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Dignify

LET'S TALK ABOUT PORN

**PROGRESS REPORT:
SCHOOL CASE STUDY 1**

NOVEMBER 2025



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Introduction:

The school in this case study has been a consistent partner of Dignify, with students completing the Dignify School Survey in 2021, 2022, 2023, and 2025. Over these years, the survey content has evolved, but where questions allow for comparison, this report highlights the trends.

Response rates across the years:

- 2021: 533 students
- 2022: 669 students
- 2023: 713 students
- 2025: 616 students

Educational Services we have delivered:

- 14 Interactive Assemblies
- 9 Class Workshops
- 1 Teacher Training & Whole School Lesson Pack

The following sections present key comparisons over time. Percentage changes are colour-coded red or green to reflect what Dignify considers negative or positive shifts. Our mission is to see children thriving in healthy relationships, free from the harms of pornography, so these colours indicate whether the data suggests progress toward that goal.

Alongside the progress trackers, we have included commentary on the Dignify education provided. We hope this offers a holistic view of how Dignify, as part of your broader approach to RSE and PSHE, has contributed to positive changes in students' behaviours and experiences.

Social Media Use:

Percentage of students using social media daily:

2021	2022	2023	2025	% Change
96%	98%	97%	97%	1%

Percentage of students that agree that social media tends to make them compare themselves with others more:

2021	2022	2023	2025	% Change
No Data	47%	46%	41%	-6%

Dignify Education:

Social media and self-worth are core themes in most of our assemblies and workshops. In dedicated sessions on social media and digital safety, we equip students with tools for digital resilience—teaching them to think critically about the content they consume and share. We highlight how AI, filters, and editing create unrealistic standards online, helping students challenge harmful comparisons and build confidence in their real selves.

Sexual Harassment:

Percentage of students observing sexual comments, remarks or jokes at least weekly in school:

2021	2022	2023	2025	% Change
No data	31%	29%	24%	-7%

Percentage of students who have personally experienced sexual comments, remarks or jokes in school (total, not just ‘weekly’):

2021	2022	2023	2025	% Change
No Data	27%	26%	25%	-2%

Combined, both of these statistics suggest an overall decrease in sexual comments, remarks or jokes in school.

Percentage who had been sent messages with sexual wording:

2021	2022	2023	2025	% Change
No Data	28%	25%	21%	-7%

Dignify Education:

Teaching on sexual harassment is often integrated into our specific consent sessions, of which we have delivered eight at this school, as well as sessions on porn. These workshops and assemblies cover topics such as bodily autonomy, making empowered and informed choices, valuing oneself, and confidently saying no under pressure. We provide consent education from Year 7 onwards, with age-appropriate progression as students mature. This foundation helps explain the positive trends in the data, as the school culture increasingly reflects an understanding of consent from a student’s first day.

Nude Sharing:

Percentage of students who have received a nude:

2021	2022	2023	2025	% Change
No Data	28%	24%	16%	-12%

Percentage of students who have sent a nude:

2021	2022	2023	2025	% Change
No Data	8%	5%	2%	-6%

Percentage of students who know that it is illegal to take, distribute, possess or show a naked photo or video of anyone under the age of 18, regardless of the presence of consent:

2021	2022	2023	2025	% Change
82%	88%	88%	86%	4%

Dignify Education:

Teaching on nude sharing is built into our sessions on self-worth, consent, and pornography. From Year 7, we explain the law around nude sharing and reinforce that students' value is intrinsic—not tied to images or relationships. We give practical strategies to help them handle pressure and stay safe. We also cover risks such as emotional harm, blackmail, and how pornography normalises nude-sharing. By giving students clear knowledge and healthy coping tools, we help reduce vulnerability and build resilience.

Experience of Pornography:

Percentage of students who have seen pornography:

2021	2022	2023	2025	% Change
50% (156)	34% (204)	29% (194)	70% (100)	20%

This section shows a sharp increase compared to previous categories. A key factor is the rise in students opting out of the question—30% in 2023 versus 64% in 2025. To reflect this, the table includes both respondent numbers and percentages. In 2023, the opt-out question followed one on pornography use, which may explain the unexpected difference in 2025 results. To address this skew, we are revising the survey design going forward.

Percentage of students first viewing porn by accident:

2021	2022	2023	2025	% Change
29% 22.00%	17%	46%	51%	

The rise in students first encountering pornography by accident is significant and reflects wider research trends. In the 2025–26 academic year, it will be important to monitor whether this continues or declines—potentially influenced by the Online Safety Act, which introduces measures to protect children from harmful content online. The latest figures highlight just how necessary these changes are.

Percentage of students who report having a porn habit:

2021	2022	2023	2025	% Change
10%*	13%	9%	8%	-5%

*Please note: in the 2021 survey, addiction and habit were merged as one response. So the percentage change is taken from 2022's statistics, as that is when they began to be differentiated as two separate behaviours.

Percentage of students who report having a porn addiction:

2021	2022	2023	2025	% Change
10%*	5%	5%	7%	2%

*Please note: in the 2021 survey, addiction and habit were merged as one response. So the percentage change is taken from 2022's statistics, as that is when they began to be differentiated as two separate behaviours.

Number of students who have acted out something they have seen in porn with another person:

2021	2022	2023	2025	n Change
32	40	25	11	-21

Dignify Education:

Since November 2022, we've delivered workshops for Year 10 and above with a specific focus on pornography. These sessions explored social norms, the adolescent brain, and the harms linked to addiction and sexual objectification—including self-objectification. We also examined the impact of pornography on relationships and mental wellbeing, particularly through increased comparison or unrealistic expectations for individuals and others.

We are so grateful for the opportunity to have worked with this school on so many occasions, and are encouraged to see that in many areas a clear progress is being made.