



Here for young people  
Here for communities  
Here for you

# Dignify

LET'S TALK ABOUT PORN

## 2024 Overview

Children's experience of porn  
and sexual harassment

Insights and recommendations from the Dignify School Survey  
and how we can work together to help our children thrive

# 7,748 children in years 9-13 told us:

**32%** of children have seen porn

Children are being exposed to content they should legally be protected from, usually on their phones and in their homes

Average age of first viewing porn is **12 years old**

Around a third of those who have seen porn started in primary school

**86%** who have seen porn once, go on to look again

Many found this content by accident, through a friend or via social media, but then chose to view it again

**27%** of repeat porn users report having a porn habit or addiction

The adolescent brain is more vulnerable to addiction. Many children are forming porn habits

**29%** of repeat porn users have acted out porn

Children are acting out what they see. We know that the majority of porn contains violence or non-consensual sex<sup>1</sup>

**23%** of children have received a nude image or video

Porn normalises sexual objectification<sup>2</sup>, and children report high levels of illegal nude sharing and sexual harassment

**ONLY 36%** would tell their school if they experienced sexual harassment

Many children said teachers don't handle sexually harmful behaviour well, and that Relationships and Sex Education (RSE) isn't fit for purpose

**ONLY 26%** learn about relationships and sex from their parent or carer

Children are turning to social media, the Internet, TV and porn for their sex education

**48%** of children think more should be done to prevent people under the age of 18 from viewing porn

## Dignify's response

Children are telling us that there is a problem, and that they want us to do more. It is imperative that we listen and act.

View our full report from the 2023-4 academic year to read our recommendations for parents, carers, schools and policy makers



### We need to work together to:

1. Protect children from being exposed to porn
2. Equip parents, carers, teachers and youth workers to have informed conversations with children about relationships, sex, porn and social media
3. Improve the curriculum and delivery of RSE in schools, and the approach to challenging sexual harassment

## Our Strategy

### ► RESEARCH

We survey thousands of children each year to drive and inform our advocacy and education programmes

### ► ADVOCACY

We lobby the government to create a safer world for our children

### ► EDUCATION

We offer resources and deliver informative and interactive sessions with primary and secondary schools, youth groups, parents and carers to empower our children to make positive choices.

<sup>1</sup>'A lot of it is actually just abuse' - Young people and Pornography

<sup>2</sup>The relationship between pornography use and harmful sexual attitudes and behaviours: literature review

# Together we can change the narrative

Our vision is for children to thrive in healthy relationships, free from the harmful effects of porn and empowered to defy the social norms of sexual objectification

## How we can help you

### Parents and Carers

Parents and carers can view our online resources or join our workshops to help support them in conversations with their children around these topics

### Schools

Schools can strengthen their RSE and approach to dealing with sexual harassment through our survey, lesson plans, assemblies and workshops



### Youth Workers

Youth, uniform, sports and faith groups can find resources and partnership opportunities to better support their young people



## Join the movement

### Connect with us

We would love to stay in touch!  
Sign up to our newsletter and follow us on Facebook and Instagram  

### Support our work

Donate, volunteer, partner or become an ambassador for our work



## Contact us:

 [admin@dignify.org](mailto:admin@dignify.org)  
 [www.dignify.org](http://www.dignify.org)

### DIGNIFY IS PART OF ONE YMCA

Reg Office: Charter House, Charter Place, Watford, Hertfordshire, WD17 2RT  
Reg Charity: 1102301 Reg. Company: 4430743