



# PORNOGRAPHY

## Notice: sexually explicit content

The consumption of pornography is **prohibited for people under the age of 18**. However, because it is easily accessible, many teenagers still consume pornography, without considering the associated risks. Many teenagers, in search of answers and by curiosity, also perceive pornography as a source of exploration and sex education. Unfortunately, it's not a reliable or a secure source of information.



There is also « **sexting** », which consist of sending sexually explicit messages, photos or videos via a cell phone, computer or any other digital device.

A photo shared between two people can quickly become viral. Teenagers may believe that it will remain private, and then, discover that it has been widely shared with their peers. It can come with serious consequences. One of them may include charges of distribution or possession of child pornography.

## Pornography : not reality!

- In pornography, sexuality includes only exchanges focused on genitals (penis/vagina), while in reality, sexuality is also tenderness, touches all over the body, kisses, love and affection, etc.
- Stress, fatigue, fear of it going wrong, or, not being up to the task does not exist in pornography. In reality, it exists! Sex is not a performance.
- In pornography, everyone always seems ready to do anything, but in reality, not everyone wants to experience their sexuality with everyone, anywhere, in any way and at any time. It is, therefore, important to validate the consent of the person before engaging in sexual intercourse, regardless of the context or nature of the relationship.
- In pornography, feelings have no place in sexual exchanges, the focus is on sexual performance. Interactions and reactions are often false and exaggerated, suggesting that it must always be ecstasy. This is false and there are different ways to communicate pleasure, or even, displeasure.
- All men and women look alike in pornography, but also in the media (large breasts, big penis, specific body-type, shaved, etc.), while all types of people have sex and all people have different tastes and preferences! This perception of the human body can have a negative impact on the self-esteem of young pornography users, always wanting to attain this unreachable "image of perfection".
- Condoms are rarely used in pornography, despite the fact that there are multiple partners involved. In reality, it's recommended (and safer) to use protection during sexual intercourse to prevent STIs and unwanted pregnancies.





## Prevention: a parental role

As parents, you have a role to play with your kids:

- Teach them about sexuality.
- Implement rules and limits related to the use of the Internet (e.g. install parental controls, use the computer in a common room, hours of use, etc.).
- Engage in discussions that generate reflection and accountability for what is shared on social networks.
- Share the impacts and possible consequences related to the consumption of pornography or sexting.
- Etc.



## Like drugs or other substances, pornography can become a source of addiction!

This may be the case if, for example:

- The amount of time you spend watching pornography keeps increasing. You need a pornography "fix" – and this fix gives you a "high".
- You feel like you always need more.
- You feel guilt and shame about your pornography consumption.
- You spend hours browsing pornography sites online, even if it means neglecting your responsibilities or health (e.g. hygiene, sleep, etc.).
- You experience sexual dissatisfaction, or you experience difficulties without viewing pornography.
- You are unable to resist pornography despite the consequences that this entails.
- You can't stop, even if you have the desire to.
- Etc.

Équipe Santé Mentale Jeunesse  
Youth Mental Health Team  
CIUSSS-ODIM

**Douglas**  
FONDATION  
FOUNDATION



## RESOURCES

- **Info-Social** (8-1-1)
- **Tel-jeunes** – [www.teljeunes.ca](http://www.teljeunes.ca)
- **Ligne-Parents** – [www.ligneparents.com](http://www.ligneparents.com)
- **Sex and U** – [www.sexandu.ca](http://www.sexandu.ca)  
*Reliable sexual and reproductive health resource*
- **Media Smarts** – [www.mediasmarts.ca](http://www.mediasmarts.ca)
- **Canadian Centre for Child Protection** - <https://www.protectchildren.ca/en/>
- **AMAZE** – [www.amaze.org](http://www.amaze.org)  
*Sex education on different themes*

- **Le Grand Chemin** – [www.legrandchemin.qc.ca/services-gratuits/cyberdependance/](http://www.legrandchemin.qc.ca/services-gratuits/cyberdependance/)  
*Admission of adolescents with a problem of cyber addiction.*

- **Sexual Addictions Anonymous** – [www.groupepsoutiendsa.com](http://www.groupepsoutiendsa.com)

- **Need Help Now** – [www.needhelpnow.ca](http://www.needhelpnow.ca)  
*Helps teens stop the spread of sexually explicit pictures or videos and offers support in the case of legal charges.*

