

RMA PSHE GROUND RULES



RUSHEY MEAD
ACADEMY

- **Respect everyone** Don't laugh at others, mock others or be insensitive
- **Don't judge others** Remember you do not know about other people's situations
- **Listen to each other** Listen to each other and your teacher to get the most out of it
- **Keep the conversation** Do not gossip or share personal information with anyone
- **Get further support** Speak to someone at school if you need any help or support

PSHE @ RMA– Helping you to develop the skills you need to be safe, healthy, make the right choices and make a positive have a positive difference to the world.

Explicit Content Online Key Words



Explicit Material

any media which contains content of an adult nature.

Stereotypes

A widely held belief or expectation of a particular category or group of people.

Acceptable
behaviours

unwritten rules of behaviour that are deemed acceptable within society.

Unconsciously
Imitating

being more likely to copy something or someone simply by viewing or watching their behaviour.

Explicit Content Online Key Words

Distorted
expectations

having unrealistic or warped perceptions of reality.

Cognitive
distortions

irrational thoughts or beliefs, usually negative, which contribute to having 'distorted expectations'.

Explicit material

any media which contains content of an adult or harmful nature.

Abusive
relationships

treating someone cruelly or violently, especially on a regular or repeated basis.

Viewing explicit content online – Impacts on attitude and behaviour

Today, we will:

- Consider the impact of viewing explicit content on our behaviour
- Analyse how viewing explicit content can lead to stereotyping and treating others badly

What is 'Explicit Content'?

Discuss with the person next to you what you think the term 'explicit content' means and come up with some examples.

terror attacks,
beheadings
and bombings

Explicit content / material refers to any media (including images, music or films) which includes adult content.

hate sites

This could be bad language or something of a sexual nature that young people should not be exposed to.

pro-anorexia and
eating disorder
content

Explicit content doesn't just mean things of a sexual nature. Explicit content is anything that isn't suitable for your age; something that worries you or something that scares you

sexual abuse and rape

cruelty to humans and
animals

self-harm sites

online porn

pro-suicide content

violence and
distressing content

PSHE @ RMA– Helping you to develop the skills you need to be safe, healthy, make the right choices and make a positive difference to the world.

Which is False?

Which of the following statements do you think is false?

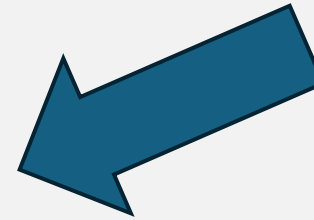
Young people may see things online that is unsuitable for their age of developmental stage.

75% of teens say that accidentally coming across explicit content online is an issue.

It is possible to access explicit content on any device on which the internet is accessible.

What is seen will be interpreted differently depending on the maturity level of the child.

THIS IS FALSE. IT IS ACTUALLY 63%



True or False?

Viewing content which you may find upsetting is an issue associated with being exposed to explicit content...

TRUE

FALSE

True or False?

Viewing content which you may find upsetting is an issue associated with being exposed to explicit content...

TRUE

FALSE

This is TRUE. Other issues include that it may be of a nature aimed at adult viewers, may contain inaccurate information and may contain information which may lead to unlawful behaviour.

Did You Know...

One third of British children (12-15) have encountered racist, sexist or discriminatory content online.

One out of five children are scared to report explicit content they have been exposed to.

56% of 11-16 year olds have seen explicit material online.

1 in 10 children (8-11) said they have seen something worrying or upsetting online.

Impact of Exposure to Explicit Materials

Being exposed to explicit material can impact our attitudes and behaviours.

With the person next to you, discuss what those impacts on our attitudes and behaviour might be.

For example: If you saw a video of people using bad language, you might start to use that type of language.

What other examples can you think of?

Being exposed to explicit content can impact attitudes and behaviours by;

- Causing offence or causing you to be upset.
- Encouraging you to think a certain way about something.
- Encouraging stereotypical attitudes.
- Containing bad language which you then copy
- Encouraging young people to engage in activities which they wouldn't normally consider.
- Radicalisation.

PSHE @ RMA– Helping you to develop the skills you need to be safe, healthy, make the right choices and make a positive difference to the world.

Chances of Coming Across Explicit Content

Which online activities increase the chances of young people coming across harmful explicit content online?

Discuss this with the person next to you.

- Using apps or playing on games which are not age appropriate.
- Joining social media platforms below the required age. Most social media apps have a minimum age restriction of 13.
- Taking part in or watching live streamed gaming content which may be inappropriate.
- Being on an inappropriate site where pop-ups might be an issue.
- Sharing links with online friends.

Cognitive Distortions



Cognitive Distortions are: Irrational, inflated **thoughts or beliefs** that **distort a person's perception of reality**, usually in a negative way.

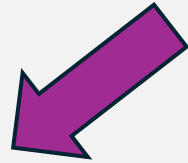
The attitudes we adopt and the way we think is really important to our **mental health** and how we **perceive** things.

Often, people **automatically assume thought patterns** which are habitual, so if we think in a negative way and view everything in life this way, then nothing will ever make us happy.

This can lead to **anxiety, stress and depression** and can become so embedded in our thoughts that it can affect the logical a

One example of a Cognitive Distortion is 'Distorted Expectation'

Distorted Expectations



1. pulled or twisted out of shape; contorted.
2. giving a misleading or false account or impression



a strong belief that something will happen or be the case.

So:

Distorted Expectations = a misleading, twisted or false belief that a person has.



Distorted Expectations



How do we develop distorted expectations?

What might influence our thoughts? Come up with a list of how we are influenced.

- We grow up being bombarded with masses of information.
- This can be from many platforms, such as family, the internet, books, TV, films, etc.
- From this information, we learn about life, love, relationships.



Why is this a problem?

- Much of this information can be **incomplete, biased** or just plain **incorrect**.
- When we are young, we do not have the life experiences or tools to recognise this.
- As a result, we may be left with **unrealistic or inaccurate expectations** of relationships and sex - and this can lead to relationship problems in the future.
- We might also be influenced to develop **bias** against particular groups of people and make us treat them in an **unkind way**.

PSHE @ RMA– Helping you to develop the skills you need to be safe, healthy, make the right choices and make a positive difference to the world.

Effects on Relationships

Being exposed to explicit materials can have an effect on romantic relationships.



What do you think these effects might be? Discuss this with the person next to you.

- Exposure to explicit content can **distort your thoughts** and make you believe **inappropriate things to be true**.
- Most people would not like you to behave in many of the ways shown in explicit content, be it **sexual, violent, racist, sexist, etc.**
- Everyone is different, and what one person might think is acceptable, another person might not.
- Behaviours of people seen in explicit content are **not realistic**, and can often be **abusive or exaggerated**.

PSHE @ RMA– Helping you to develop the skills you need to be safe, healthy, make the right choices and make a positive difference to the world.

Effects on Relationships

[Porn - what you should know. For Yrs 8 and up from The Practical Guide to Love, Sex & Relationships. on Vimeo](#)



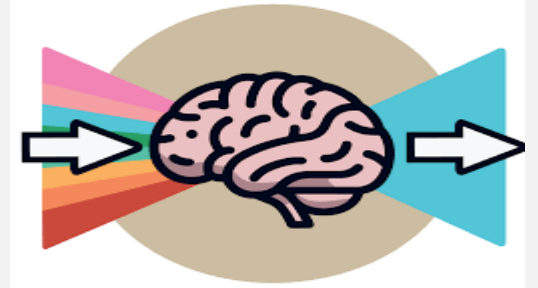
You are now going to watch a video that gives the example of viewing pornography and how doing so can impact the way young people see the world and treat other people.

After watching the video, answer the questions on the next slide in full sentences in your books:

Does viewing porn affect the way men think about and treat women?

Does porn encourage men to treat women in an abusive way and normalise violence towards women and partners?

Effects on Relationships



1. Does viewing porn affect the way men think about and treat women?
2. Does porn encourage men to treat women in an abusive way and normalise violence towards women and partners?

Try to use as many of the key words from the lesson as you can:

Explicit Material

any media which contains content of an adult nature.

Stereotypes

A widely held belief or expectation of a particular category or group of people.

Acceptable behaviours

unwritten rules of behaviour that are deemed acceptable within society.

Unconsciously Imitating

being more likely to copy something or someone simply by viewing or watching their behaviour.

Distorted expectations

having unrealistic or warped perceptions of reality.

Cognitive distortions

irrational thoughts or beliefs, usually negative, which contribute to having 'distorted expectations'.

Explicit material

any media which contains content of an adult or harmful nature.

Abusive relationships

treating someone cruelly or violently, especially on a regular or repeated basis.

PSHE @ RMA– Helping you to develop the skills you need to be safe, healthy, make the right choices and make a positive difference to the world.

Where Can I Get Further Support?



PSHE @ RMA– Helping you to develop the skills you need to be safe, healthy, make the right choices and make a positive difference to the world.