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Dignify

LET'S TALK ABOUT PORN

PROGRESS REPORT: SCHOOL CASE STUDY 2

JANUARY 2026



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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 Spring 2022, Autumn 2022, 2024, 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:

- Jan 2022: 656 students
- Nov 2022: 658 students
- 2023: 841 students
- 2025: 952 students

Educational Services we have delivered:

- 20 Class Workshops
- 3 Interactive Assemblies
- 2 Focus Groups
- 2 Parent Workshops

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:

Spring 2022	Autumn 2022	2024	2025	% Change
92%	97%	91%	95%	3%

*Please note: No clear trend was observed to justify applying positive or negative color coding.

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

Spring 2022	Autumn 2022	2024	2025	% Change
No Data	37%	33%	35%	-2%

*Please note: No clear trend was observed to justify applying positive or negative color coding.

Dignify Research
research@dignify.org
www.dignify.org

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Registered Company No: 4430743
Charity No: 1102301

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:

Spring 2022	Autumn 2022	2024	2025	% Change
No data	37%	27%	27%	-10%

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

Spring 2022	Autumn 2022	2024	2025	% Change
No Data	31%	22%	25%	-6%

Combined, both of these statistics suggests that sexual comments, remarks or jokes in school are declining. Though not yet demonstrating a consistent trend in personal experience, the overall percentage has declined over the years, and this is a positive development.

Percentage who had been sent messages with sexual wording:

Spring 2022	Autumn 2022	2024	2025	% Change
No Data	30%	18%	22%	-8%

Dignify Education:

Teaching on sexual harassment is often integrated into our specific consent sessions, of which we have delivered several 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:

Spring 2022	Autumn 2022	2024	2025	% Change
33%	30%	20%	18%	-15%

Percentage of students who have sent a nude:

Spring 2022	Autumn 2022	2024	2025	% Change
10%	7%	2%	2%	-8%

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:

Spring 2022	Autumn 2022	2024	2025	% Change
89%	89%	87%	91%	2%

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:

Spring 2022	Autumn 2022	2024	2025	N Change
27% (177)	20% (30)	22% (162)	60% (48)	38%

Recognising trends in this data is difficult, as in 2025 the section allowing students to opt out of the questions on porn came before this question, substantially reducing the number of students who answered it. Repeat surveys would be needed to fully understand any substantial trends. In 2026, this school is completing the survey again, with the porn opt out only selected for Year 7 and 8. As such, we hope to gain a larger dataset on this question.

Percentage of students first viewing porn by accident:

Spring 2022	Autumn 2022	2024	2025	% Change
28%	29%	22%	44%	22%

The rise in students first encountering pornography by accident is substantial 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:

Spring 2022	Autumn 2022	2024	2025	% Change
20%*	20%	8%	8%	-12%

*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:

Spring 2022	Autumn 2022	2024	2025	% Change
20%*	10%	4%	6%	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:

Spring 2022	Autumn 2022	2024	2025	% Change
63	33	17	60*	-3

We recognise that this number is higher than the total number of students who said 'yes' when asked if they had seen porn. We believe this can be put down to the students who selected 'prefer not to say' but then continued to answer the other questions.

Dignify Education:

Since beginning our work with this school, we have delivered workshops and assemblies that either focused specifically on pornography or included it within broader topics, as in our Year 7 sessions. These covered social norms, adolescent brain development, and the harms of addiction and sexual and self-objectification, exploring how pornography can negatively impact relationships and mental wellbeing through comparison and unrealistic expectations.

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.