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YOUTH AGAINST PORN
PROJECT
A training program to teach teachers in using a flipchart to educate children about dangers of accessing porn.
និយមន័យ៖
នរឿរអាសអាភាស ឬសា ា រៈអាសអាភាសគឺជា រូបភាពណ្តម្ួយដលាននរៀបរាប់ឬបង្ហាមដល់អំពីអវេយវេទឬសកម្មភាពផ្លូវនេទ នាយកដញ្ចូលរប់បាន់នួនដោយ ឲ្យានអារម្មណ៍ន្រប់គំនិតផ្លូវនេទ។

DEFINITION:
Pornography or pornographic material is any visual content containing descriptions or depictions of either sexual organs or sexual activity with the intended purpose of stimulating and arousing sexual feelings.
This project is a result of the Chab Dai Prevention Forum identifying pornography as something that contributes to the demand of the sexual exploitation of people.
Which led to a survey conducted by the following organizations:

- Kone Kimeng
- HAGAR
- Boreh La-or Pit
- World Relief
- Servants
- LOVE146

Plus graduate students from the Royal University of Phnom Penh.
Creative team

- Representatives from different NGOs working with youth.
- Designing a flipchart/teaching tool that will communicate the issues in a creative and engaging way.
- Incorporating research.
- Identifying 5 key messages.
- Writing and designing a storyboard.
Objectives of the Survey

• To understand the challenges regarding access of pornography to youth living in Phnom Penh.
• To provide information to NGOs and institutions who work with young people so that they are aware of the issue and the real dangers for young people.
• To give recommendations to reduce access of pornography to young people in Cambodia.
• To develop a resource tool to address the issue of pornography with young people.
Survey Results:

- 284 young interviewees from schools and universities in 6 different areas in Phnom Penh.
- 64% males and 36% females
- Age 10 to 24
- Primary School to University.
- 84% of the respondents have watched porn, majority males.
- Modes: phone, internet, DVD, cable TV and magazine, with phone ranking the most used.
- 37% of males admitted they spend up to 30 minutes a day on viewing porn.
• Over 60% of respondents said their parents are aware of their behavior.
• 72% said their parents never talk to them about dangers of porn.
• 29% said they have seen child porn.
• 32% said they have learned about sex from their teachers, 26% from porn and 5% from parents.
• 44% said they want to learn about sex from their teachers.
• 11% said they want to receive sex from porn, and another 11% from parents.
• 57% agree that watching porn is common among youth.

Survey Results (cont):
Summary of results:

- A large percentage of children/youth are exposed to pornography in different media.
- The most frequently accessed media are phones/internet.
- Although girls view pornography less, they are still at risk of being exposed.
- Children and youth suggest teachers should be the adults who teach them about sex.
- Most children and youth believe that pornography is unhelpful and should be banned or become illegal due to its negative effects on people.
Youths and children should be informed about dangers of using pornography to help them to make good choices about spending their time.

Those who have authority over youth and children, especially teachers, should have knowledge about the negative effects of porn so that they can educate children/youth to make good choices. Children/youth want to learn from teachers in this survey.

Parents and guardians should be aware of how their children use their time. Before giving youth access to mobile phones and internet, they should talk to them about pornography.
Education is key to keeping youth away from porn. But first we need to educate ourselves.
Discussion: Negative effects of viewing porn
Negative effects of watching pornography

- មានឈុតឈុត/មានឈុតឈុតដែលបានកំបូល Shame/guilt
- មនិស្ថានីតថ្លៃដូចមនិស្ថានីត Poor body image
- មនុស្សកម្រីពន្ធអស្បព័ន្ធកាម័រ Low self-esteem
- មនុស្សកម្រីពន្ធអស្បព័ន្ធកាម័រមិនឃុំមិនឃុំ Poor relationships
- Porn is addictive
- Porn can lead to negative sexual behaviors
<table>
<thead>
<tr>
<th>Message Identified</th>
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<tbody>
<tr>
<td>Porn damages young minds.</td>
</tr>
<tr>
<td>Watching porn can lead to rape</td>
</tr>
<tr>
<td>Porn is addictive.</td>
</tr>
<tr>
<td>Porn misrepresents sex</td>
</tr>
<tr>
<td>Porn distorts body image</td>
</tr>
<tr>
<td>Porn dehumanizes</td>
</tr>
</tbody>
</table>
Addiction Cycle

Sexual thought

Craving

Giving in/behavior

Shame/Guilt

Never again
Believe that you can change!

CHANGE IS POSSIBLE.
Break Bad Habits!

Build Good Habits!
God created us in His image.

- We are precious
- Our bodies exhibit God’s wisdom and art.
- Our body is the Holy Spirit’s temple.
How to use the flipchart
5 Key Messages

1. I choose to recognize that porn is harmful and to avoid or quit porn.
2. I choose to encourage and support my friends to do the same.
3. I choose to use my time and my money wisely.
4. I choose to learn about sex in a healthy way.
5. I choose a better future for myself and my friends.
Be aware of triggers

Be aware and cautious when you are vulnerable – hungry, tired, bored, angry, disappointed, lonely, alone, triggers, etc.
ទទួលាគ្នា គ្ន៍បញ្ហា និរដស្ររកជំនួយ

Recognize the problem and seek help.

ដស្ររកម្នតសសធំណាដលានភាពចាស់ទត់ដល៖
- មានឈុតឈុត្្សឡាញ់ និរយកេិត្ទតកោក់
- គឺជាគំរូលអាេរកាការសាខាអត់នាំនាំឈុត
- អាេជួបសួរសតខ្ទតកេជាម្របចាំ
- អាេសួរសំណួរដលពិធីមានឈុតបនធ្ើការ

Find a mature adult who:
- loves and cares
- is a good role model
- can keep confidence
- is available for regular meetings
- is willing to ask difficult questions
1. True/False: A perpetrator is usually a foreigner and/or a stranger.

2. True/False: Most incidents of sexual abuse are reported to the authorities.

3. True/False: Children are more likely to disclose abuse accidently.

4. True/False: Having supportive carers only slightly increases the likelihood of disclosure.

5. True/False: Boys rarely get abused and if they do, they are stronger than girls in dealing with it.
6. True/False: Children can get hold of pornography very easily.

7. True/False: A habit of watching porn can affect relationships with others.

8. True/False: Pornography a good teacher about sex.

9. True/False: Having a support system in place for making referrals is essential when working with children.

10. True/False: Children have a right to safety and can get help.