About Pornography – Level 3 Student Activity Guide



Think About It

1. At what age do you think is the average age of first unwanted exposure to pornography?

2. What are reasons to avoid pornography?

Brain Quiz!

1. True or False: Pornography has a positive effect on the growing brain.

2. How is the "Use It or Lose It" principle associated with pornography?

a. They are not associated.

b. Viewing pornography for lengths of time can cause the development of long strings of neurons for thinking and feeling in harmful and negative ways about relationships. c. If you use pornography, you can lose the ability to drive a car.

d. Using empathy will increase the long strings of neurons for empathy in the brain.

3. Pornography causes spikes in dopamine, which can ultimately lead to:

- a. addiction
- b. a higher IQ
- c. increased empathy
- d. none of the above

4. All of the following are strategies for protecting your brain from pornography EXCEPT:

a. click away quickly if pornographic images appear on a device.

b. Say "no" if a peer offers to show you pornography.

c. Add extra protection to devices so that pornographic images do not appear.

d. Click on pornographic images at least once a day.

- 5. The increased use of the internet makes pornography
 - a. Less accessible and less problematic
 - b. More accessible and less problematic
 - c. More accessible and more problematic
 - d. Less accessible and more problematic

For more information and resources on this topic, please visit BrainAbouts.org BrainAbouts is powered by the John Fontaine Jr. Charity

Activity #1 Write About It:

Why could pornography create unrealistic expectations of sexuality?



Activity #2 Group Lesson:

In groups of 3-5 students discuss - Pornography can cause unrealistic and unhealthy views about intimate relationships. What are ways to learn healthy views about intimate relationships? Brainstorm in your group. What are keys to healthy romantic relationships?



Activity #3 Extended Learning:

In groups of 3-5 students, discuss - What is the hookup culture? What TV, media, or music promotes the hookup culture? Provide specific examples. How can the hookup culture negatively affect teen development and self-image?

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