

Pornography

I first discovered porn when I was about 13 years old, I was in the local petrol station where my dad used to live in North Northumberland and I was hiding in the magazine section trying to find something worthy of reading. I picked up a magazine which had been placed on the bottom shelf and it was a porno - I opened it and immediately my palms started to go all cold and sweaty. As I looked at an image of a naked lady, rather rudely sat with her legs apart, I had a 'Stewie moment' from Family Guy where he first sees a vagina and reacts in utter outrage and disgust. I quickly put that magazine back and I vowed never to look at it again, but sure enough, as curiosity set in, I found myself going back to that magazine for several weeks.

Every time that cold clammy feeling would overcome me, but I knew I liked it. I felt nervous and dirty, which is something I still feel from time to time now, even as an adult. In terms of being a disabled man and looking at porn, it never really occurred to me that I was in any way different to these adult entertainers. I lived quite a sheltered life and was in some ways quite dismissive of my disability. In fact, if anything, discovering porn and further to that, realising what masturbation was, really helped bridge a gap for me and made me (for a brief moment at least) feel quite 'normal'.

Anthony William, @geordie_travels



Let's face it, porn has one main purpose: to turn us on. We've been looking at each other and feeling pretty horny for thousands of years, but the way that we do this is getting more and more explicit, and easier to access. Great for those of us who may struggle to flirt at the local pub or get down and dirty in person... or is it?!


There's nothing wrong with getting off to something you find sexy, but the amount of content available at our fingertips, and how this can be used without our control, is scary. Whether you watch porn or not, it's worth knowing the risks (and especially to know about porn and the law). Some people watch porn very occasionally, whilst others have been known to watch it and masturbate several times a day. Neither are wrong or right, and it really does depend on what suits the individual. However, just as with any sexual act, you shouldn't be forced into doing something 'just because your friends are' or you've been told you're weird for not doing it. Personal preference is key here.

Porn & Disability

One of the issues with Porn is that it very rarely represents a 'real' image of bodies, gender roles and sex. There is often very little foreplay before the sex, the women have large breasts and the men have big penises, and everyone has a great time, all of the time. In everyday relationships, this just is not physically possible!



If you have a disability: Many young people now use porn as their own individual 'sex education', as it is so easily accessed and there's the ability to learn 'in private'. However, this can be problematic for some people with disabilities as very rarely, if ever, do the bodies in the videos or photos relate to their own. Those of us who have disabilities can sometimes find it difficult to get into certain positions, sex may take longer and require more communication and care, but it does not mean that it's not possible – far from it! As Anthony said at the beginning, porn can be a great way to fantasise and escape certain difficulties if sex can be tough, but it's also important to remember that there are many great ways of having sex that aren't shown in porn!!



Porn is idealistic, it doesn't represent what sex can be like for everyone in the real world...

Whether you're disabled or not, you should take porn with a pinch of salt. At the end of the day, they're Actors paid to do their job and look as though they're enjoying it

So don't feel pressured to do something you see in porn, there's loads of ways to have sex and it's about finding the right way for you!

Delivered

Porn & the law

Listen to www.brook.org.uk when they say that, in the UK, it's legal to watch or buy porn when you are 18 years old, as long as it doesn't involve:

- People who are under 18
- Sexual assault or rape
- Scenes of life threatening violence or acts that are likely to cause serious injury to a person's anus, breasts or genitals
- Animals (often called bestiality)
- Dead people (necrophilia)

It is also illegal for:

- An adult to show a young person under 18 porn, or to allow them to watch it
- Under 18s to take sexual pictures of each other or make sexual videos. Even if the people involved have agreed to it (consented), it is classed as child abuse imagery and is illegal.

Extra support

Feel free to contact Mik or Emily at The Love Lounge:

www.enhancetheuk.org/enhance/the-love-lounge

These guides are part of Enhance the UK's [#UndressingDisability](https://twitter.com/EnhanceUK) campaign: Sex Ed for Teenagers. Show your support by following us on Twitter and Instagram! [@EnhanceUK](https://twitter.com/EnhanceUK)

