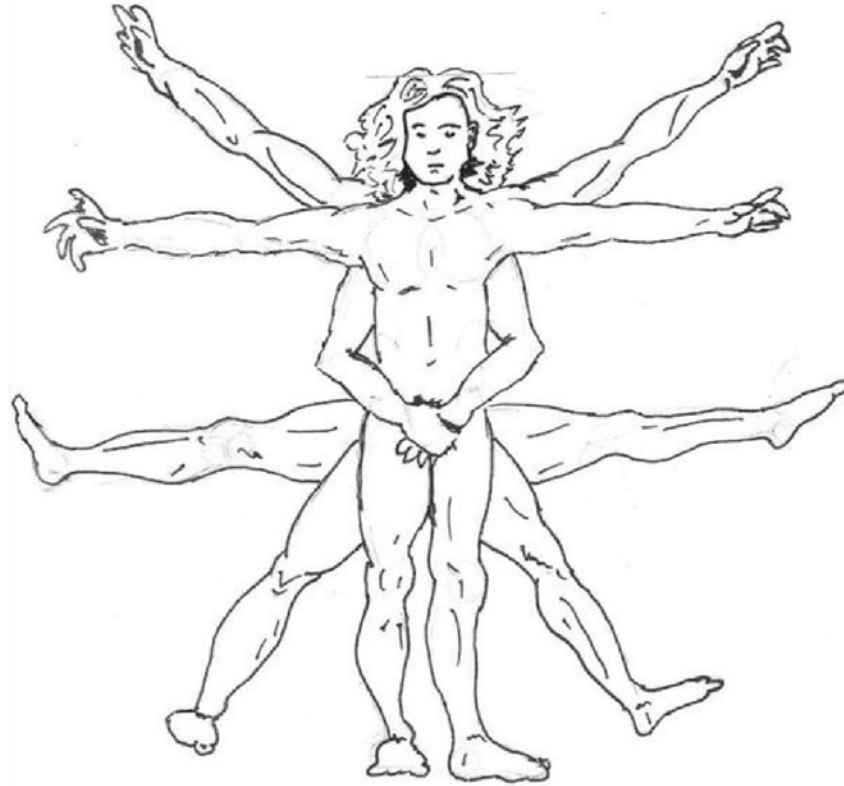


# Sexual Decision-Making: YOUR Personal Code



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*This book is dedicated to young men and women who are making decisions about life and sexuality, and especially to those young people who taught us what material was important to include in this book, and what material could be excluded.*

*Your ideas and opinions were valuable and important and continue to shape our work on a daily basis.*



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Foreword



The purpose of this booklet is to assist young people in systematically considering the multiple factors that make up the complex background of their sexual decisions. As adults we can struggle to find ways to discuss, teach, and guide youth through the maze of culturally fused messages that are forever linked to the latest generations coming of age. As therapists we have an obligation to support young people in making informed legal, relational, and consensual sexual decisions. This booklet can be used by youth independently; however, it is recommended that it be used as an opening for therapeutic discussion in session to ensure that youth have a sounding board as they consider, explore, and expand their ideas. While many therapeutic paradigms are drawn upon in the presentation of the material, Narrative Therapy is central to the premise that each individual is responsible for the creation of their unique internal story or what we are calling in this book, a “Personal Code.” Narrative therapy is premised on the idea that people’s lives and relationships are shaped by the stories that people tell and engage in to give meaning to their experiences (Nylund, 2014, pp..158).. People construct certain habits and relationships that make up ways of life by staying true to these internalized stories (Nylund, 2014).

This book is organized in such a manner as to introduce a number of important areas to consider, explore, and make decisions when thinking about a sexual decision. The sections of this book encourage youth to consider areas such as: their body, their thoughts, their morals and values, their personal experiences, their relationships, the rules and laws of their country, their gender attitudes, sexting, Internet safety, and pornography when a sexual decision is on their brain. In each of the sections of the book, youth are provided with educational information, then they are prompted to think about some of the related issues and questions before they are asked to identify their unique “Personal Code.” By the end of the book, a young adult should have a good understanding of their attitudes, values, and their preferred version of self with respect to making a sexual decision.

Youth who have engaged in sexually harming behaviour often arrive to treatment presenting with a number of concerns related to sexual decision making, and they typically benefit from direct instruction and support on understanding healthy sexual expression, sexual development, healthy dating relationships, and sexuality, given their often narrow understanding of these issues. This book can offer this population guidance, support, and a reprieve, especially if they are struggling with issues such as sexual preoccupation, avoidance of sexual issues, fear of dating, fear of being accused of another sexual offence, over-sexualization, or problematic sexual thoughts.

Although this booklet was originally designed for this clinical population, it is easily transferable in a general population. It is our hope that you will find these exercises useful with the youth that you are engaged in.

We would like to thank Radius Child & Youth Services for their support of this project.

# Your Body

Information about your physical body is often the information that is most talked about when we talk about sex or sexual relationships. This is the information that is taught in health class at school. Understanding your own body and what feels good to you is important to know. This information can also be important for your sexual partner to know. Masturbation is normal and a way that people can get to know their bodies and how they work. There are many differences in bodies and factors that make individual reactions to touch different. It is important to celebrate your own unique gift of pleasure.

Here are some websites to get you started in learning about your body:

**Sex & U:** [www.sexandu.ca](http://www.sexandu.ca)

**Scarleteen:** [www.scarleteen.com](http://www.scarleteen.com)

**Teen Health Source:** [www.teenhealthsource.com](http://www.teenhealthsource.com)

**Canadian Federation for Sexual Health:** [www.cfsh.ca](http://www.cfsh.ca)

**Go Ask Alice:** [www.goaskalice.columbia.edu](http://www.goaskalice.columbia.edu)



We all have ideas about what is good or bad, or right or wrong, and all of us live our lives by some kind of code. We make decisions daily about what we are, or are not, willing to do. For example, many of us would like to be rich, but we do not go out and rob banks daily because we have an internal guiding code of behaviour that bank robbery is not a part of. Some people might call this their conscience; others might say it is the rules we follow. We call it the "code of conduct." How we decide to live our lives is our code, and if we don't think about what we want to include in our code, we can sometimes act in ways we regret, or in ways that hurt other people. Sex and sexuality are part of our lives, so we must give some thought to our code that's related to sex and sexual decision making. We don't have all the answers or all the rules—you have to think about it and figure that out for yourself.

## Your Body Worksheet

1. How does your body work when you're being sexual?
2. How does your partner's body work during sexual activities?
3. How does pregnancy occur?
4. How do sexually transmitted infections get transmitted?
5. How do you prevent pregnancy or an STI?
6. Are you willing to have sex without using protection or birth control?
7. What is an orgasm in males? What is an orgasm in females?

## Quiz

Circle the best answer and write the answer in the blank spot.

1. Puberty is the time when a person changes from a child into \_\_\_\_\_.
  - a) a person
  - b) an adult
  - c) a woman
  - d) a man
2. Puberty is usually from ages \_\_\_\_\_.
  - a) 4 to 6
  - b) 7 to 8
  - c) 8 to 12
  - d) 13 to 16

3. During puberty, \_\_\_\_\_ begins to grow under a person's arms and in the pubic area.

- a) hair
- b) pimples
- c) perspiration
- d) layers of fat

4. Menstruation is the periodic shedding of the lining of the \_\_\_\_\_.

- a) vagina
- b) uterus
- c) pituitary
- d) larynx

5. Ovaries produce hormones throughout the month, but once in each menstrual cycle, a female's ovaries produce \_\_\_\_\_.

- a) a period
- b) cramps or aches
- c) a pregnancy
- d) an egg or ovum

6. When a girl's breasts begin to grow, it means that she \_\_\_\_\_.

- a) has begun puberty
- b) is thinking about sex
- c) is gaining too much weight
- d) is old enough to date

7. Hormones from the pituitary gland cause a boy's testicles to produce \_\_\_\_\_.

- a) sperm and hair growth
- b) hair growth and voice changes
- c) muscles and testosterone
- d) sperm and testosterone

8. Sometimes a boy's penis fills with blood and becomes hard. This is a normal reaction called \_\_\_\_\_.

- a) an erection
- b) puberty
- c) testosterone
- d) an irrigation

9. Occasionally, a boy's body will release some fluid through the penis during the night while he is asleep (known as a nocturnal emission or wet dream). The fluid that comes out of the penis is made up of \_\_\_\_\_.

- a) white blood cells
- b) urine
- c) sperm and seminal fluid
- d) adrenalin

10. When girls mature, they begin producing mature egg (ova) cells about once a month. When boys mature, they begin producing sperm cells \_\_\_\_\_.

- a) once a year
- b) continuously
- c) once a month
- d) one time only

11.. What statements are true about masturbation?

- a) It is normal to masturbate every day during adolescence.
- b) Both girls and boys masturbate.
- c) Sexual thoughts while masturbating can change.
- d) All of the above.

*Changes In Me: A Puberty and Adolescent Development Resource  
for Educators  
Junior Grade Level, Second Edition  
Peel Public Health, Healthy Sexuality Program, 905-799-7700*

### Your Body Personal Code Questions

1. I'm okay with being turned on by \_\_\_\_\_
2. What are your thoughts or rules for yourself regarding birth control, pregnancy, and safe sex?
3. Is it okay to masturbate?

This means I will... (write your personal code about **YOUR BODY** here)

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# Your Thoughts

Everyone has a set of unique ideas that they find sexually arousing. This group of ideas develops over time based on your life experiences. Some ideas that are connected to sexual arousal we want to keep and some ideas we may decide we want to let go. How to decide what is a healthy sexual idea can be based on a lot of factors. Some of the factors to consider include the laws of Canada, how the idea makes you feel, and what would be the consequences of acting on that idea. Shame, guilt, and embarrassment are not feelings that belong with healthy sexual thoughts. See below for some examples of the differences between healthy versus potentially harmful sexual thoughts:

## Healthy Sexual Thoughts

- Sexual thoughts or images that involve loving, caring, and respectful contact with a willing partner
- Involves full and enthusiastic consent Equal-power relationship
- Mutual agreement to the activity
- Positive emotions
- No coercion or force
- Focus of the sexual thought should not be someone with whom you are angry or dislike
- Sexual feelings toward the person because of how much you care about him/her

## Potentially Harmful Sexual Thoughts

- Sexual thoughts or images that involve a person who is too young to give consent
- Sexual thoughts about hurting someone during sex
- Imagining having sex with someone against their will, while they are impaired (by drugs, alcohol, illness) or unconscious (passed out or asleep) and unable to give consent
- Caring mostly about sex, not about the person
- Using tricks or bribes
- Thoughts about dominating or controlling the other person (making the other person do what you want without caring about his/her feelings)
- Sex that causes physical pain to you or the other person
- The use of weapons or other threatening objects, and other sexual acts with someone you don't care about



– Pathways 3rd Edition, Timothy Khan

## Your Thoughts Worksheet

1. List five things that turn you on when you think about them.
2. Review your list. Are you okay with your list?
3. Would you be embarrassed to share the list with your partner because they might think you were odd?
4. Where did the ideas on your list come from?
5. Is that ok with you or would you like to replace those thoughts with ones that you agree with/like more?

## Your Thoughts Personal Code Questions

1. What turns you on?
2. What turns on your partner?
3. What am I working on taking off my list?

This means I will... (write your personal code about **YOUR THOUGHTS** here)

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# Your Morals and Values

## The Meaning and Function of Sexual Activities

The area of morals and values differs between people. Morals are “a person’s standards of behaviour or beliefs concerning what is and is not acceptable for them to do” and values are “one’s judgment of what is important in life.” These differences of opinion are usually the source of most of the conflicts between sex partners. Being able to communicate your ideas about these things is essential for success in the relationship. Finding ways to successfully negotiate compromise will determine the relationship’s future.

### Your Morals and Values Worksheet

1. Describe a sexual experience that would fit with your personal code and one where you would not have regrets afterwards.
2. What attitudes of others, qualities or characteristics of others, beliefs in others, etc. would be “deal breakers” for you, resulting in your not pursuing the sexual relationship further?
3. Why do you think people have sex?
4. What types of touching are considered sexual?
5. What behaviours are considered having sex vs. “making out/fooling around”?

### Your Morals and Values Personal Code Questions

1. What are valid reasons for you to engage in sexual behaviour with someone else?
2. What has to be present for you to say “yes” to sex?
3. How old do you think you should be before considering having a sexual relationship?
4. What are your religious or philosophical ideas that you bring to the sexual decision?
5. How long do you need to know a partner before you consider a sexual relationship?
6. What does having a sexual relationship mean to the relationship and its future?
7. What are the rules of your relationship?
8. What is your opinion about casual sex or a “friend with benefits”?

This means I will... (write your personal code about **YOUR MORALS AND VALUES** here)

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# Your Historic Experiences

Our life experience develops over time and we learn things along the way. We can learn by watching, experiencing, reading, hearing, and imagining. Our life experience can greatly affect how we feel about ourselves and the decisions we make. Understanding where your thoughts and feelings come from is helpful in understanding yourself. Our past can give us ideas about ourselves that play a part in our relationships with others including our sexual relationships. Feeling good about yourself is an important part in choosing a partner who will also feel good about you. It is important to evaluate what you have learned from all of your history and discard the information or ways of being that are no longer helpful. By doing this, you are directing your future.

### Your Historic Experiences Worksheet

1. List your personal observations of relationships (friends, parents, family) or personal experiences that have shaped your attitudes, thoughts, feelings, and behaviour towards sexual relationships.
2. What has your life experience taught you about sexual relationships?
3. What have your own sexual experiences taught you about sexual relationships?
4. What have your past partners taught you about sexual relationships?
5. What have television and movies taught you about sexual relationships?
6. What have computers, the Internet, and other media taught you about sexual relationships?

### Your Historic Experiences Personal Code Questions

1. Which of your observations of personal relationships do you intend to bring into your relationships with others? Which of the observations do you intend to leave behind?
2. How do you plan to bring the positive experiences forward and leave the unhealthy experiences in the past?

This means I will... (write your personal code about **YOUR HISTORIC EXPERIENCES** here)

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## The Relationship

Relationship factors are the most important part of a sexual relationship. Some people want to explore sex without being in a committed relationship (e.g., casual sex). Some people are interested in exploring sex in a casual relationship or a committed relationship. But trust, care, and respect for the person are important to have, no matter what the relationship. And trust, care, and respect are as important as having sexual desire for that person. How you and your partner treat one another and communicate are good signs of how positive the sexual relationship will be. Caring for one another in a sexual relationship means that you are thinking about the other person's feelings as much as you are thinking of your own. Being able to talk openly about your feelings is very important. Fear for your safety is never a part of healthy sexual relationships. Being nervous early in a sexual relationship is not the same as fear. How long you know a person before you choose to have sex with them is a personal choice, but your sexual history is with you for life and should be considered. The sexual relationship is the most private part of the relationship, and it is special between you and your partner. Respect for this privacy should be considered before talking about it with other people.

### The Relationship Worksheet

1. List the qualities you appreciate in a friend
2. How do you know that you and your partner are ready to consider sexual relations?
3. Am I making this decision freely or are my friends?
4. How do you know if you are someone who, emotionally, can have "casual sex" or be a "friend with benefits" with no intention of a future relationship?

### Dating Relationship Quiz

TRUE or FALSE?

- T F 1.. Communication is being able to read each other's mind.
- T F 2. Your first love is likely to lead to marriage.
- T F 3.. In any relationship, you have the right to say "no" and not feel guilty.
- T F 4.. The right time to enter into a dating relationship is when you begin high school.
- T F 5.. Physical, emotional, and sexual abuse are acts of violence.
- T F 6.. True love means you think only about the other person.
- T F 7.. When a girl or boy says "NO," she/he really means "yes."
- T F 8.. When you want to end a relationship, you should tell the other person directly.
- T F 9.. A good relationship is based on strong physical attraction.
- T F 10.. Someone who really cares for you shows you respect and consideration.

– (Adapted from the Peel District School Board)

## The Relationship Personal Code Questions

1. What needs to be present for you to be ready to be sexual with a partner?
2. What qualities should be present in the relationship?
3. Who do you talk to about the relationship?
4. My stance on having casual sex or being "friends with benefits" is \_\_\_\_\_.
5. If this relationship ends, will you regret having sex with the person?







This means I will... (write your personal code about **THE RELATIONSHIP** here)

A vertical column of 15 horizontal lines for writing a personal code about the relationship.



## The Rules And Laws

Consent means that you agree with the activity, and with physical, emotional, and verbal cues. To be able to consent you must know what you are agreeing to. Drugs, alcohol, intellectual functioning, pressure, threat, or perceived threat are all factors that can influence consent. This is one area where communication is a very helpful sign if you and your partner are ready for a sexual relationship. If you are unable to talk about your plans, birth control, protection against sexually transmitted infections, etc..., are you really ready to be having sex?

Do you have enthusiastic consent? "This means being as excited and into someone else's enjoyment as we are excited and into our own enjoyment. Only 'yes' means 'yes'—and 'yes' should come from an engaged and enthusiastic partner" ([www.yesmeansyes.com](http://www.yesmeansyes.com)).

This is what the Criminal Code of Canada currently says about age of consent to sexual activity: "Age of consent is the age when a young person can legally agree to sexual activity. All sexual activity without consent, regardless of age, is a criminal offence. The age of consent for sexual activity is 16 years".

The Criminal Code of Canada provides "close in age" or "peer group" exceptions. For example, a 14- or 15-year-old can consent to sexual activity with a partner as long as the partner is less than five years older and there is no relationship of trust, authority, dependency, or any other exploitation of the young person. A 12- and 13-year-old can consent to sexual activity with another young person who is less than two years older and with whom there is no relationship of trust, authority, dependency, or other exploitation of the young person. If you are under age 12, you cannot have sexual activity with anyone of any age:<http://www.justice.gc.ca>.

### The Rules and Laws Worksheet

1. What are the laws regarding age and sexual contact where you live?
2. Write out a realistic conversation about enthusiastic consent. Is there non-verbal communication of enthusiastic consent that is clear enough to proceed? If so, provide an example.
3. What are obstacles to consent?
4. What are the factors that can impact consent?
5. What life goals would be affected by an adult criminal record?
6. What consequences are important motivations to change your behaviour?
7. What does the trust of your friends and family mean to you?

### The Rules and Laws Personal Code Questions

- 1.. Are you a consent rule-follower?
- 2.. How important is it for you to follow the consent rule in your personal code?
- 3.. I need to have \_\_\_\_\_ kinds of consent before we have sex.
- 4.. What is the bare minimum you require before you have sex with a partner?



# Sexting and Internet Safety

Technology is an excellent way to stay connected to your friends, family, and romantic partner(s). Sometimes you and your partner may have the idea to do more than talk about how you feel; you might decide to send pictures of your private parts over the Internet, a cell phone, or any other electronic device.

When someone sends a sexually related text or image from one cell phone to another, this process is called "sexting" (combining the words "sex" and "texting"). People 18 years of age and older can generally exchange nude photos without breaking the law. However, the Canadian government wants to ensure that children are protected from having their pictures posted online or used in other harmful ways. Rules have been developed in the Criminal Code of Canada under the section about "child pornography," where it states that making, distributing, accessing, or possessing images or video depicting the sexual activity or sexual organ of someone under the age of 18 is a criminal offence (Criminal Code, 1985). Therefore, if two people are under the age of 18, sending a nude photo or video clip is actually breaking the law, even if they are in a loving relationship.

What is really important to remember is that information and images posted online can be forever!

It is incredibly difficult (if not impossible) to have all personal information about you fully deleted.

Some resources that can help:

Cybertip: [www.cybertip.ca](http://www.cybertip.ca)

Take it Down: [www.takeitdown.ncmec.org](http://www.takeitdown.ncmec.org)

Need Help Now: [www.needhelpnow.ca](http://www.needhelpnow.ca)

Canadian Centre for Child Protection: [www.protectchildren.ca](http://www.protectchildren.ca)



It often involves contacting individual sites hoping they will help you out or maybe even spending your own money on a special service to do it for you. This means that the image or video you regret sending that has ended up online may not get taken down...ever. Worse still, if it includes identifying information, friends, family, teachers, and even future employers may be able to see it with a simple search of your name.

## Sexting and Internet Safety Questions

Criminal Code, R. S. C. 1985, c.46, s.163(1).

1. Would you send a nude image if your partner asked?
2. What does it feel like when you think of an ex-boyfriend/girlfriend having a nude image of you?
3. What are some of the risks of sending nude images to a partner?
4. Would you ever ask a partner to send you a nude photo or video clip?
5. What are some of the reasons you might want to exchange nude photos or video clips with your partner?
6. Have you ever been asked by a partner to send nude images or video clips? How did you respond?
7. How did your partner react when you said "no"?
8. Were there ever times when you felt that you were not entirely comfortable with sending nude images? Did you speak up? If not, what got in the way of you speaking up?
9. How did your partner react when you asked them to send nude images?
10. Why do you think that was?





Imagine you were given \$10,000 to create a poster campaign to end sexual assault, what might your poster look like? What slogan might you use? Design your campaign in the space below:

Now, look at the campaign advertisements in Appendix A at the back of this book. Which one is most like yours? What stands out as the important difference in these advertisements? Write your observations about these advertisements here:

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**Your Gender Attitudes Personal Code Questions**

1. What's important for you in expressing your gender identity? Which traits are important for you when you think about expressing your gender?
2. How does your gender influence your sexual choices?



This means I will... (write your personal code about **YOUR GENDER ATTITUDES** here)

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# Respect

When people talk about relationships and making sexual decisions, one often hears about the term respect. "You have to respect your girlfriend," or "you have to respect yourself." But what does respect really mean, and does it fit into your sexual code of conduct?

## What does respect mean?

- a) taking into consideration the feelings and ideas of other people
- b) admiring someone based on their personal qualities
- c) to not intrude on someone else's space or boundaries
- d) all of the above

**The answer is:** d) all of the above.

Do you hope to have respect from other people? What types of things encourage others to respect you?

(Check all that apply.)

- being honest
- doing what I say I am going to do
- respecting others
- working hard
- trying to be the best person I can be
- taking responsibility for the ways I have hurt people

What other ways can you think of?

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Now go back to the list and circle the areas that you are still working on.

Take a moment to answer the following questions and circle the answer that best fits with your thinking.

### I respect all girls and women.

somewhat agree..... agree..... strongly agree

### I respect all boys and men.

somewhat agree..... agree..... strongly agree

If you stated that you don't agree with this statement think about what has gotten in your way of respecting others....

## Respect Worksheet

Many people have been really hurt by others, and so they have a tough time giving out respect when they feel like they haven't gotten any themselves.. That is true, but sometimes we need to be the person who makes the first move, or we can get caught in the disrespect cycle.

### Respect Personal Code Questions

1. Respect for myself is [**Very, Somewhat, or Not**] important when it comes to my sexuality and sexual decision making
2. Respect for others is [**Very, Somewhat, or Not**] important when it comes to my sexuality and sexual decision making.

This means I will... (write your personal code about **RESPECT** here)

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# Pornography and “The Personal Code”

These days we can't really talk about a code of sexual conduct if we don't talk about pornography and what it means to you in your life. It seems like porn is everywhere; it is on TV, online, on the phone, on Xbox, just about everywhere you look. Because it is in so many places, people start to think that it is a regular part of life, but I want to invite you to think really hard about how pornography influences your life and the lives of the people around you.

## Part A: Porn and Gender

In porn, neither women nor men get much respect. They are seen as only body parts, and what they think and feel doesn't count for very much. Often men and women are put into pretty stereotypical roles. For example, men in porn always seem to want to have sex, and women are often portrayed as sluts—this isn't true about all men and women in real life.

Regular people don't usually look like the actors in porn, who tend to have very large penises or enlarged breasts. Sometimes when we compare ourselves to people in magazines or on TV or the Internet, the comparison can make us feel like we are not really as good as other people.

How does it make you feel when you compare yourself to the guys/girls in porn or in media?

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How might it make your romantic or sex partner feel about you if they were looking at porn?

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How might it make you feel about your romantic or sex partner if you were comparing them to the actors in porn?

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## Porn and Gender Worksheet Questions

1. What are the expectations of men in the sexual situations of pornography? Are they fair?
2. What does pornography tell you about the women involved? Are women portrayed in a fair manner?
3. How many women do you know in your life that resemble the women in pornography?
4. Whom do you think is the intended audience for most pornography? Why?

## Part B: Porn and Risk

A lot of people believe that looking at pornography will increase the risk of committing a sexual offense. A lot of people have done research to really try to figure this out. The research would say that for some people, pornography can have a pretty bad effect. For those people, looking at pornography can increase their risk of hurting someone sexually, or can confuse them about consent or what makes for a happy sexual relationship. Before we allow pornography into our lives, it is really important to find out about the ways it might get us into trouble or try to trick us in our thinking about sexuality.

Take a look at the following list. If all these statements were true, which ones would motivate you to change the way you use pornography. (Please circle all that apply.)

1. Porn can make you addicted so that you end up spending most of your time and money looking at porn.
2. Porn can give you distorted or weird ideas about what people really do sexually, and this might make you have unrealistic expectations about sex. (For example, you might think it is really common for people to have sex with animals, when in fact it is not very common at all.)
3. Porn gives some weird messages about consent. (Remember, that is the permission we must have from someone before we can engage in sex with them.) In pornography, sex is often done without the consent of the other person, and sometimes it even shows sexual assaults.
4. Porn is sometimes used to learn how to do sex with partners: in heterosexual porn, (men and women having sex) women's sexual pleasure is not a focus, and boys and men do not learn the real ways to give sexual pleasure to the girls and women who they are in a relationship with.
5. Porn can sometimes get people so sexually turned on that it makes them want to commit sexual offenses.
6. Porn can trick you into getting turned on to things that are against the law, like sex with animals or children.
7. Porn can make it harder for people to get sexually turned on while they are by themselves masturbating (i.e. People can become dependent on porn to masturbate).
8. Porn can make it harder for someone to get sexually turned on with a sexual partner (especially if the partner doesn't look like the men and women in porn).
9. All of the above statements are true for some people—it is impossible to tell how porn is going to impact you in the long run. These are some of the risks that porn carries, and the more you use it the riskier it might get.

## Porn and Risk Activity

Make a pros and cons list for using porn. On the “pros” side, list the reasons you like porn or what you get out of it. On the “con’s” side list the reasons porn use might not be a good idea for you.

Which list is longer?

## Porn and Risk Discussion Questions

1. What are the effects of masturbating to porn? Have you noticed that it is harder to masturbate without it?
2. Why do you think other teens look at porn? Do you think it affects the way they act sexually?
3. Who can pornography hurt? How?
4. Do you think there is a link between pornography and sexual assault/abuse?
5. What role did pornography play in your decision to commit a sexual offense?
6. Should children be permitted to look at pornography? Why or why not?

## Part C: Pornography and Empathy

Empathy is another word that people talk about a lot. Empathy is the ability to really understand how another person is feeling and thinking. Some people talk about “walking in another person’s shoes.” Empathy can be pretty important because it can help us to make decisions about what we do, how we act, and of course our sexual code of conduct. Understanding how another person feels or thinks helps us to make choices that won’t hurt other people (unless, of course, you are a bit of a jerk who wants to hurt other people). So, for example, if I know that the girl who I like at school feels really embarrassed and scared when I compliment her about her body, then I won’t do it. I have to use my empathy skills to figure out how she feels about things—I can’t pretend that everyone feels the same way as I do. Now I need you to put your empathy skills into practice and figure out how other people are affected by pornography.

## Pornography and Empathy Activity

How can, or does, your pornography use affect others?

Parents: \_\_\_\_\_

People that I have hurt sexually in the past: \_\_\_\_\_

Siblings: \_\_\_\_\_

Girlfriend/boyfriend: \_\_\_\_\_

## Pornography and Empathy Questions

1. Imagine the life of someone who is involved in pornography. How do you imagine that they became involved in pornography? What led them down this path?
2. How would it feel to have a partner use porn? What about your mother, father, sister, or brother?
3. Think about the people making pornography. Do they want to do this? Are they really enjoying themselves?
4. If you had a son or daughter, would you want them to look at pornography? Would you want them to make pornography? Would it be a different answer for your son or daughter? If so, what do you think that is about?

## Part D: Does Porn = GOOD SEX?

There is one part of the sexual code of conduct that we haven’t talked much about yet—having GOOD SEX! I might make a guess that most people will want to have good sex in their future. Good sex means different things for different people: some people like a lot of kissing, some don’t. Some people like their genitals touched with hands, others with tongues—there are a lot of choices. One of the things I hear about “good sex” from lots of people is that they want sex that feels good for them but also that feels good for their partner and makes them really happy.

Since we have been talking about pornography, I would like you to think about whether using pornography helps with “good sex” in real life or whether it gets in the way.

Think of the places in your life where you could learn about how to make sex “good” for your partner?

How reliable are these sources?

If you said porn, it might be important to know that a whole lot of porn is about pleasing the men who are watching it (men look at way more porn than women), rather than finding ways to please their female sex partners.

If you said your friend, he or she probably learned about “good sex” from porn too, so you are running into the same problems.

## Part E: Other Thoughts About Pornography

Aside from the risk to commit a sexual offense, or not pleasing your partner sexually, there are some other things to consider when you think about your future use of pornography. Pornography is constantly being manufactured and tends to get more and more extreme; it also is not so respectful to all members of a society. Please think about some of these questions:

1. Why do companies/individuals manufacture porn?
2. Why does porn exist?
3. What would having sex look like if we had never seen any pornography?
4. Why would you allow others to try and trick you into having sex their way?
5. How are people of varying races and ethnicities portrayed in pornography?
6. Where are people with disabilities in pornography?



### Other Thoughts About Pornography Questions

1. For a heterosexual male: if you knew that much of the sex represented in porn is not very satisfying for your girlfriend/partner, would you still use it as a source for learning about the techniques of sex?
2. Where else can you find out about how to have sexual contact with a girl that is pleasing for both of you?
3. How do you learn what to do in a sexual situation? Is pornography a good source of learning?

### Other Thoughts About Pornography Personal Code Questions

Given everything that you have thought and learned about pornography usage, does pornography use fit into your Personal Code? If yes, how could you make it fit and stay true to your beliefs?

||||| This means I will... (write your personal code about **PORNOGRAPHY AND "THE PERSONAL CODE"** |||||

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here)

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|||||

Now collect all of your Personal Code statements written at the end of each section and paste them to these pages. There you have it: a Personal Code. **Congratulations.**




# APPENDIX A


## PROTECT YOURSELF FROM SEXUAL ASSAULT

**FOLLOW THESE AWARENESS AND  
PREVENTION TIPS FROM McGRUFF:**

- ✓ Avoid people who use anger as a means of control. Most rape victims know their attacker.
- ✓ If you are being followed, drive to a police or fire station or walk to a well-populated area.
- ✓ Always walk with friends in busy, well-lit areas and avoid known trouble spots.
- ✓ Always have your keys out and ready before approaching your car. Check the front and rear seats and floor before getting in.
- ✓ If a stranger stops to ask you a question and you choose to respond, keep your distance.
- ✓ Protect yourself from date rape drugs. Never leave a drink unattended.
- ✓ Report any assault to the police and seek medical attention immediately.

For more information on how to protect yourself from sexual assault, visit [nrcpc.org](http://nrcpc.org) or contact your local law enforcement agency.





1.

### References:

- 1) *Criminal Code*, R.S.C., 1985, c., 46, s., 150(1)
- 2) *Criminal Code*, R.S.C., 1985, c., 46, s., 163(1)..
- 3) Nylund, D., (2006).. Deconstructing patriarchy and masculinity with teen fathers.. In H. S., Holgate, R., Evans & F., K., O., Yuen (Eds.), *Teenage pregnancy and parenthood: Global perspectives, issues and interventions*(160-177).. New York: Routledge..
- 4) Kahn, T., J., (2001)*Pathways: A guided workbook for youth beginning treatment* (3rd ed.).. Vermont: The Safer Society Press..
- 5) Peel Public Health.. (2011)*Changes in me: A resource for educators on puberty and adolescent development* (2nd ed.).. Retrieved from <http://www.peelregion.ca/health/com-mhlth/bodyimg/changes-in-me/>.

2.



3.

## PREVENT SEXUAL ASSAULT

Don't leave a party with someone you just met or a person you don't know well.  
Stay in control and keep your wits about you.  
Call your emergency contact.  
Force yourself to vomit on your assailant.  
OASIS Center4 for Sexual Assault and Relationship Violence:  
626-2051

### 10 Top Tips to End Rape

- 1 Don't put drugs in women's drinks.
- 2 When you see a woman walking by herself, leave her alone.
- 3 If you pull over to help a woman whose car has broken down, remember not to rape her.
- 4 If you are in a lift and a woman gets in, don't rape her.
- 5 Never creep into a woman's home through an unlocked door or window, or spring out at her from between parked cars, or rape her.
- 6 USE THE BUDDY SYSTEM!  
If you are not able to stop yourself from assaulting people, ask a friend to stay with you while you are in public.
- 7 Don't forget: it's not sex with someone who's asleep or unconscious - it's RAPE!
- 8 Carry a whistle! If you are worried you might assault someone "by accident" you can hand it to the person you are with, so they can call for help.
- 9 Don't forget: Honesty is the best policy. If you have every intention of having sex later on with the woman you're dating regardless of how she feels about it, tell her directly that there is every chance you will rape her. If you don't communicate your intentions, she may take it as a sign that you do not plan to rape her and inadvertently feel safe.
- 10 Don't rape.