



## Is it OK to watch pornography?



**Sex Week** is a diverse week of comprehensive, queer-inclusive, culturally-specific, sex-positive sexual health events and conversations for the Tulane University community! **Sex Week** seeks to provide students with the information that they need to have healthy, pleasurable sex lives. In the U.S., the level of sex education varies widely according to your county and state, ranging from information that is helpful and accurate, to no information at all, to information that is inaccurate and harmful.

Because young people are not given the resources they need to learn about sex, they turn to the internet—often to porn. Lots of young people watch pornography: a recent study found that for 18-24 year olds, porn was the most common source they used to learn how to have sex. But many of us have been taught that watching pornography is either shameful or bad for us. So, let's talk about it.

The answer is not as simple as you would think. Lots of people use porn to facilitate masturbation. Masturbation not only is healthy and normal, but during a pandemic, it is often our safest option for sexual activity. Porn can also help people explore their sexuality and figure out what they like,

especially when they may not feel ready to try something out in person. For LGBTQ+ people, porn may also provide access to representations of pleasure and possibility that may not be accessible in their current community.

However, some porn can have negative impacts. The porn produced by large companies on popular websites frequently depicts violence and unrealistic body standards. It sometimes does not show consent, healthy communication during sex, or sexual pleasure for diverse types of bodies. When people use porn as sex ed, these misrepresentations can become normalized and move from the screen into our daily relationships.

### So if we choose to explore pornography, how can we consume it in a way that is healthy and ethical?

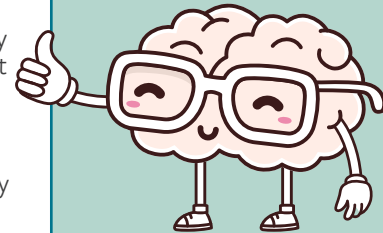
- **Think critically.** Remember that porn is entertainment, not a reflection of real sex.
- **Watch it together.** Research shows that people who consume porn with their partner(s) are more satisfied in their sexual and romantic relationships.
- **Pay for ethical or independent porn.** Choose to watch content from companies that fairly pay their workers and tell stories that emphasize consent, pleasure, and diversity.
- **Don't be afraid to ask for help.** If your porn viewing is excessive and getting in the way of your daily life, seek help from a mental health professional.

Learn more about Sex Week at [sexweek.tulane.edu](http://sexweek.tulane.edu) or scan this QR code.



### TUPHE FEATURE

## Mindfulness Practices for Starting New Semesters



The start of the new semester is a great chance to create healthy habits that will help you to be successful.

Practicing mindfulness and being intentional about what you do with your time can have a huge impact on how well you do in your classes and the memories you make in college. Here are some tips to take into the new semester:

- **Make an effort to move your body every day.** This can look like anything, from going on a walk around Audubon, to a workout class at Reily, or even having a dance party in your dorm room with a friend. Daily exercise can boost your mood, improve your sleep, and reduce feelings of depression and anxiety that are common in college students.
- **Make time to decompress in the way you prefer!** This could be hanging out with friends, watching a movie, or trying a new restaurant around campus. Self-care can take on many forms, and it's important to practice self-care throughout the semester!
- **Create SMART Goals!** SMART goals are Specific, Measurable, Attainable, Realistic, and Time-bound. SMART Goals help to create more sustainable changes than abstract or lofty goals.
- **Practice gratitude.** This can be as simple as taking a pause to enjoy a beautiful morning, the feeling of the sun on your back, or a pleasant exchange with a friend. Practicing gratitude is a simple way to stay motivated and enhance your attitude about any situation you may encounter, big or small.

## live well Highlights



### Sexual Misconduct Climate Survey

Jan. 28-Feb.20

Participate in this brief survey and be rewarded with prizes. Access the survey through your Tulane email address.



### Campus Cup

Feb. 14-28

Get a free AllMatters menstrual cup by filling out a survey on the Sex Week website. For more info visit:

[sexweek.tulane.edu/campus-cup](http://sexweek.tulane.edu/campus-cup)



### Mardi Gras Kickoff

Feb. 10 | Pocket Park 12 to 2 p.m.

Join The Well for the annual Mardi Gras fanny pack giveaway, snacks and educational activities.