

Porn, a substitute for sexual education?

3 out of 10 children say it is their main source of information about sex

- **Half of families say they feel uncomfortable talking about sex with their children.**
- **Pornography is one of the biggest addictions among Spanish minors, along with gambling and video games.**
- **8 is the average age in which minors begin to consume pornographic content.**
- **6 out of 10 minors claim to have accessed pornographic content of some kind.**
- **However, 75% of parents claim their children have never been exposed to sexual content on the internet.**
- **Risky sexual practices, misinformation, and inequality in relationships are some of the consequences of exposure to pornography according to Qustodio.**

Barcelona, December 10, 2020 – Internet use has exploded among young people at the same time as the average age when kids get their first mobile device has plummeted, together increasing the risk of children accessing inappropriate content such as pornography. In fact, the latest Save The



Children report states the average age at which minors begin to consume this type of content at 8 years.

On top of that, 6 out of 10 minors declare having accessed pornographic content of some kind. According to the latest study BBFC (British Board of Film Classification) on minors and pornography 87% of boys claim to have seen porn almost daily and 39% of girls view it once a week or a month. These figures speak for themselves. Nevertheless, 75% of parents believe that their children have never been exposed to sexual content on the Internet.

In most cases, the main reason children seek out this type of content is usually due to a lack of information about sex from their parents. More than 50% of families say they feel uncomfortable talking about sex with their children, according to a survey conducted by Platanomelon. This is very worrying if we take into account that for 30% of minors pornography is the main resource for learning about sexuality, according to Save The Children.

Aware of this issue, **Qustodio**, the leader in online safety and digital wellbeing for families, has analyzed the physical and psychological consequences that exposure to this type of sexual content during childhood and adolescence can cause:

- **Risky sexual practices.** Regardless of gender, minors may have different reactions to pornography. There are boys and girls who will feel sexual arousal and others who will feel shame or discomfort. But

in the long run, consumption of this type of content can make minors more prone to engaging in risky sexual practices.

- **More misinformation.** Exposure to porn produces a distortion of reality. According to the Save The Children's Sexual Disinformation study, 54% of male minors believe that they can find ideas and information for their sexual practices in porn and more than 47% have put them into practice.
- **Gender stereotypes and patterns of inequality in relationships.** Exposure to pornography a young age affects minors both in the way they behave and interact with others and in their way of thinking. Pornography is related to behaviors that reproduce gender stereotypes and patterns of inequality in relationships between girls and boys. In addition, many adolescents claim to have carried out sexual practices simply at the request of their partner and 12% of adolescents claim not to have had sex without explicit consent.
- **Addiction.** According to the Platform Aid to Minors, pornography is among the biggest addictions suffered by Spanish minors, along with gambling and video game addiction. Addiction to pornography generates changes in sexual behaviors, increased violence, demands, objectification of women and depersonalization. According to a study by the Jaume I University, around 25% of the population is at risk to pornography addiction.



María Guerrero, an expert psychologist in family and technology at Qustodio, recommends limiting access to porn on the internet and talk about sex as a family from an early age. “Talking about sexuality and offering children a good affective-sexual education should begin when they are around 3 years old, with normal exploratory behavior. Although some parents may find it uncomfortable to talk openly about pornography with their children when they are somewhat older, avoiding the topic is detrimental to their development and increases the risk that they may be victims of some type of abuse or exploitation ”.

About Qustodio

[Qustodio](#) is the world leader in online safety and digital wellbeing for families. Since 2012, our cross-platform parental control app and expert insights have helped parents around the world protect their children against online harm such as predators, cyberbullies and inappropriate content, while also helping them create healthy digital habits and awareness. With more than 2 million users, and accessible in 8 languages across +180 countries, Qustodio promotes the healthy use of technology, a safer internet, and open communication between parents and kids around the world.

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