

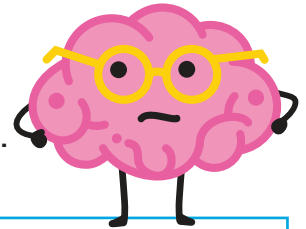
# About Pornography - Level 1

## Activity Handout

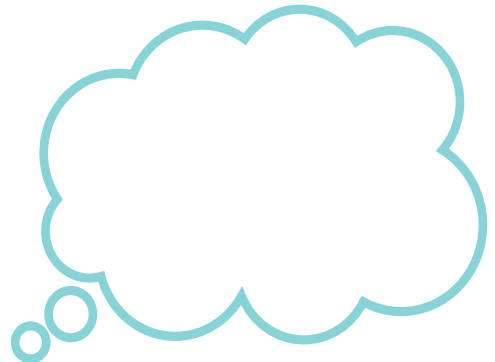


### Video Viewing Guide

**Do Now:** Write 1-2 sentences in the box below in response to the question-  
**Sometimes we might see things online that make us feel bad, uncomfortable, or embarrassed.**  
**Why do you think it would be the best choice to not look at things that make us feel that way?**



*This section should include something interactive to help students highlight the most important info in the video. Ideas include: fill in the blank sentences, thought bubble or other graphic organizers,*



### Stop and Think...

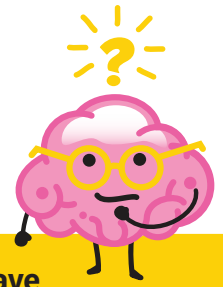
CFU #1 - Why do you think seeing bad pictures online or in print can make you feel uncomfortable, embarrassed, or even sick to your stomach?

### Stop and Think...

CFU #2 - How can you train your brain and grow long, healthy brain networks to learn how to have positive and respectful feelings about yours and other people's bodies? How can you have healthy relationships with others, and say no to seeing bad pictures?

## Write About It Prompt

**Directions:** Write 5-10 sentences in response to the following question.  
Use the box at the bottom to draw out your thoughts.



**Remember the brain's rule? Use it or Lose it! How can you train your brain to have healthy relationships with others and say no to viewing bad pictures? Do you think this will be hard to do? Why?**

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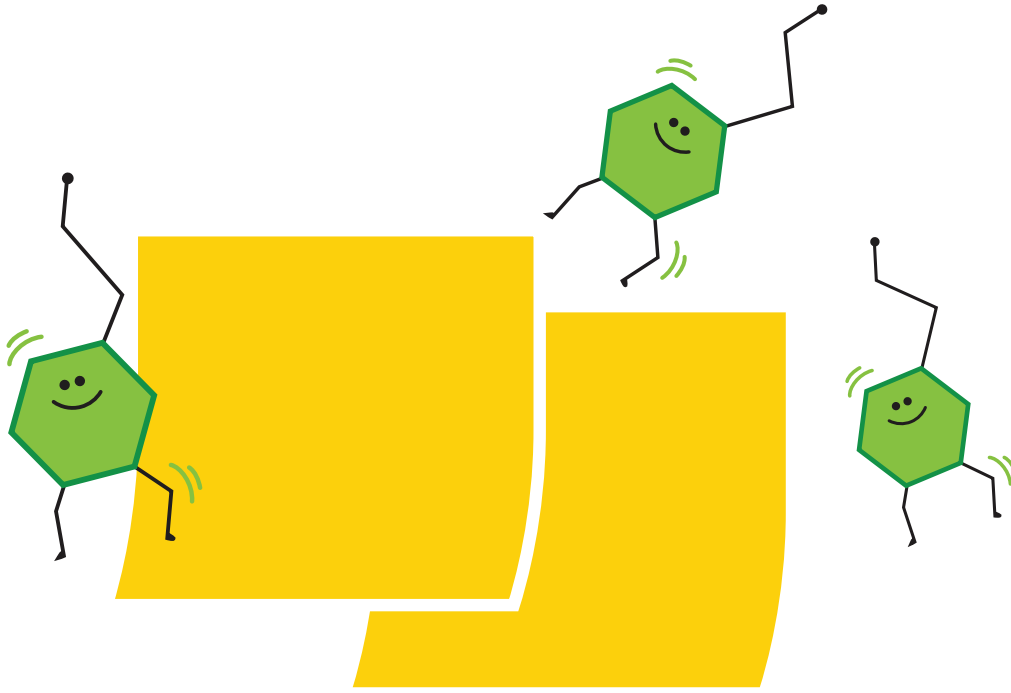
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## Activity #1 - Independent Practice

**2 Post-It Note Quick-Jots:** You will receive 2 Post-It Notes. On the first one, write how a big surge up and down of Dopamine may hurt and change your brain in the long run, possibly causing addiction. On the second, write one way you can protect your brain from having these big surges and dips.



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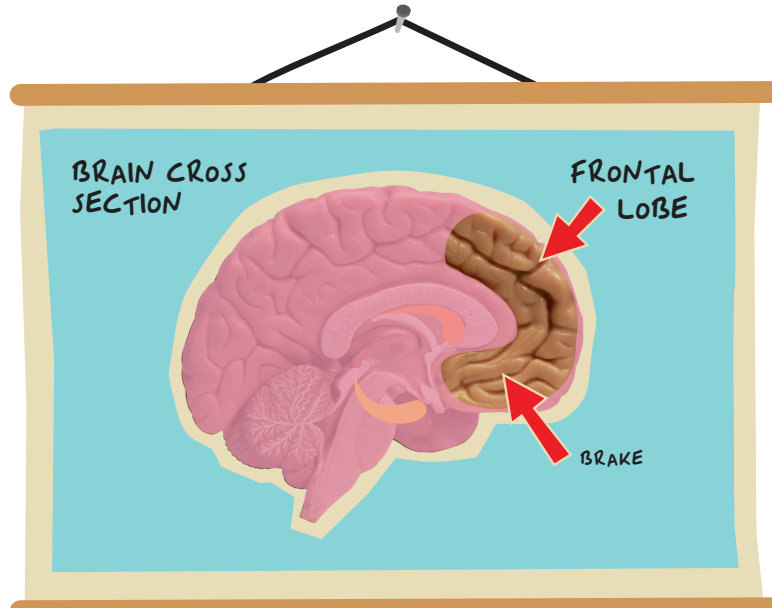
## Activity #2 - Group Activity

Complete a brainstorming list of all the ways you can have a **HEALTHY BRAIN ACTION PLAN** to strengthen your frontal lobe while it is growing and developing its brakes?



## Activity #3 - Extended Learning.

Talk with your grown-ups at home about how you can continue to strengthen your Frontal Lobe by using your brakes when/if you encounter pornography. Ask how they can support you? Can you create a **HEALTHY BRAIN ACTION PLAN** with your trusted grown-ups at home?



## Brain Quiz

1. Fill in the blank: Something risky that young people are having to deal with is \_\_\_\_\_. This is a word used to describe pictures of people without any clothes on.
2. **True or False:** Viewing pornography may even affect the growing brain.
3. **True or False:** Young people can learn about relationships by viewing pornography because it often shows healthy attitudes or relationships.
4. **True or False:** You can talk to a trusted adult to help you if you see pornography and are confused.
5. **Free Response:** If you accidentally see or are shown pornography, what are some things you can do right away to train your brain and turn away?

