

Accompanying talking heads guidance

Let's talk about... a series of talking heads that talk about online pornography, healthy relationships and body image.

Three characters. Three voices. What's your opinion?

Meet the characters

Shaped by young people



Ryan

Ryan represents the percentage of boys who are heavily influenced by what they see online, by their peers, societal expectations and online pressures. Much of what he says is purposely controversial in order to spark debate.



Beth

Beth represents the percentage of girls who feel pressurised by what they see online and worry about what might be expected of them. She often follows the trend in order to fit in and hides her thoughts and concerns.



Sadie

Sadie represents those who aren't afraid to speak up and voice their opinion, even if it results in unwanted insults or derogatory comments from others. She shares a balanced opinion of her peers, being able to see things from other perspectives and understand the thoughts and feelings of others.

"I think more people would like to say they are a Sadie but really they are a Ryan or a Beth... they might not want to say things or do things but they have to fit in."

Young person, Childnet focus group

About the talking heads

The talking heads have been formed from opinions and information we gathered through a series of focus groups conducted across the UK with young people aged 11-16. These open discussions unveiled the impact, expectations and pressure that young people are experiencing online with regards to **online pornography, healthy relationships and body image**. This information enabled us to devise three characters which provide a mouthpiece to represent these thoughts, feelings and concerns and provide a springboard for class discussion.

There are a total of nine talking heads with three sitting within each section of the toolkit to ignite a facilitated debate. Each character represents a varied viewpoint about online experiences, considering if we can trust everything we see online and how you separate the myths from the reality.

Talking heads summaries

 **ONLINE PORNOGRAPHY** looks at the impact pornographic imagery is having on young minds. They set out to explore the influence, expectations and pressure young people can experience from viewing online pornography, both accidentally and on purpose, as well as the expectations that can arise from their peers/ partners engaging with it. They touch upon the reasons why someone might look at pornography, the ease of obtaining these images, the gender imbalance and the potential impact it can have in developing future relationships.

 **HEALTHY RELATIONSHIPS** encompasses the unwritten rules of relationships that young people shared with us and looks at how these occur in the online world. These talking heads talk about the pressure of updating statuses, the need to gain likes and followers and how certain posts can have a negative impact on someone else's feelings. They seek to explore what defines a healthy relationship, the importance of consent and how it is obtained.

 **BODY IMAGE ONLINE** explores the necessity, pressure and expectation that many young people are feeling to always look their best in whatever they post online. It explores the way in which ideal body types are portrayed to us and the impact of this. It considers how the barrage of online advertisements, celebrity culture, comments and posts can dictate how we feel about ourselves and subsequently choose to present ourselves online.

How to use the talking heads

Before you watch the talking head films, use the 'starter' questions on your lesson plan.

Each talking head ends with the question 'WHAT DO YOU THINK?' as a starting point for discussions about the character's comments. Each talking head is also accompanied with a series of questions to generate a facilitated discussion.

Whether you choose to watch the films individually, altogether or use the character scripts in the lesson appendices, the objective of the talking heads is to encourage a whole group discussion. This provides an opportunity for students to openly, confidently and safely discuss, challenge and unpick online myths.