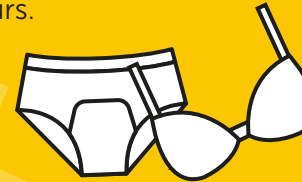
### GENITALS

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!



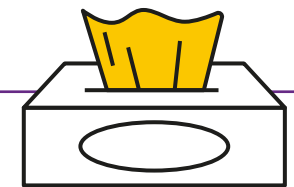
#### REMEMBER:

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

## 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.



## 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
- Occupying your time or your thoughts too much
- Negatively affecting your feelings about yourself, your partner, your body or your behaviour and sexual activities
- Making you feel anxious or ashamed
- Impacting on the time you spend doing other activities (e.g. work, studies, hobbies or socialising)

