

YOUNG MINDS

Provides free 24/7 support
Text: YM to 85258
Provides lots of information and advice



Provides lots of information, advice for over 14s.



Provides free 24/7 support
Call for free
Live messenger

A series of self-help, learning and signposting avenues of support for students and families of The Fen Rivers Academy

People

Safe relationships,
Good people are you.

Purpose

A purpose in life,
A great education built for you.

Place

A good place to live,
A safe place to learn in.

Please get in touch if any of the following professionals could support with you with questions or concerns further: SENCo, Mental Health First Aider, Pastoral team, DSL

The Fen Rivers Academy
Kilhams Way
King's Lynn
Norfolk
PE30 2HU
01553 887330



The Fen Rivers Academy

Part of the Catch22
Multi Academies Trust

'Every interaction a conscious intervention'



Pornography



All about pornography

Pornography is sexual images or videos of adults.

People have watched pornography both on purpose and by accident due to it being on the internet.

The sex you see in porn is very different to sex in a real relationship.

66% of 14-15 year olds have seen pornography.

It is normal to be curious about sex and relationships and you may have heard friends talking about porn.

Young people can feel to embarrassed to ask questions so instead search online for the answers.



If you have questions, why not ask your teacher during your SRE lessons?

It is more than likely that if you are thinking about the question other people in your class are unsure and may also be too embarrassed to ask!

If you do watch pornography it is important to remember that any pictures or videos containing anybody under the age of 18 are illegal. This is child sexual abuse and should be reported to the Police or CEOP's.

What are the risks of watching pornography?

-porn can make people feel less happy in their relationships

-watching porn can lead to viewing others as 'sex objects', especially women

-porn can affect our ability to feel good about ourselves

-porn creates an unrealistic view of how people look (real breasts and penises are usually smaller than those in porn)

-porn can give the message that sex is an aggressive act. It is important to remember that porn is not real and the person is acting—just like actors in films or soaps.

What if I am worried about my porn use?

Talk to someone who you trust, a school staff member, a family member or a carer.


Make porn less accessible for yourself.

Start a new hobby or interest such as trying a new sport or a new game.

There is lots of support and resources out there.

What other support is there?

Remember you are not alone. There is lots of support out there and people can help get things better for you again.



On Kooth you can

- Chat to ask friendly counsellors
- Read articles written by young people
- Get support from the Kooth community
- Write in a daily journal

Helpline, web chat, email support
Text 85258
Lots of support and advice



ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Your Organisation
Childline are here to talk to you
24/7
Chat online
Call free