

Fantasy vs Reality - Teachers' Guide

1. LESSON Aim

The purpose of the Fantasy vs Reality project is to explore the impact and influences of pornography.

There are three areas in particular that will be explored. These are 'the brain', 'the heart' and 'the world'.

The aim of each session is to provide factual information and personal stories, allowing students to think through the issues and make decisions for themselves.

2. How?

The sessions are presented in three videos (between 15 and 21 minutes). These can be run either back to back or across three lessons, with a chance for further discussion after each.

Each video poses a question at the beginning, with a one-minute timer for students to think and discuss their answers. This timer ends with a buzzer to draw discussions to a close.

There is also an accompanying worksheet for students to write down any notes or thoughts they may have.

3. WHAT?

Below is a brief explanation of what each session is about.

Each video is presented by members of the Brentwood Schools Christian Worker Trust alongside personal stories and videos created by the charity 'Fight the New Drug', whose aim is to raise awareness and to educate on the effects of pornography.



The Brain: us as individuals (15 minutes 19 seconds)

The first section explores the impact that pornography has on the brain, such as the chemicals released when viewed and how it might become addictive. This is to explore how it may impact us personally as individuals and what that might mean.



The Heart: our relationships with others (21 minutes 30 seconds)

The second section explores how pornography might influence different types of relationships we have and how we might form relationships. This can be with both family and friends as well as romantic relationships.



The World: those in the wider world (16 minutes 23 seconds)

The third and final section explores the impact that pornography has on the world at large. The session particularly focuses on those within the pornography industry, such as actors, as well as taking a look at trafficking and how some have been coerced into pornography.