

# PORNOGRAPHY AND YOUNG PEOPLE

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Jess, 20 yr old Uni student  
Presents with painful sex:  
Vulvodynia and  
Secondary Vaginismus

## Sexual History

- ◉ Hooking up & blow jobs
- ◉ Lost her virginity at 17 to get it over with (thought she was too old)
- ◉ Sex fine (not painful) with 1<sup>st</sup> boyfriend at 18 (3/12), no orgasms
- ◉ Casual sex after that - “not much fun”
- ◉ Pain began with 2<sup>nd</sup> boyfriend
- ◉ Didn't enjoy what he did (rough sex etc)
- ◉ Pretended she did
- ◉ Sex painful ever since, so doesn't feel like it
- ◉ Doesn't think she'll *ever* be able to be in a relationship



Jess, 20 yr old Uni student  
Presents with painful sex:  
Vulvodynia and  
Secondary Vaginismus

## Believes:

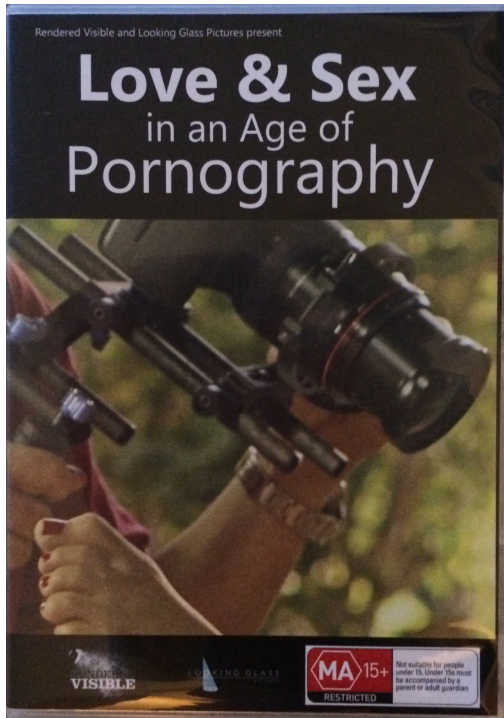
- She *has* to have sex (or at least a blow job) if she's in a relationship
- She has to go “through with it” if she starts

## Thinks she's abnormal:

- She doesn't enjoy casual sex with strangers
- She doesn't enjoy giving blow jobs (and gags), having rough sex
- She doesn't want to have anal sex
- She doesn't have orgasms
- She doesn't feel like sex very often
- Thinks she takes too long to get turned on
- Thinks she's “no good” at sex

# “Love and Sex in age of Pornography”

Maree Crabbe and David Corlette



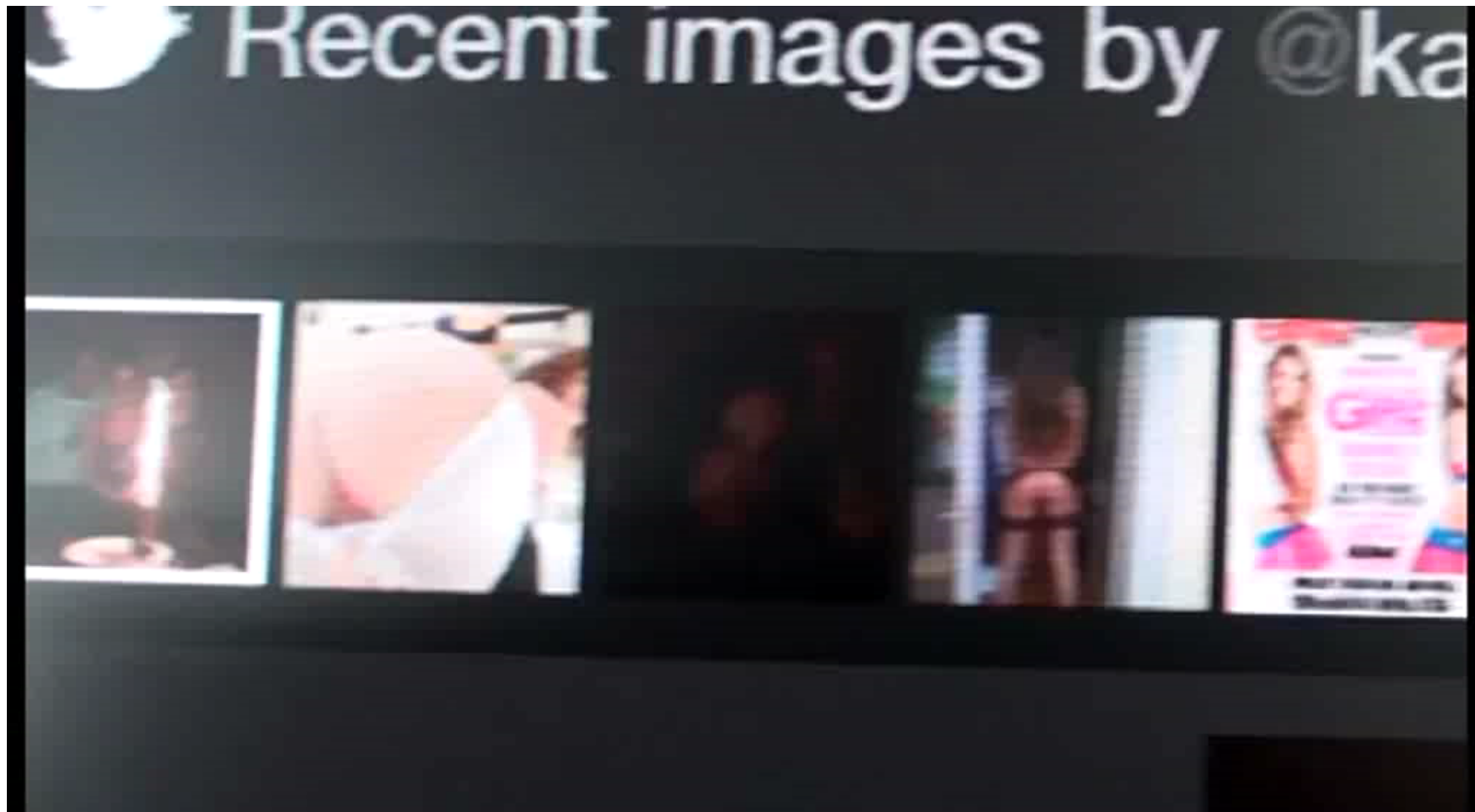
<http://www.itstimewetalked.com.au>





# Love and Sex in the age of Pornography

Trailer: <https://www.youtube.com/watch?v=xgecuFP5-lA>



# What is Pornography?

## Definition:

“Printed or visual material containing the explicit description or display of sexual organs or activity, intended to stimulate sexual excitement” (Oxford Dictionary)

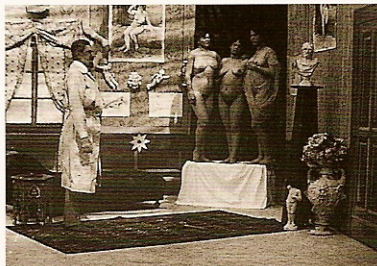
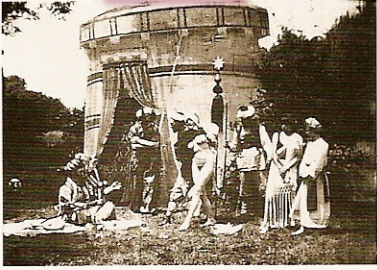
## Origin:

From the Greek “Porne”=prostitute “Graphien”=write  
“writing about prostitutes”

1896 Bathroom striptease

...and first on screen kiss

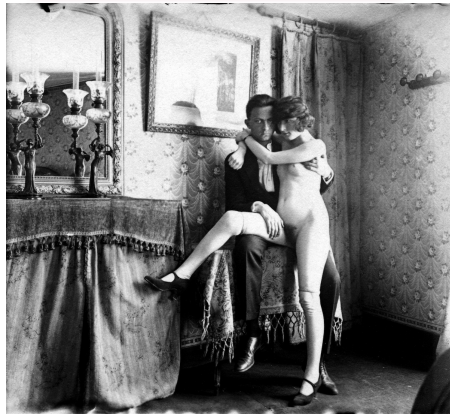
1906



1920's



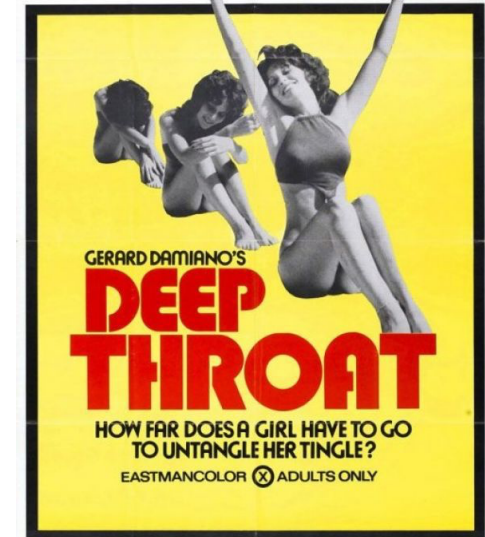
1930's and 40's



1950's and 60's



1980's

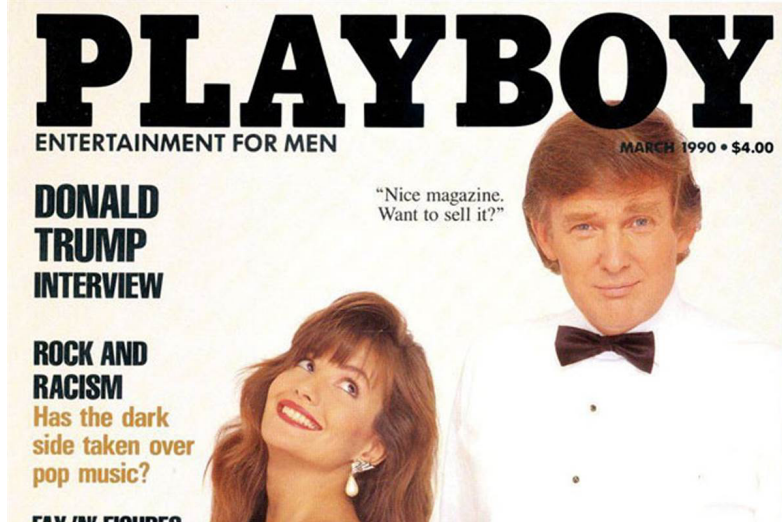


1970's

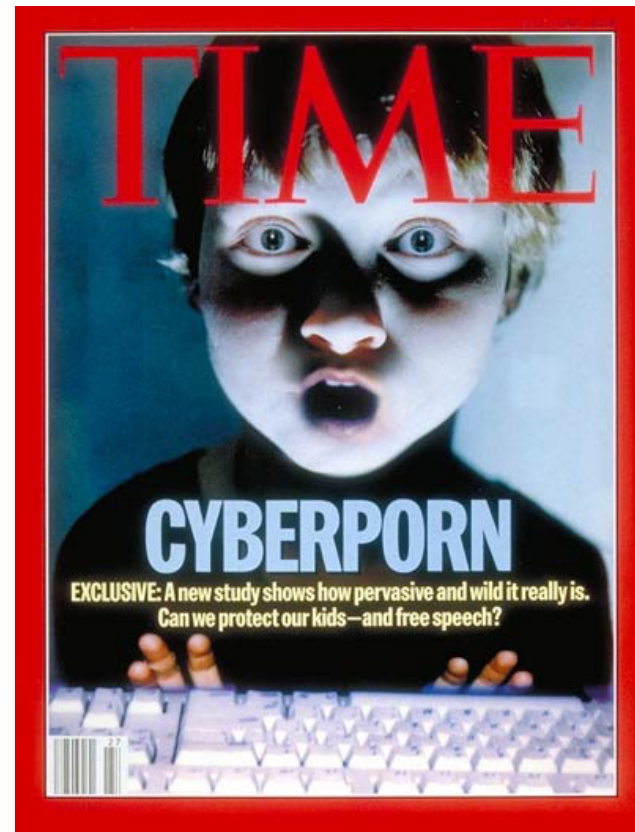




1990's



1993 - The internet is made public



2000's

Late 2000's - Amateur Youtube like sites "*tubes*" (free porn) incl. RedTube, XTube, YouPorn, XNXX and the most popular Pornhub (2007): 10,000,000 visitors/day

("A Billion Wicked Thoughts")

# A Profile of Porn Users In Australia

(Rissel et al 2016)

- 84% of men & 54% of women had ever looked at pornographic material.
- 12% reported a bad effect from pornography “Younger people had higher rates of reporting a bad effect from pornography, and this finding deserves greater exploration”
- 4% men, 1% women said they were addicted to pornography - about half reported that using pornography had had a bad effect on them.

Chris Rissel, Juliet Richters, Richard O. de Visser, Alan McKee, Anna Yeung & Theresa Caruana (2016): A Profile of Pornography Users in Australia: Findings From the Second Australian Study of Health and Relationships, The Journal of Sex Research, DOI: 10.1080/00224499.2016.1191597

# Young Australians' use of pornography and associations with sexual risk behaviours (Lim, M et al 2017)

		MALE	FEMALE
Ever viewed Porn		100%	82%
AGE	<13	69%	23%
	>14	32%	77%
Frequency	Daily	39%	4%
	Weekly	46%	19%
Who with	Alone	95%	83%
	With partner	1%	14%

On line survey completed in 2015. 1001 Victorians aged 15-29



# Times they are a-changing

- ◉ How Porn is accessed (internet including mobile phone's)
- ◉ 2011 less than a quarter of teenagers used a smartphone, as of June 2015, 80 per cent did.



(<http://www.theherald.com.au/story/3825664/you-cant-hide-from-this-young-people-and-the-inescapable-world-of-pornography/?cs=8>)

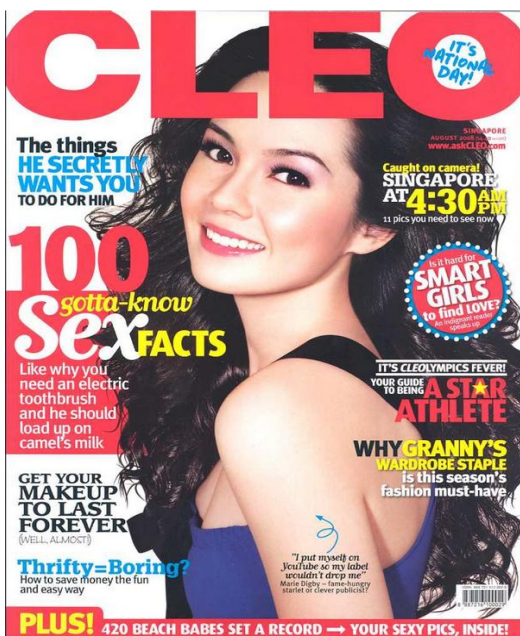
# Times they are a-changing

Pornography's influence in popular culture...  
makes it seem normal / mainstream:

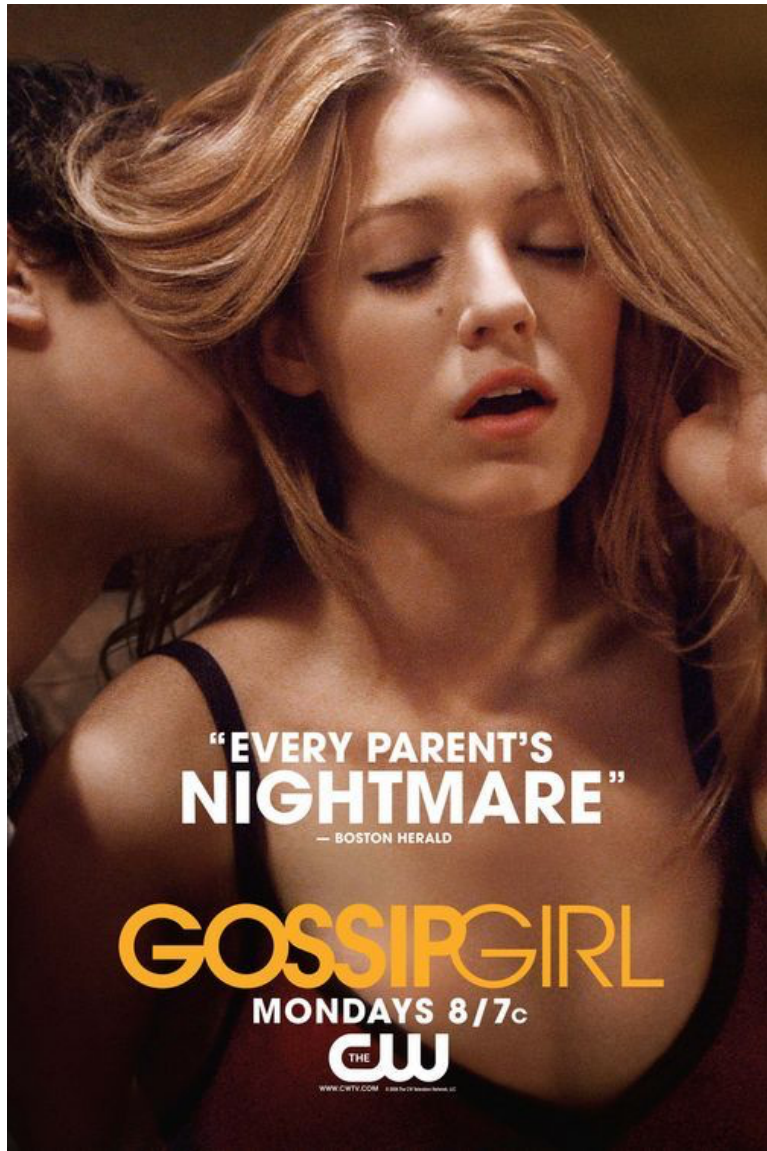
- advertising
- popular music video's
- fashion
- TV shows
- movies











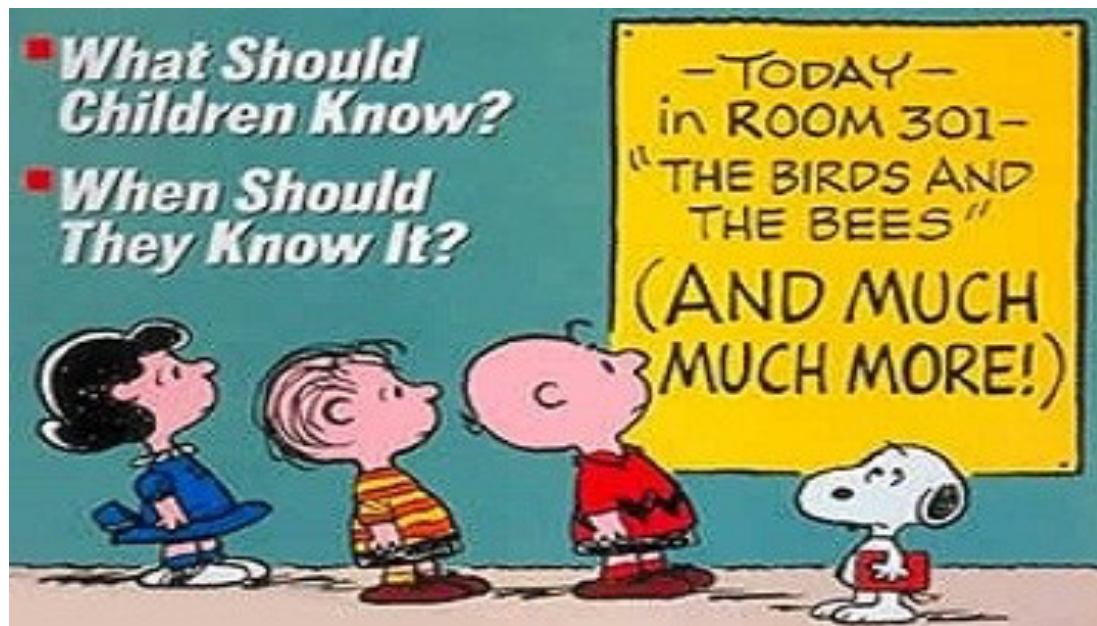




Times they are a-changing

SEX 101

# PORN AS SEX ED?



# PORNOGRAPHY AS A SOURCE OF EDUCATION ABOUT SEX AND SEXUALITY AMONG A SAMPLE OF 15-29 YEAR OLD AUSTRALIANS

(Davis et al 2017)

- **Many participants saw pornography as a form of sex education**
  - first opportunity to “see genitals” and the “mechanics of sex”, to find “new positions” and “techniques” to practice in real life.
  - Some found this education “helpful” and “liberating”; others noted it created problems in sexual expectations.
  - “Exposure to pornography both **consciously** and **subconsciously** influenced the development of sexual identities and preferences for many respondents.”
  - impact on **expectations of sex, pleasure, identity** and **on body image**

# Times they are a-changing

- Free sex posted on internet so have to push boundaries
- Type of porn produced commonly features:
  - Aggressive, violence, degradation in mainstream porn in language and actions
  - Spanking, slapping, deep throat, hair pulling, choking, gagging, slapping penis on faces, ejaculating on their faces & bodies, “fish hooks”
  - Anal, double anal, many men with one girl
  - Women have to act as if they are enjoying the aggression
- Normalises and Eroticises gender inequality

**“Violence against women is sexy”**

- The most popular pay sites featuring adult videos typically attract **75% male** audience; **2% of subscriptions are in women’s names** (“A billion wicked thoughts”)



# Anal heterosex among young people and implications for health promotion: a qualitative study in the UK (Marston 2014)

**Young people's narratives normalised coercive, painful and unsafe anal heterosex.**

Interviewees frequently cited pornography as the 'explanation' for anal sex

Also:

- competition between men
- people must like it if they do it'
- normalisation of coercion and 'accidental' penetration.

# Associations between Young Adults' Use of Sexually Explicit Materials and Their Sexual Preferences, Behaviors, and Satisfaction

Morgan 2011

Frequency of SEM use and number of SEM types viewed were uniquely associated with:

- **More sexual experience** (a higher number of overall and casual sexual partners, as well as a lower age at first intercourse).
- **Less sexual and relationship satisfaction.**
- Higher sexual **preferences for the types of sexual practices typically presented in SEM.**
- SEM use plays a role in the **cultivation of sexual scripts** during young adults' sexual development.

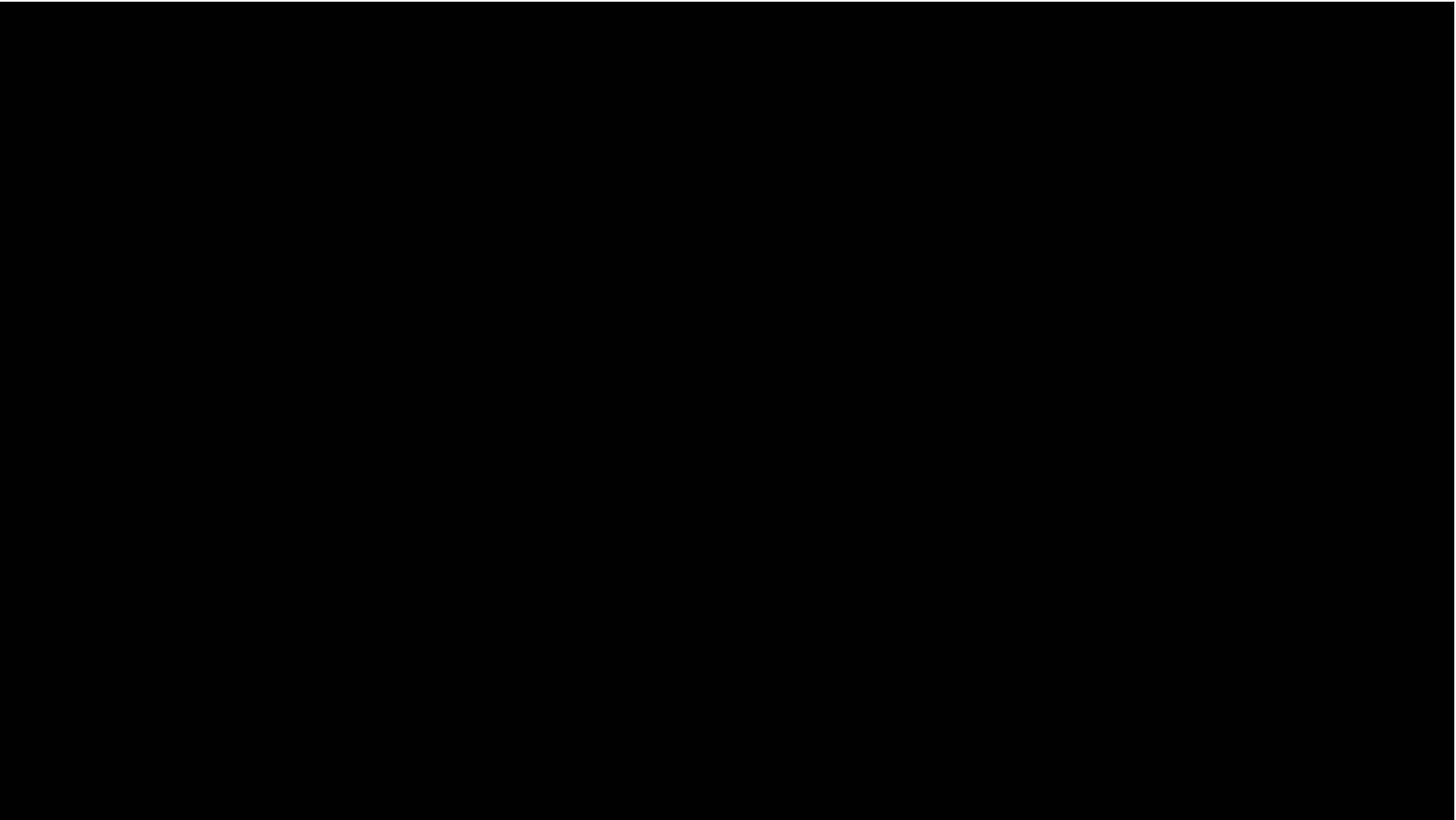


# Does Viewing Explain Doing?

Assessing the Association Between Sexually Explicit Materials Use and Sexual Behaviors in a Large Sample of Dutch Adolescents and Young Adults

Hald et al 2013

- ◉ 88% of men and 45% of women had consumed SEM in the past 12 months
- ◉ “For both young women and young men, SEM consumption was significantly associated with **Adventurous Sex** and **Transactional Sex**”
- ◉ “SEM consumption may affect sexual behaviors by increasing levels of **Sexual Sensation Seeking.**”



## Female genital cosmetic surgery: a cross-sectional survey exploring knowledge, attitude and practice of general practitioners (Simonis 2016)

- ◉ Medicare: the number of women undergoing medicare-billed **vulvoplasty or labiaplasty** in Australia has increased from 640 in 2001 to more than 1500 in 2013, **an increase of 140%**.
- ◉ **It's sought by women who want to either feel 'normal' or look 'desirable'**
- ◉ Pornography mostly depicts digitally-modified images that portray women's genitals with no labia minora protrusion, thus potentially skewing young women's (and men's) perceptions of what is considered normal.
- ◉ **Australian censorship laws prohibit the publication of illustrations of the labia minora and the clitoris.** Vulvas are invariably made to resemble that of prepubescent girls, with pubic hair removed and a single crease placed between the labia majora which contributes to the general lack of knowledge and understanding about female genital diversity.



Jack, 18 yr old student.  
Presents with Erectile  
dysfunction and Premature  
ejaculation

## Sexual History

- Started masturbating to porn when he was 14
- His first girlfriend couldn't orgasm, he thought it was because he couldn't last long enough (about 4mins)
- Since then, every time he's tried to have sex with a girl he ejaculates more and more quickly. It's getting worse (<1min).
- Recently he's had trouble maintaining erections, even when masturbating

## He believes:

- He has no control of his penis
- He's abnormal
- He can't turn a girl on, and is no good at sex
- He won't be able to get a girlfriend

## He:

- Thinks about this all the time
- Can't sleep for worrying about this
- Can't concentrate and is falling behind at school
- Has become depressed



Performing (heterosexual) femininity: female agency and role in sexual life and contraceptive use - a qualitative study in Australia (Kelly 2016)

“We found that women performed their femininity by focusing on enabling their male partner’s pleasure, while simultaneously ignoring their own sexual desires, wishes or interests.”



## Performing (heterosexual) femininity: female agency and role in sexual life and contraceptive use - a qualitative study in Australia (Kelly 2016)

- ◉ Sexual compliance
- ◉ Coital imperative
- ◉ Focus on partners pleasure
- ◉ Going along with partner's wishes even if they didn't enjoy it
- ◉ Contraceptive responsibility
- ◉ Sex as a chore
- ◉ Sexual motivation - connection with partner, pleasing partner, to avoid an argument and preserve the relationship

# Why talk about Pornography?

- ◉ It has never been as prevalent or accessible by young people
- ◉ It is often the first sex education
- ◉ Nature of porn is changing!!
- ◉ We need to be aware of what's out there!
- ◉ How may it be relevant to our work?
- ◉ What is our role with an individual, couple or the wider community?



# What can we do about it?

PORN IS NOT REAL LIFE SEX  
“Recreation not Education”

EMPOWER YOUNG PEOPLE (*all people*)

- To have **realistic expectations**
- To be sensual / sexual **IF & when** they want to
- To “**own**” all of their body - including genitals
- To have their **own** set of “**likes**” and “**dislikes**”
- To see sexuality as a **gradual “learning”** / discovery process
- To enjoy sexuality in **their desired context**
- To **NOT BE sexual** when they don't want to
- To feel free to **REDEFINE** sex