

Pearson L, Powell M, Denholm N, Robertson J. **Porn and Young People - what do we know? NZ Youth Stakeholder Survey**. Auckland: The Light Project; 2018.

## PORN, THE NEW NORM – NZ STAKEHOLDERS RESPONDING TO A CHANGING YOUTH SEXUAL CULTURE

New Zealand is seeing the impacts of widespread porn access and usage amongst its youth with two-thirds of teens aged 14-17 having viewed porn, ¼ aged 12 or younger. Porn is now a primary sex educator, informing young people's sexual attitudes, expectations and behaviours in new and diverse ways.

In response to this, the pilot project *The Light Project* was established by a group of sexual health experts aiming to equip young people, their whānau & communities to positively navigate the new porn landscape through developing national resources and training. To inform these resources, *The Light Project* undertook an international literature review and conducted a survey of 622 stakeholders called '**Porn and Young People — What do we Know?**'

Lessons learnt during this pilot include firstly, porn is new territory for youth health services with 94% of stakeholders reporting porn is an issue for youth influencing their sexual attitudes and behaviours, however 59% report feeling ill-equipped. Secondly, many youth are struggling with impacts related to porn usage. Some of these include watching more porn than they want to but feeling unable to stop; feeling pressured to re-enact porn with partners; seeking increasingly violent porn; feeling uncomfortable or distressed about what they are watching and requiring porn to stay aroused.

Steps ahead include an urgent need for ongoing research; widespread, cross-sector training; services that provide therapeutic support for youth impacted by porn and creating resources for Māori and pacific groups, youth with long-term health disabilities and sexuality and gender diverse young people.