

# **Porn Bingo – The Game Where Everyone’s a Loser**

## **Materials:**

**14 Laminated Porn Myth Cards**

**Porn Bingo Cards**

**Pens**

**Prizes**

## **Instructions:**

Cut out and laminate the 14 porn myth cards (below) ready to use during the game.

Select porn myth cards at random and ask participants if they have that image on their bingo card to mark it off. Also let them know to call out “Bingo” when they have marked off all the images on their card.

As you select each porn myth card - read out the text on it and use these to raise awareness and generate discussion.

You will always have more cards left over by the time someone calls bingo. Ask participants what images they still have on their cards that haven’t been marked off. Ask them what they think that image could relate to in porn then use the myth card to go over this aspect.

Give a prize to the winner and everyone else for learning the myths of pornography and what good sex should be like.

## **Porn Myth Cards:**

### **1. The Bed**



#### **Most couples start having sex within 2 minutes of meeting each other:**

In most porn scenes sex takes place very quickly after 2 people meet, often in the most ridiculously false set up situations. There is very little dialogue or discussion between people in porn and often penetration happens without any indication of consent being sought or given.

In reality most people, even on one night stands, develop an understanding and knowledge of each other by talking, asking questions and getting to know each other to find out if there is a **MUTUAL** attraction and desire to have sex with each other. It's healthier to find out what each other are into to have the best kind of sex. Indeed dialogue is essential as part of the process of ensuring that sex is consensual.

### **2. The Tongue**



#### **Good cunnilingus only takes a few seconds:**

In porn it is common for only a few seconds to be spent performing cunnilingus (going down on a woman/performing oral sex on a vulva) or other forms of foreplay.

In real life the average time for a woman to be fully aroused through foreplay is 10-12 minutes not 10-12 seconds. There is evidence that men who spend more time on foreplay are rated as better lovers because of this. Foreplay is important as it allows the body prepare for sex, increases the excitement levels and helps the vagina to self lubricate; making sex much more pleasurable.

### 3. The Razor



#### **Grow adults don't have pubic hair:**

The majority of women in porn and often the men too don't have any pubic hair. It is very common for it all to be shaved or waxed off and that this is depicted as normal and the most attractive and desirable look.

Pubic hair is one of the visible signs that adolescent hormones have kicked in and adulthood has been reached. Pubic hair has the benefit of protecting us from bacteria and other pathogens that can cause irritation and infection. Pubic hair regulates temperature and protects skin from friction, cuts and grazes. Completely shaving it all off can lead to ingrown hairs and skin irritations. If people choose to change their pubic hair from how it is naturally meant to be it is better to trim rather than fully shave or wax it all off. However nobody should feel under pressure to do this simply to conform to the look depicted in pornography. It's normal for adults to have pubic hair.

### 4. The "No Spitting" sign

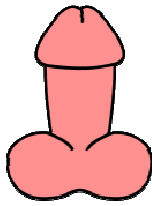


#### **Spit is the best lubricant:**

If you believed what you saw in porn you would think spit was the best lubricant. Porn actors are rarely seen using commercial sexual lubricants -they actually do but it's usually done off screen.

The fact is that spit is not a good lubricant; it dries out quickly and doesn't cut down friction well enough for anal sex or other sex acts that benefit from lubricant. It won't help make a condom last longer or less likely to burst – proper lubricant will. Lubricant makes sex more comfortable and exciting. In fact it is one of the simplest, quickest and easiest ways to make sex more pleasurable.

## 5. The Penis



**Guy's only have one erogenous zone – their penis:**

If you judged by porn alone, you'd think that guy's like to be touched on their penis *and only their penis* during sex, with the occasional brief touching of their balls or arse.

Okay, let's face it – it is true that men most definitely do like to be touched here. However just like women, men also have other unique erogenous zones that they like to be touched and stimulated. It's different for different people; it may be their neck, feet, ears, inner thigh, back or anywhere else. Communicating with each other about where you like to be touched is the best way to make sex as satisfying and pleasurable as possible.

## 6. The Tape Measure



**The average penis size is over 7 inches:**

Watching porn is one quick way to make the average guy feel physically inadequate. Actors are selected specifically for their body type including the size of their penis. Either through reality or tricks of the porn trade – camera angles, lighting, using smaller sized sexual partners in scenes to make the guy look bigger than he is etc., porn shows men to have much larger than average penises.

In real life the average length of a UK man's erect penis is 5.12 inches or 13cm. There is no evidence to show that having a bigger than average penis leads to better sex or more pleasure.

## 7. The Fireworks



### **Penetration is all women need to orgasm:**

In porn women are frequently depicted as having screaming orgasms after mere moments of penetration. From this you'd think that penetration was all there is to sex or that there was something wrong with you if you weren't orgasming from penetration alone. .

Nothing could be further from the truth. 75% of women can't orgasm from vaginal penetration alone, those who can take much longer than a minute or two to reach orgasm. Taking time to stimulate the clitoris and other sensual body parts is much more likely to result in pleasurable sex than penetration alone.

## 8. The Speech Bubble



### **People like to be called sluts, whores, bitches etc during sex**

Sex talk in porn is usually focused on name calling and those names are often offensive, and said in an aggressive and harassing way. If you believed what you saw on screen you would think that this level of abuse is enjoyable.

In real life most people do not get off on being abused, verbally or otherwise. There is nothing wrong with talking sexually during sex, in fact it's pretty common to do so and to use sexual language and phrases that your partner finds exciting and arousing – but be aware that most people don't enjoy being called a slut or a bitch.

## 9. The Facemask



### **Sex usually ends with the “money shot” on someone’s face:**

The vast majority of sex shown in pornography ends with an external cumshot on another person’s face. In porn they do this to show that the sex is real (even if it’s not and fake sperm is used). This could lead you to believe that this is how sex should always end and the majority of people like having sperm in their face or eyes.

The fact is that in real life most people don’t find this very appealing and because of this it is not that common a sex act. If you don’t like it and don’t want it to be part of your sex life you are in fact perfectly normal. Good sex is doing what both people enjoy not acting out what you see in porn because you think that’s how it should be..

## 10. The Contortionist



### **Legs over head is the best sex position:**

Porn sex is often highly acrobatic with people getting into yoga like positions to have sex with their legs over their head. These positions aren’t picked for their ability to increase pleasure; they are done as it allows the camera a clearer view of penetration and for producers to make more money.

In real life these types of position are very uncomfortable for most people and they position the clitoris in a way that makes an orgasm virtually impossible for a woman. Communication is the key in real life to finding the best positions to have sex that bring you both pleasure.

## 11. The Pneumatic Drill



### **Being “jackhammered” by a penis feels amazing to all women:**

Sex in porn is often aggressive, hard and frantic and looks like being attacked by a pneumatic drill. This is done for visual entertainment rather than for sexual pleasure.

The reality is, for the majority of those being penetrated, furious in and out penetration is not very satisfying or stimulating at all and is unlikely to bring them any closer to an orgasm. For most this type of hard, aggressive penetrative sex isn't pleasurable and can be painful. .

## 12. The Alarm Clock



### **Men maintain erections for between 30mins and an hour:**

In porn the men are seen to have everlasting erections and an ability to continually have sex for long periods of time without ejaculating or losing their erection. However they are often not as turned on as they seem and it is very common for them to take medication (like Viagra) to get or maintain an erection. Scenes are filmed over hours and cut to make it look like one continual scene.

In real life typical sexual intercourse lasts between 3 and 7 minutes.

### 13. The Breasts



#### **Bigger boobs = better sex:**

Many women in porn have undergone breast enlargement surgery. This is done because it gets them more work in a very short lived career.

There is no link between having larger breasts and having better sex, in fact surgery can have many complications and sensitivity and pleasure can be reduced as a result. Porn creates stereotypes and can make viewers feel that they need to fit into certain categories and be a particular shape or size in order to be happy, healthy and normal. There is nothing healthy or normal about this.

### 14. The Megaphone



#### **Good Sex is Loud:**

Screaming and grunting your way through sex is the standard in porn. This is because it is a performance and the sounds are used to capture and manipulate the viewer's attention almost as much as the visual images.

In real life shouting and screaming like this isn't the norm, would feel fake to most people and likely to have the neighbours complaining. Good sex isn't about having the right look or acting out what you think are the right sounds. Good sex is the type of sex that brings pleasure and enjoyment and is exciting for both people.