



**Achieve  
together**



# Online Pornography and illegal content

## an easy read guide

**Developed by Achieve Together, CHANGE  
and Choice Support**

**WARNING:** The images in this document  
show sexual activity in detail.  
Some images show violence.




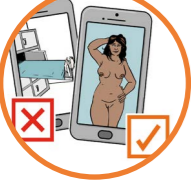







**Choice  
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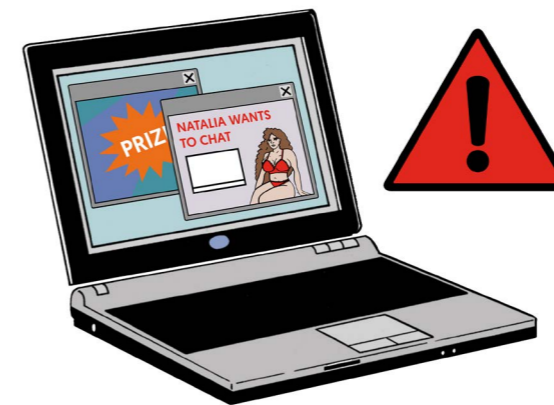
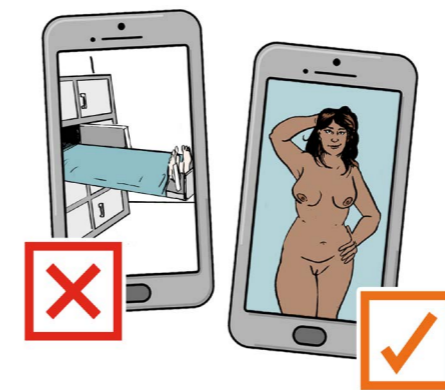


**CHANGE**

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# Introduction



This easy read guide is about online pornography and illegal content, and the issues you or someone you know may experience when looking at pornography online.

The guide looks at what is legal and illegal, how to keep safe, and the types of online abuse that could happen to you.

The guide will also tell you what to look out for to stay safe and what to do if you have a problem.

The guide was created by Achieve Together and CHANGE after focus groups with people supported by Achieve Together and Choice Support.





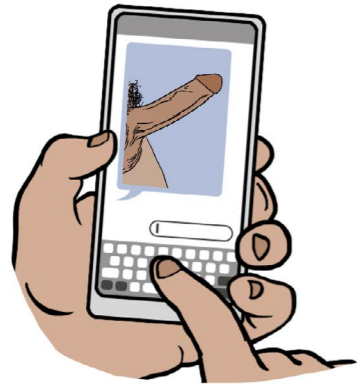
# What is pornography?



- Pictures and videos of people during foreplay, masturbating, and having sex



- Pictures and videos that make you feel sexually excited

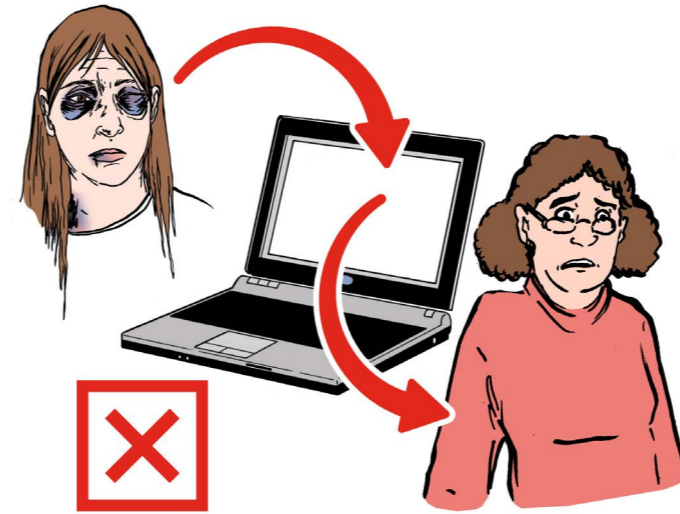


- Detailed showing of sexual organs or sexual activity

The Family Planning Association says:  
(taken from FPA Pornography Policy 2017)

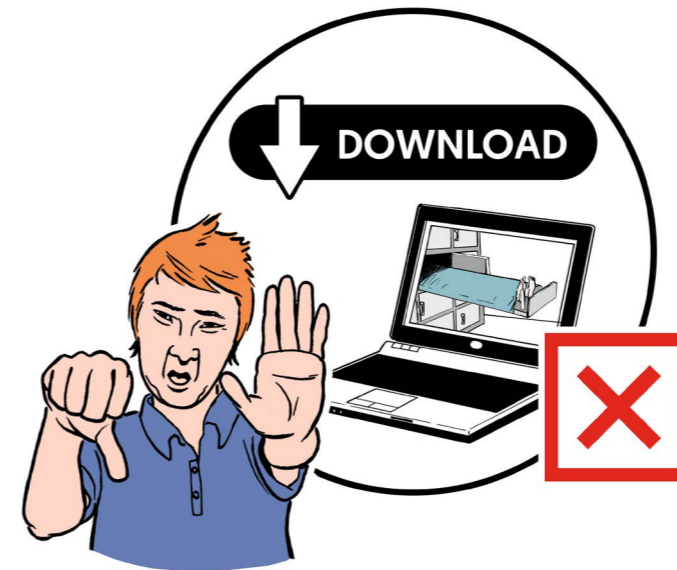


*“The FPA believes people should be able to express their sexuality as long as this does not result in harm or the exploitation of others. This includes Pornography”*



*“The FPA believes pornography must not exploit or harm the people who use it or those involved in its production.”*

# Online pornography – what is legal and what is illegal?



Some types of online pornography are illegal to view and download.



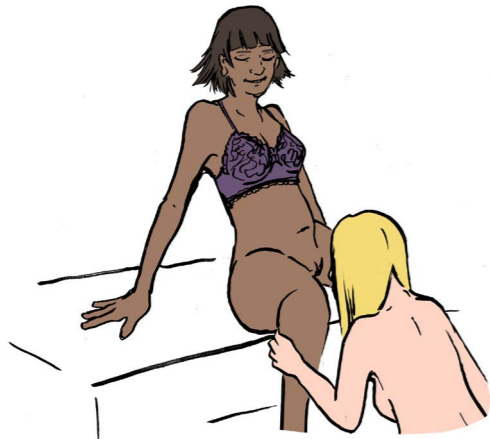
The following pages will show what is okay to view and what is not okay to view online.



## It is ok to watch pornography that is:



Consensual Sex – this is when two people agree together to have sex, vaginal (in the vagina) and anal (in the bottom).



Oral sex that is consensual - this is when someone uses their mouth to give someone else sexual enjoyment.



Masturbation - is the act of touching your genitals (penis or vagina) for sexual enjoyment.



Mild Bondage that is consensual - this is when someone is tied up for sexual enjoyment.

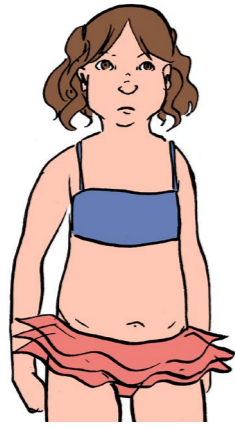


Simulated intercourse e.g. using a vibrator for sexual excitement.

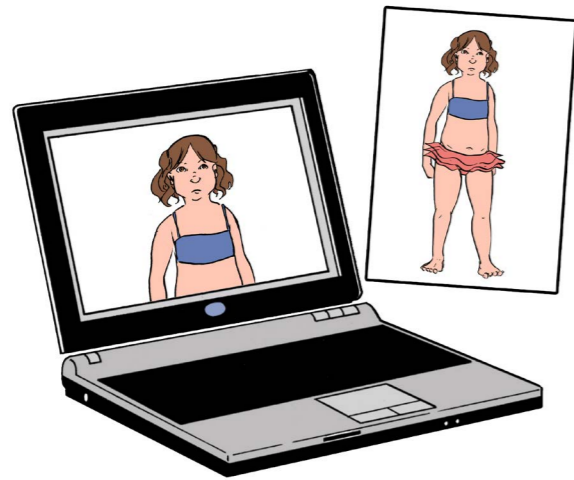


Sexual kinks which don't lead to abuse - Sexual kinks are sexual actions, thoughts, and fantasies. For example you could like dressing up as a fireman. These can also be called fetishes.

# It is illegal to have or watch pornography that is:

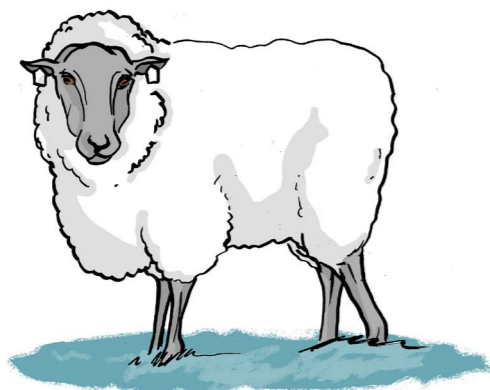


Child pornography - a child is anyone under the age of 18 (even if they look older than 18).



This also means sexual images of children that aren't real but look like photos.

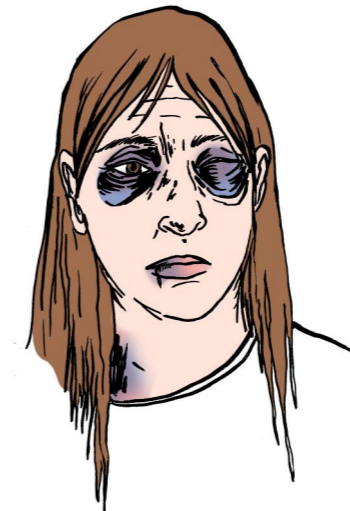
These could be drawings, computer made images or different photos put together to make a new image.



Bestiality – having sex with animals.



Necrophilia – having sex with dead people.



Abuse, including causing serious or violent injury to someone.

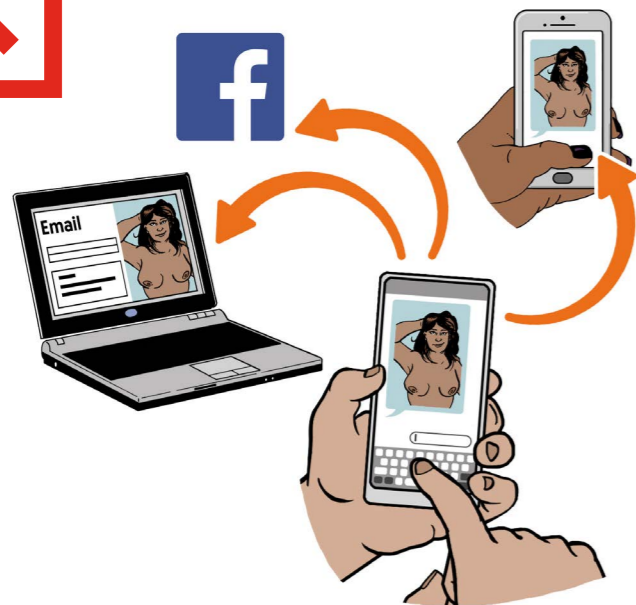


Threatening a person's life.

## Illegal pornography continued...

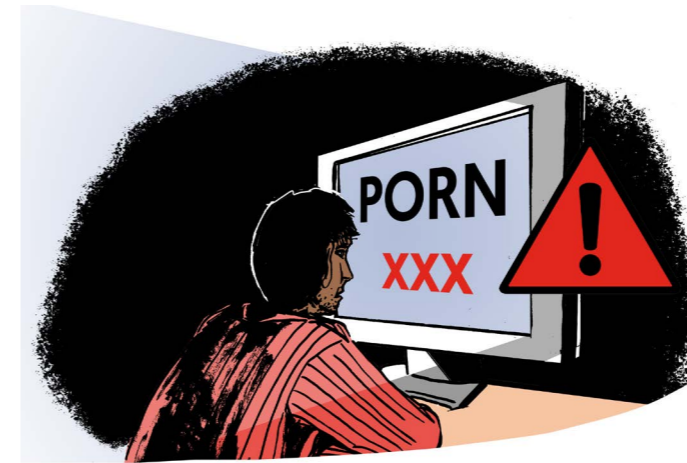


Showing of rape and bondage where a person can't say no.



Revenge Pornography - sharing private sexual images of a person without their permission to upset them.

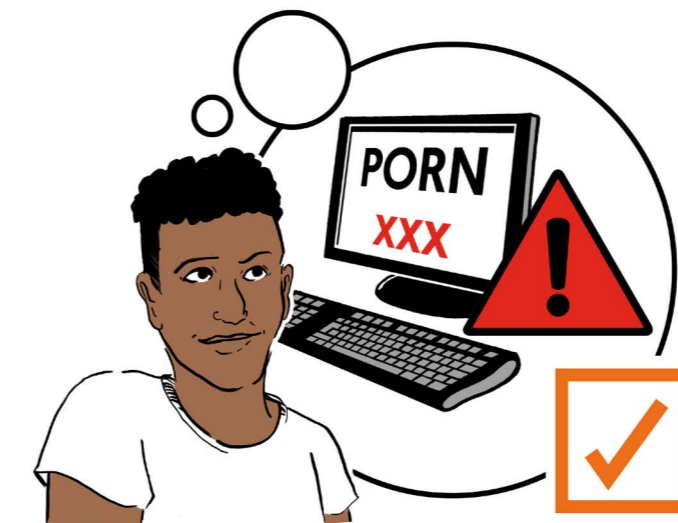
## Types of online abuse around pornography



Sometimes using pornography websites can put you at risk of being abused online.



Sometimes on these sites someone might want to talk to you about sex on a live chat or webcam.



It is good to be careful and know about the types of abuse related to using pornography websites.





### The types of abuse are:

- Being hacked

This is when a criminal can get into your computer using the internet to find out your personal details, for example, your bank account.



- Cyber bullying

This includes trolling, harrasment, stalking, psychological and verbal abuse.

This is when someone says mean things or won't leave you alone online.



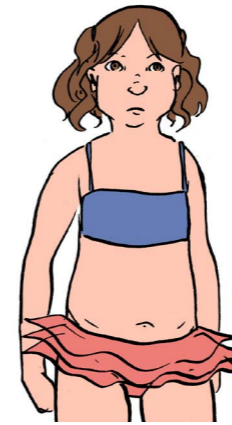
- Financial abuse

This is when someone tricks you into giving them money.



- Sexual abuse and exploitation

This is when you are forced to do sex acts.

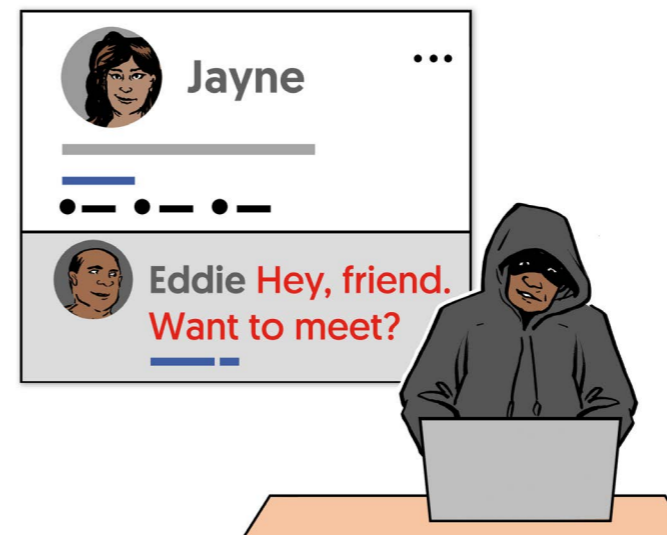


- Child abuse



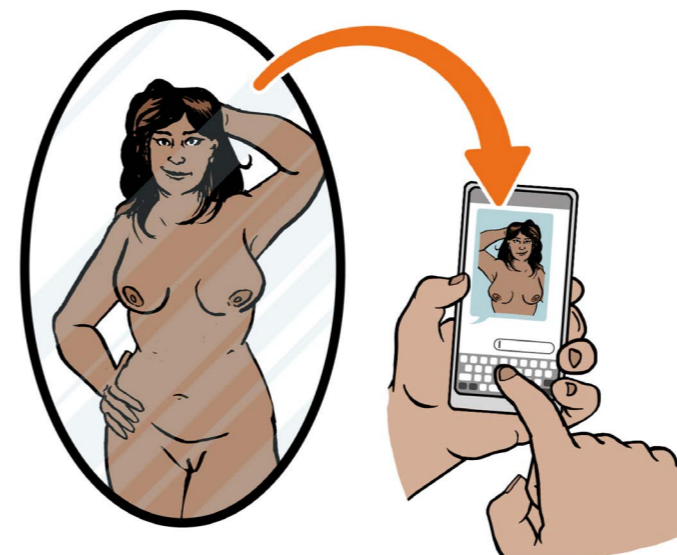
- Grooming

This is when someone develops a relationship with you in order to sexually abuse you later.



- Matecrime

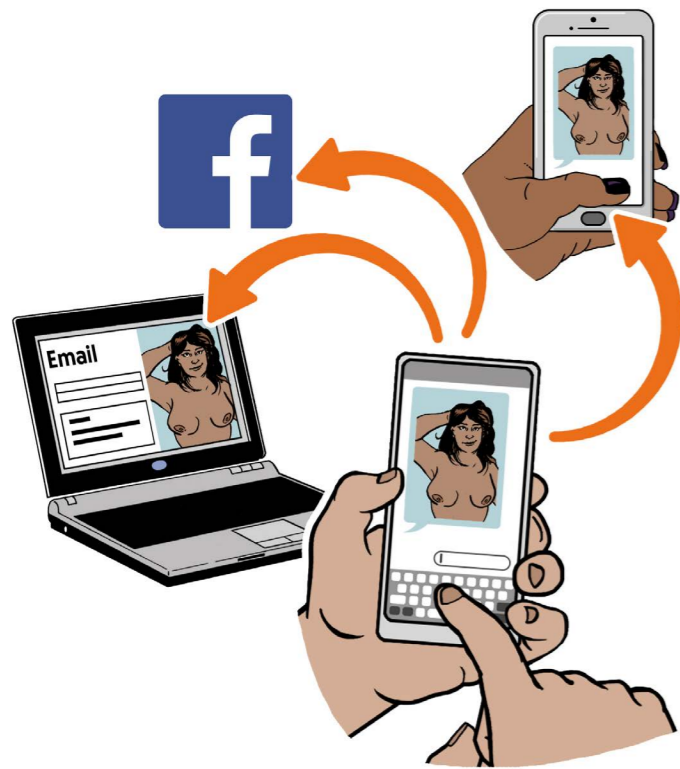
This is when someone pretends to be your friend so they can abuse you.



- Sexting

This is when people send sexual messages or images to each other. If someone sends you this and you did not consent then this is abuse. If you are under 18 it is illegal to send this.





- Revenge pornography

This is when someone shares sexual images of you without your permission.

For example, sometimes people in relationships send each other sexual images, but when they break up one person might be angry and share these images. This is called revenge pornography.



- Sometimes other people are abused in the making of pornography

For example, sometimes sex workers have been forced to make pornography.

In making this guide we ran focus groups. In these focus groups people gave us their thoughts and talked about the issues they had experienced. These are on the next page.

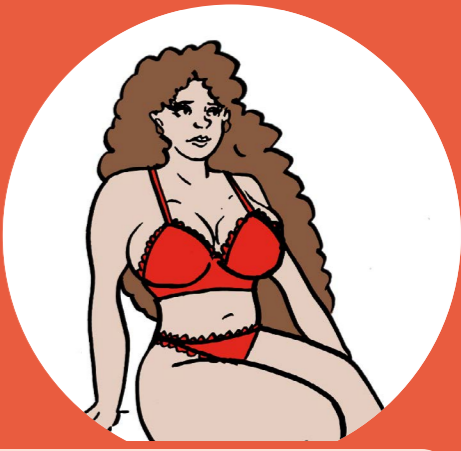
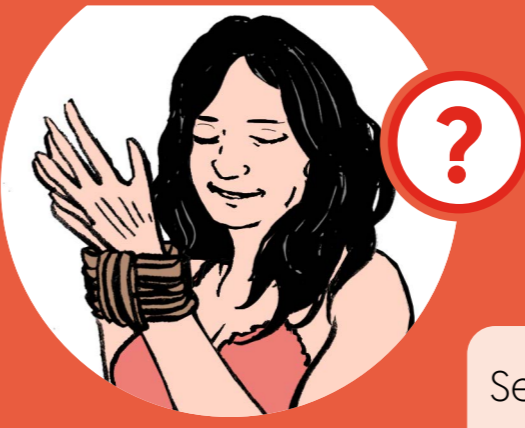


Paying for sites and losing money



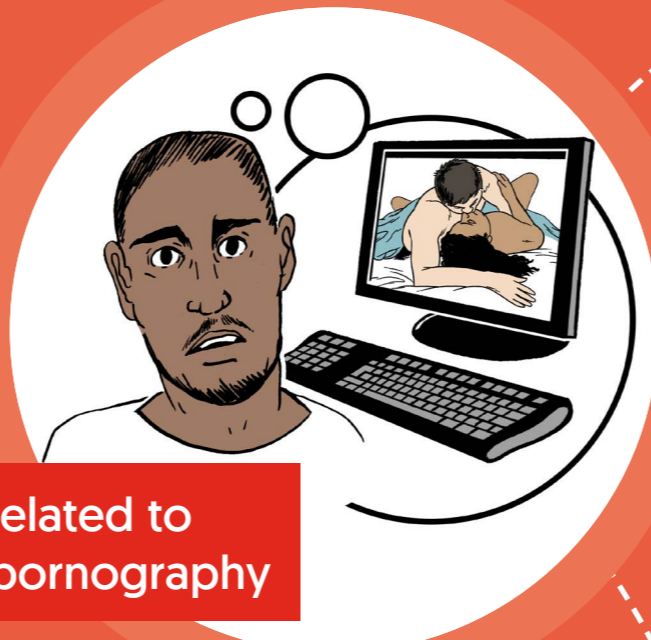
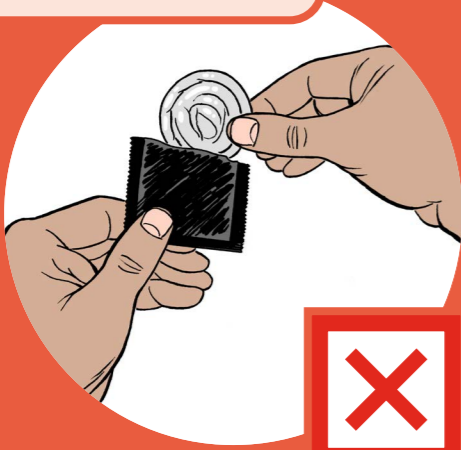
Pop-ups and computer viruses

Pressure to behave in a certain way



Seeing people in pornography who have had plastic surgery can make you unhappy with the way your own body looks

It can encourage unsafe sex, for example sex without a condom



### Issues related to online pornography

You can accidentally see types of pornography you didn't want to see



Stolen data



Putting sex over love and the wrong image of relationships



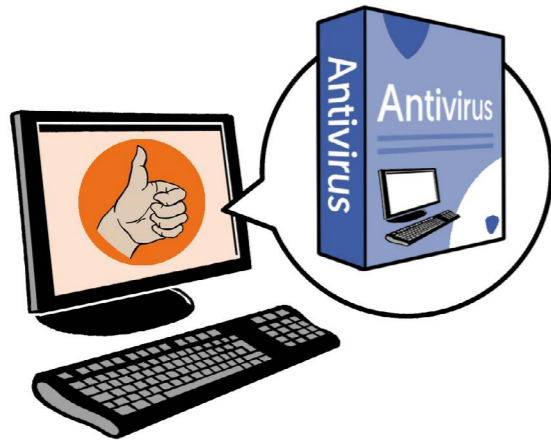
Unrealistic expectations. A lot of porn is different to what sex is like in real life.



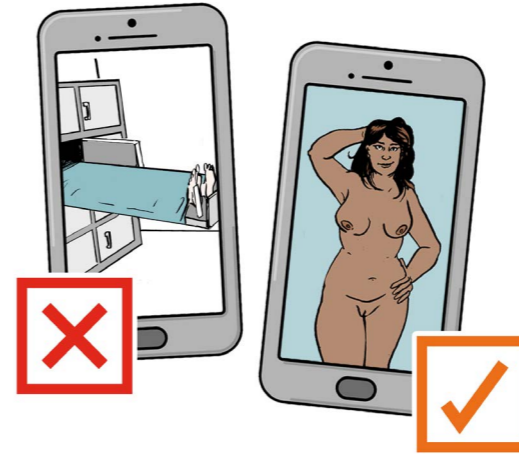
Porn addiction



# How to keep safe online:



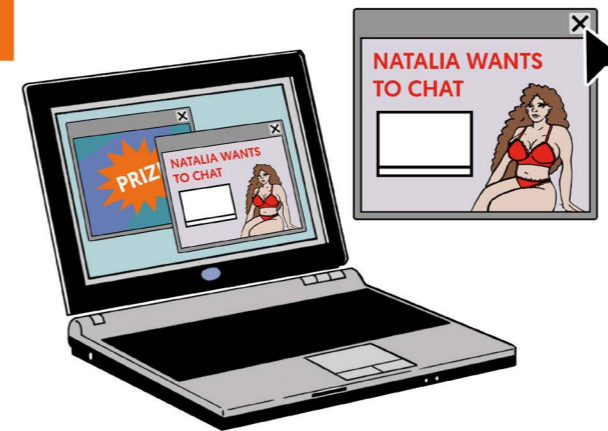
Update your anti-virus.



Look at legal pictures and videos.



Keep your location safe - don't tell people where you live / where you are.



Close sites and pop ups

Pop ups are windows that come up on your screen without you clicking on them.

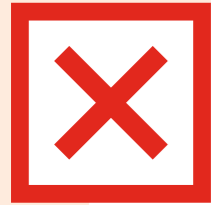


Change your password regularly.



Only use safe sites.

## How to keep safe online:



Don't talk to people you don't know in private chat rooms.



Don't give out personal information or your bank details / credit card information to people you don't know, or to sites you are unsure about.



Don't click on anything you're unsure about.



Don't send naked pictures or videos of yourself to anyone.



Don't click on pop ups.



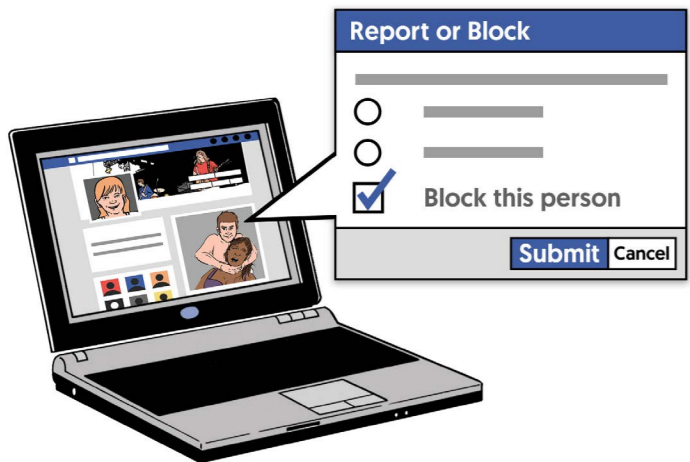
# What to do if you have a problem



If you have a problem the first thing you should do is come offline.



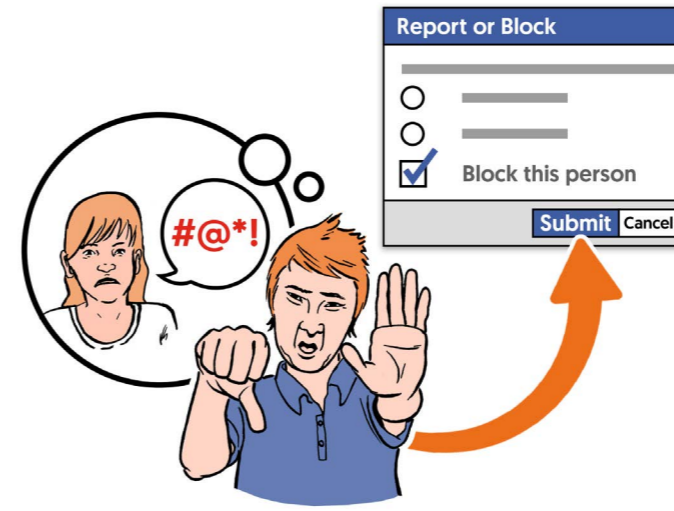
You should talk to someone you trust. For example, a friend, a parent, your support worker or key worker.



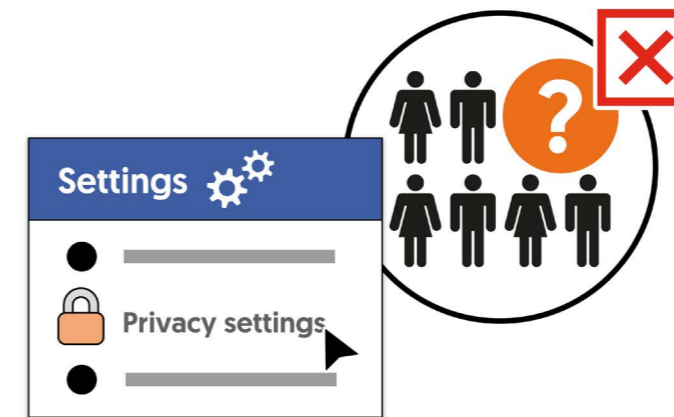
You can report pornographic pictures and videos or anything that makes you feel uncomfortable on social media.



If it is illegal you should report it to the police.



You should block anyone on social media who you don't want to talk to.



You can change your security and privacy settings on social media to stop strangers seeing you or talking to you.



If what someone is doing is illegal you can report it to the police. Keep any evidence you have, for example the messages they have sent you.



You can also talk to another organisation who can help you. These are on the next page.

# Organisations

## Internet Watch Foundation

Where to report illegal pornography

[iwf.org.uk](http://iwf.org.uk) - Tel: 01223 20 30 30

## Revenge Porn Helpline

Support for victims of revenge pornography

[revengepornhelpline.org.uk](http://revengepornhelpline.org.uk) - Tel: 0345 6000 459

## HateCrime UK

Where to report hate crime

[stophateuk.org](http://stophateuk.org) - Tel: 0808 802 1155

## Child exploitation and online protection command

Where to report online sexual abuse or grooming

[ceop.police.uk/safety-centre/](http://ceop.police.uk/safety-centre/)

## Safer Net

Advice for staying safe online for people with learning disabilities

[safernet.org.uk](http://safernet.org.uk) – Tel: 0300 123 2040

## UK Safer Internet Centre

Support, advice and where to report child abuse images online

[saferinternet.org.uk](http://saferinternet.org.uk) – Tel: 0344 800 2382



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## Developed by Achieve Together, CHANGE and Choice Support

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Some images show violence.



**Choice  
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