

A decorative graphic featuring a large, light blue dashed circle that frames the central text. Surrounding this circle are various solid-colored circles in shades of teal, lime green, orange, and pink. Some of these circles are partially overlapping or have dashed outlines, creating a playful, abstract design.

You Were Looking at WHAT?!

What Parents Need to Know  
About Teens & Porn

Megan Torrey-Payne, LCSW, CST



# Megan Torrey-Payne, LCSW, CST

Specializing in Relationships & Sexual Wellness  
AASECT Certified Sex Therapist

Pronouns: she/her

30 N. Raymond, Suite 702, Pasadena, CA 91103

Therapy@TorreyPayne.com | 818-259-8372

[www.MeganTorreyPayne.com](http://www.MeganTorreyPayne.com)

Presentation slides and handouts can be found at  
[www/MeganTorreyPayne.com/Fusion](http://www/MeganTorreyPayne.com/Fusion)



## About Me & My Experience

- ◎ Practicing Psychotherapy for 17 years as a Clinical Social Worker
  - 5 years exclusively with teenagers;
  - 12 years with adults and teens
- ◎ Completed 1 year postgraduate Couples & Sex Therapy Training Program, UCLA, 2008
- ◎ AASECT Certified Sex Therapist since 2012
  - 150+ hours specialty training related to Human Sexuality and Sex Therapy
- ◎ Abide by AASECT and NASW Code of Ethics
- ◎ Ongoing continuing education and individual/group consultation



## What We Will Be Covering

- ◎ Putting Porn Into Perspective
- ◎ Our Fears versus Reality
- ◎ What We Want Kids To Know About Sex That Isn't in Sexual Media
- ◎ Where to Start and What to Say
- ◎ Other Ideas

What We Will Not Be Covering...

The background features several overlapping circles in various colors: orange, yellow, pink, green, and teal. Some circles have dashed outlines, and some are solid. A large, light blue dashed circle is centered behind the number 1.

# 1

## Putting Porn Into Perspective Sex and Technology in America



## What is Pornography?

Printed or visual material

containing the explicit description or display of sexual organs or activity

intended to stimulate erotic rather than aesthetic or emotional feelings.

Oxford Dictionary

A decorative graphic featuring a large dashed white circle. Inside and outside this circle are various colored shapes: a large yellow-green circle at the top left, a smaller green circle with a white dot, a blue circle, a large orange circle, a small pink circle, a large yellow circle at the top right, a large orange circle, a large yellow circle, a small pink circle, a large green circle, and a small blue circle. A large cyan circle is partially visible at the top center.

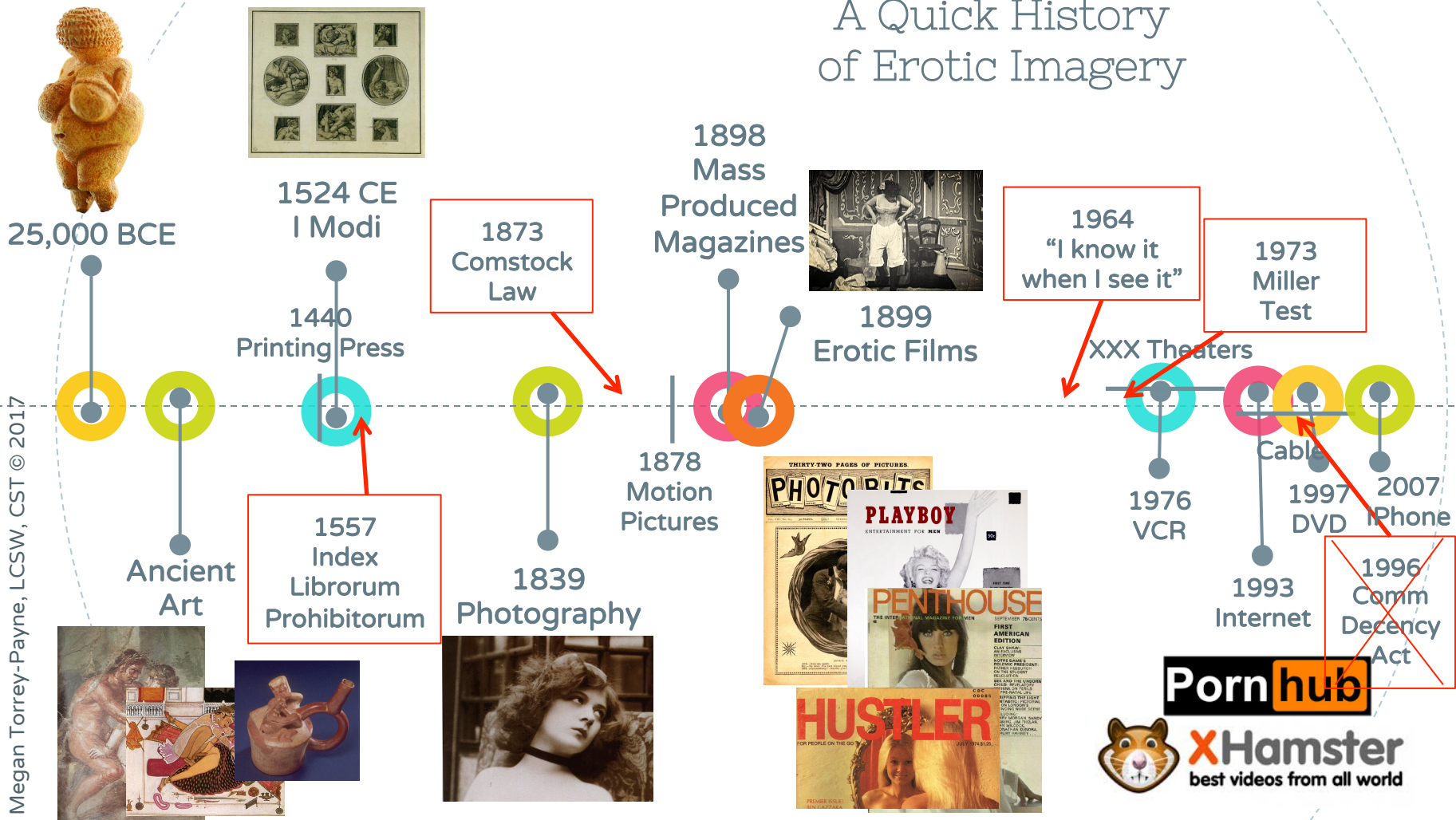
“

What is or isn't pornography for someone could be anything from an XXX video to Elizabethan love poetry, from a romantic comedy to a catalog of kitchen gadgets. Anything – *anything* – can potentially arouse feelings of sexual desire for people.

Heather Corinna, 2017, p.128

# A Quick History of Erotic Imagery

Megan Torrey-Payne, LCSW, CST © 2017







## Sexual Media Use Among Adults

- ◎ Read erotic stories
  - Men – 57.2% (8.6% in past month)
  - Women – 57.2% (8.4%)
- ◎ Looked through a sexually explicit magazine
  - Men – 79.0% (7.5%)
  - Women – 54.4% (2.1%)
- ◎ Watched sexually explicit videos
  - Men – 82.3% (35.3%)
  - Women – 60.4% (13.4%)



## Sexual Media Use Among Adults

- ◎ Men 75% Women 25%
- ◎ Average duration of each visit  
10 min, 15 sec
- ◎ Most viewed category  
lesbian
- ◎ Most searched for star  
Kim Kardashian



Pornhub, 2017



## Sexual Media Use Among Teens

© No good data.

- Studies give inconsistent numbers  
inconsistent methods  
technological changes  
cultural contexts
- Minors use workarounds to access  
porn on big sites, so they can't collect  
data.

Peter & Valkenburg, 2016



## Trends Related to Teens and Sex

- ◎ Average age of first intercourse is 17.\*
- ◎ Teens more likely to use contraception than ever before.\*
- ◎ Rates of adolescent pregnancy, birthrates, and abortion have reached historic lows.\*
- ◎ Decreases in arrests of teens for sexual assault and aggression.+
- ◎ Decreases in reports of sexual victimization.§

\* Guttmacher Institute, 2017  
+ OJJDP, 2017  
§ U.S. Dept of Justice, 2015

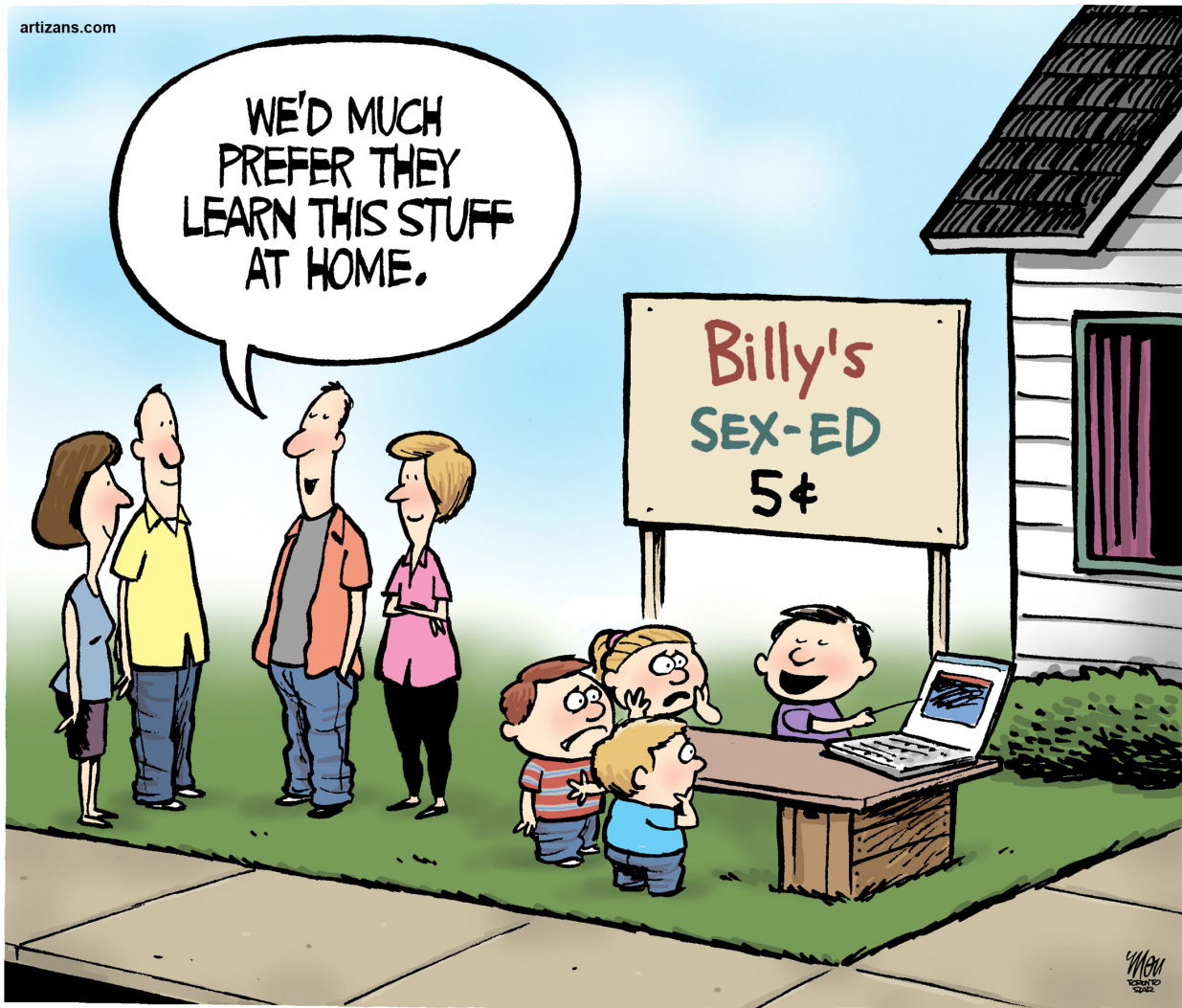


## Why Do Kids Look at Sexual Media?

- ⦿ Accident
- ⦿ Curiosity
  - Education
- ⦿ Friends

WE'D MUCH  
PREFER THEY  
LEARN THIS STUFF  
AT HOME.

Billy's  
SEX-ED  
5¢





## Why Do Kids Look at Sexual Media?

- ◎ Accident
- ◎ Curiosity
  - Education
- ◎ Friends
- ◎ “It’s funny/shocking/crazy.”
- ◎ It is arousing.

But remember:

Teens are far more likely to be exposed to sexually explicit content through TV, movies, and music.

The background features a variety of colorful circles and dashed lines in shades of orange, yellow, pink, green, and teal. A large teal number '2' is centered within a large dashed circle. The overall design is modern and abstract.


2

# Our Fears & Realities Around Sexual Media





## Our Fears

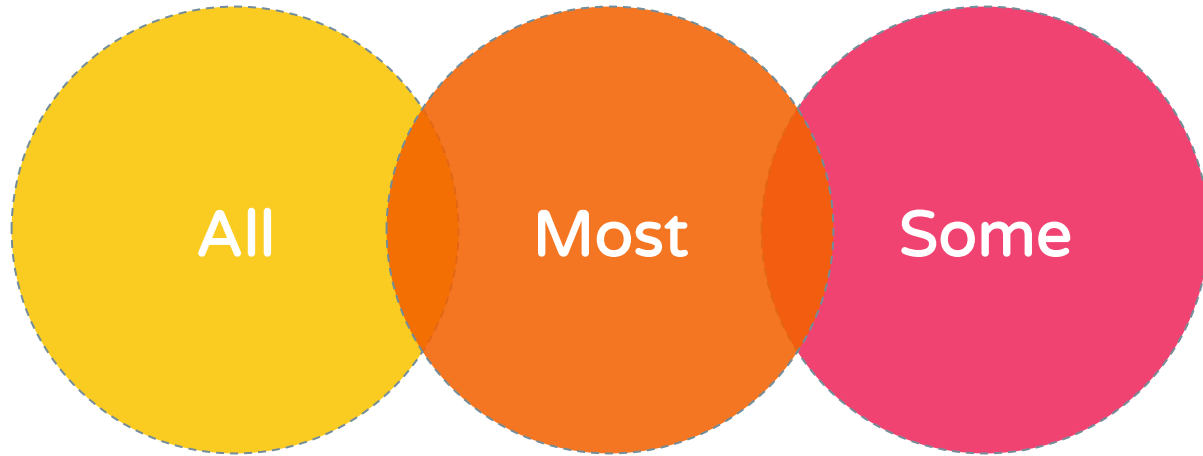
- ⊙ Fantasy
  - ⊙ Pleasure
  - ⊙ Masturbation
  - ⊙ That porn:
    - Is violent and misogynistic
    - Lowers opinions of women
    - Ruins kids for future relationships
    - Gives an unrealistic image of bodies
    - Changes the brain
    - Sexualizes kids too early
    - Is addictive
- 



## Realities

- ◎ Inaccurate ideas of:
  - Sex
  - All bodies – looks and abilities
  - Relationships
  - Communication
  - Consent
- ◎ Confusion
- ◎ Guilt or shame of thoughts, feelings, fantasies, masturbation

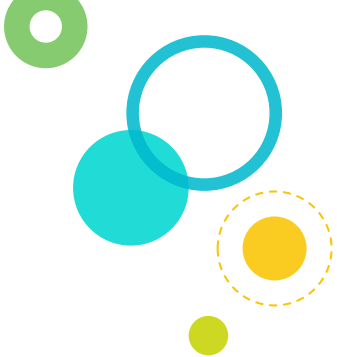
# Sexual Media



By Heather Corinna, 2017, p.130



## All Sexual Media

- ◎ Is a performance.
  - ◎ Is someone's fantasy.
  - ◎ Is not intended to be education.
  - ◎ Does not tell or show much about sex in real life.
- 

Corinna, H., 2017, p.130



## Most Sexual Media

- ◎ Is made by the people involved as if anyone or everyone could be watching – there is no privacy.
- ◎ Has more to do with making money.
- ◎ Is not often reflective of most people's sexual realities.

Corinna, H., 2017, p.130



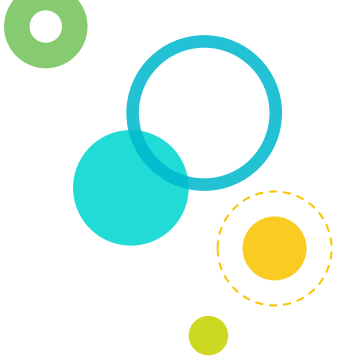
## Most Sexual Media

- ◎ Is very heterocentric, often sexist, racist, classist, able-ist.
- ◎ Gives messages about sex and sexuality that don't align with physically and emotionally healthy sexual practices or relationships.

Corinna, H., 2017, p.130



## Some Sexual Media

- ⦿ Contains sexual violence and abuse.
  - ⦿ Is not made or distributed ethically or humanely.
  - ⦿ Is about someone trying to show you their personal sexuality.
- 

Corinna, H., 2017, p.130-131



## Some Sexual Media

- ◎ Is made creatively, thoughtfully, or independently and tries to do porn in a ways that leaves out bias, violence, heterocentricity, stereotyping, and lack of consent.
- ◎ Can make people feel supported in their sexualities or sexual lives and good about themselves or others.

Corinna, H., 2017, p.131



The background features a variety of colorful circles and dashed lines in shades of orange, yellow, green, and teal. A large teal number '3' is centered within a large dashed circle. The overall design is clean and modern.

# 3

## What We Want Our Kids to Know About Sex That Isn't in Sexual Media



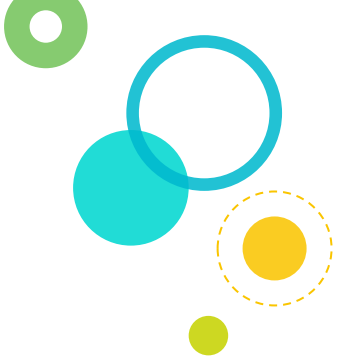
## Details and Context that are Important

- ◎ consent
- ◎ talking
- ◎ feelings
- ◎ kissing
- ◎ caressing
- ◎ laughing
- ◎ what happens after

→ Other than consent, these are not hard rules, but most people report that they would like them to be present more often than not in sexual encounters.



## Porn Sex Often Is...

- ⦿ enhanced with
    - medications
    - lighting
    - camera angles
    - editing
  - ⦿ communication occurs off screen
  - ⦿ filmed from the eye of the viewer, not the experience of the participant
  - ⦿ FICTIONAL – does not reflect what “most people” do or want in sex; it is a fantasy
  - ⦿ portrayed by actors who are people with their own likes, dislikes, and lives.
- 

A decorative graphic consisting of several overlapping circles and rings in various colors including yellow, pink, orange, green, and blue. Some circles are solid, some are dashed, and some are hollow rings. The circles vary in size and are scattered across the page, with a large yellow circle on the left and smaller ones on the right and bottom.

Most real bodies...

- ◎ don't look like that.
- ◎ come in all shapes and sizes, and usually with more hair.
- ◎ don't have penises that get or stay erect so easily.
- ◎ often need lubricant.
- ◎ have difficulty getting into those positions.



## Real Sex Often Is...

- ⦿ awkward.
- ⦿ noisy.
- ⦿ quiet.
- ⦿ based on individual preferences.
- ⦿ cooperative.
- ⦿ a combination of only a few best positions that don't hurt to get into or stay in – these vary by couple.
- ⦿ includes conversations about preventing STDs and pregnancy.
- ⦿ takes time and doesn't necessarily end with orgasm.

- It is ok to want certain things.  
- It is ok to not want certain things.



## What Sexual Media Can Get Right

- ◎ Pleasure is typically emphasized for all participants.
- ◎ Shows a wide variety of sexual activities.

The background features several decorative elements: a large orange ring with a dashed red inner circle in the top left; a large teal ring in the bottom right; a large teal number '4' centered within a large dashed light blue circle; and various smaller solid and dashed circles in colors like yellow, pink, green, and lime green scattered throughout.

# 4

## Where to Start and What to Say

## Conversation Starters

Whether you've seen it already or not, it is only a matter of time before you come across porn. This may be uncomfortable, but we need to talk about it.

So I happened to see on your computer/phone/tablet...  
Let's talk about that.

Tip:  
Don't lead with, "Have you seen...?"  
They might be afraid of a trap and may not answer honestly, shutting down the conversation before it starts.





## Important Messages

- ◎ It is part of normal sexual development to find bodies and sex appealing.
- ◎ It's normal to be attracted to sexual media.
- ◎ Masturbation is ok. (If it is not, talk about why and suggest alternatives.)
- ◎ Sexual media (aka porn) is not made for kids; it is made for adults.
- ◎ Here are my concerns about sexual media...



## Important Messages

- ◎ This is what sexual media often gets wrong about sex, bodies, and relationships...
  - Go over the points from Section 3.
- ◎ Sexual media is not made for kids and I would like to ask you to not look at it.
- ◎ If you come across sexual media, I would like you to shut the window and let me know.



## Important Messages

- ◎ Seeing it can bring up many feelings: shock, disgust, arousal, excitement, guilt.
- ◎ All of those are normal feelings, but I don't want you to feel guilty or ashamed.
- ◎ Do you have any questions about what you saw or how you felt?  
→ Go over the points from Section 3.



## Things to Remember

- ◎ Start early.
- ◎ Avoid the “Formal Conversation.”
- ◎ Pick comfortable times and places.
  - Take advantage of the captive audience (in the car, while doing chores together).
- ◎ Keep it short.
- ◎ You don’t have to be comfortable.
- ◎ Don’t be afraid to give mixed messages.



## Mixed Messages for Older Teens

- ◎ If you do decide to look at sexual media, keep these things that we talked about in mind. Maybe choose content that is not violent and where everyone is treated fairly (ethical/feminist porn, for example).
- ◎ Use your imagination to masturbate at least 50% of the time.
- ◎ Remember that when you have partnered sex, your mind and body may respond differently than it does to sexual media.



## Other ideas

### ⦿ Content blockers

#### Pros:

- containment
- control

#### Cons:

- false sense of security
- filters out good sites

### ⦿ Limits on device placement and usage

### ⦿ Ongoing discussions around overuse of media and devices in general, by the entire family.

A decorative graphic featuring a large dashed white circle that frames the central text. Various colored circles and arcs are scattered around the page: a large lime green circle at the top left, a teal circle with a white quote mark in the top center, a yellow circle at the top right, an orange circle at the bottom left, and a yellow circle at the bottom right. There are also several smaller circles in shades of green, blue, orange, and pink.

“

It is our job as parents, to help our kids to understand and critically evaluate the world around them. This is the same whether it be messages from friends, school, news, the internet, or sexual media. The conversation is key.

# Resources

## Digital Literacy

- Article: 5 Things to Think About Before Buying Your Child A Cell Phone - [www.cnn.com/2016/12/13/health/buying-child-cell-phone-5-things-to-think-about](http://www.cnn.com/2016/12/13/health/buying-child-cell-phone-5-things-to-think-about)
- [Cyberwise.org](http://Cyberwise.org)

## Parental Monitoring Apps

- Best Parental Control Software of 2017 - [www.pcmag.com/article2/0,2817,2346997,00.asp](http://www.pcmag.com/article2/0,2817,2346997,00.asp)

## Websites for Healthy Teen Sexuality

- [www.scarleteen.com](http://www.scarleteen.com)
- [www.sexetc.org](http://www.sexetc.org)

## What is Ethical Porn?

- Sex-Positive and Feminist Friendly Porn - [www.thecsph.org/the-csph-resources/web-resources/sex-positive-basics/pleasure/sex-positive-and-feminist-friendly-porn/](http://www.thecsph.org/the-csph-resources/web-resources/sex-positive-basics/pleasure/sex-positive-and-feminist-friendly-porn/)
- Book: Ethical Porn for Dicks: A Man's Guide to Responsible Viewing Pleasure by David Ley (2016)



## Citations

Corinna H. (2017). *s.e.x. the all-you-need-to-know sexuality guide to get you through your teens and twenties*. Philadelphia, PA: Da Capo.

Guttmacher Institute. (2017, September 11). Adolescent Sexual and Reproductive Health in the United States. Retrieved September 25, 2017, from <http://www.guttmacher.org/fact-sheet/american-teens-sexual-and-reproductive-health>

Herbenick D, Bowling J, Fu T-C, Dodge B, Guerra-Reyes L, Sanders S (2017). Sexual diversity in the United States: Results from a nationally representative probability sample of adult women and men. *PLoS ONE* 12(7): e0181198. <https://doi.org/10.1371/journal.pone.0181198>

OJJDP Statistical Briefing Book, Juvenile Arrest Rate Trends. (2017, March 27). Retrieved September 25, 2017, from [http://www.ojjdp.gov/ojstatbb/crime/JAR\\_Display.asp?ID=qa05203](http://www.ojjdp.gov/ojstatbb/crime/JAR_Display.asp?ID=qa05203)

Peter, J. & Valkenburg, P.M. (2016). Adolescents and pornography: A review of 20 years of research. *The Journal of Sex Research* 53 (4-5), 509-531.



## Citations

Pornhub. (2017, February 02). Pornhub's 2016 Year in Review. Retrieved September 25, 2017, from <https://www.pornhub.com/insights/2016-year-in-review>

U.S. Department of Justice, Bureau of Justice Statistics. (2015, September 29). *Criminal Victimization, 2014*. Retrieved September 25, 2017, from [www.bjs.gov/content/pub/pdf/cv14.pdf](http://www.bjs.gov/content/pub/pdf/cv14.pdf)