TechMission

Safe Families

KEEPING CHILDREN SAFE ONLINE

Online Safety and Media Sobriety Manual for Non-profits

www.safefamilies.org

About this Manual, TechMission, and Safe Families

Safe Families is a program of TechMission, Inc. that was formed to assist parents in protecting their children from pornography and other dangers on the Internet. TechMission started in 2000 with its first program, the Association of Christian Community Computer Centers (AC4) with the goal addressing the digital divide, which is the gap between those who have access and training with computers and those without. AC4 is the largest association of faith-based community computer centers in the world with over 500 member serving over 50,000 individuals each year. As AC4 assisted in getting people across the digital divide, it became clear that it was one thing to get people across the digital divide, but it was another thing to get them across safely. Our vision for AC4 is "Computer Skills to Make a Living—A Spiritual Foundation to Make a Life." With many low-income families buying their first computer second-hand for $50, it is not reasonable to expect them to pay another $50 for Internet filtering software. Because of this, Safe Families has committed to distributing over 100,000 copies of free Internet filtering software in the next year.

As we move into the information age, society is experiencing changes unlike ever before. We believe that it is important for all individuals to take an active role in addressing the social issues of the information age (like the digital divide) as well as the moral issues (like online safety and media sobriety). For those who have not crossed the digital divide, we believe it is a social and moral imperative that they cross the divide, so that they can adequately protect their children online and compete in the information economy. For those who have become information and computer literate, we believe that it is a moral and social imperative that they set an example of media sobriety to protect their children from second-hand smut and dangers online.

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The Importance of Online Safety

Dr. James Dobson of *Focus on the Family* calls Internet Pornography the "New Crack Cocaine." Just as with cigarettes, alcohol and drugs, many adult addicts of pornography started their addiction as young children exposed to pornography at an early age. To assist parents in protecting their children online, we provide free Internet filtering software. We realize that for parents, just having software is not enough, because parents need to be trained on all strategies for protecting their kids online.

The widespread exposure of youth to graphic pornography at an early age is unlike ever before in history. 9 out of 10 children aged between the ages of 8 and 16 have viewed pornography on the Internet, in most cases unintentionally (London School of Economics January 2002). The adult industry says traffic is 20-30% children (NRC Report 2002, 3.3). Youth with significant exposure to sexuality in the media were shown to be 2.2 times more likely to have had intercourse at ages 14 to 16 (Report in Pediatrics, April, 2006). Another major danger is online predators in that 1 in 5 children who use chat rooms have been approached by a pedophile online (Telegraph.co.uk. 1/02). The solution is not to keep children from the Internet, but instead to make sure that they use the Internet safely.

Just as many recent anti-drug and anti-smoking strategies have called on adults to take increased responsibility with their children, we believe adults can take increased responsibility for maintaining their own media sobriety to set an example for children. Nearly all adults addicted to pornography, had their first exposure to pornography through second-hand smut. Second-hand smut from adults is like second-hand smoke--when smut is around everywhere, it affects everyone around it including children. A recent study showed that children with high-access to second hand smut were 2.2 times more likely to have sex between the ages of 14 and 16 than other children. Because of the damaging effect of second-hand smut, we believe that society needs to start treating second-hand smut like they do second-hand smoke. Adults need to take responsibility for protecting their children from second-hand smut online, in the home and elsewhere. Because of this, we provide adults with a media sobriety covenant and recovery resources to help serve as a positive role model with children. We believe that adults suffering form pornography or media addiction should enter a recovery process just as with other addictions.

What are the dangers?

The primary dangers are: exposure to pornography, contact with sexual predators (pedophiles). Other dangers include: exposure to undesirable content such as hate sites, violence and gore, drug abuse promotion, profanity, and the occult; cyber-bullying (being harassed, threatened, or talked about negatively by people online); file sharing risks (downloading illegal or obscene material); objectionable communication (through email, chat rooms, instant messages). For more information, see the "Statistics" section in this manual under "Resources."

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Steps to Implement an Online Safety Program in Your Family

1. **Install an Internet filter** (see our Internet filtering recommendations in this manual under "Software Tools for the Home"). If the software allows for different settings for each user, we recommend blocking all chat rooms for children under 16. We also strongly recommend blocking file sharing programs like Kazaa, Limewire, and BearShare completely.

2. **Place computer in the family room or another open area** of your home such that the screen is easily visible when passing by.

3. **Publish the <u>Family Safety Pledge</u>** (found in this manual); post it by all computers. Review it with each child and have them sign it.

4. **Know what your children are doing online** by:

   a) Reviewing Internet browsing history. For most Web browsers, you can assess this by holding down Ctrl and pressing "H" at the same time or clicking on the History button on the web that looks like this: . Also, most Internet filters have a feature that lets you know what sites have been visited, and cannot be erased by tech savvy children like History in Web browsers.

   b) Checking the "recent documents" for files transferred or accessed on disks.

   c) Surfing together especially with younger children to learn how they use the web. Get to know the sites they enjoy and how they interact online.

   d) Changing your child's homepage. For instructions, go to the "Changing Your Child's Homepage" section of this manual.

5. **Educate yourself around issues of online safety.** Read TechMission's Internet Safety Manual, view our Internet Safety Course for Parents (*coming soon*) and keep up-to-date on news and other resources on the TechMission Safe Families website at www.safefamilies.org.

6. **Lead by example. Your children are watching you.**
   Many kids' first pornography exposure is their parents' material. Just as second hand cigarette smoke is harmful to those exposed, your media choices can effect your children. We recommend that adults consider signing a Media Sobriety Covenant for Adults (shown elsewhere in this manual). It is your responsibility to keep them from being exposed to pornographic or sexually provocative material. This includes:
   - Television and radio
   - Internet use
   - Magazines and books
   - Videos
   - Cell phone graphics

Family Internet Safety Pledge

(This is provided as a sample for you to use. If you wish to modify it, you may download a copy from www.safefamilies.org/safetypledge.php.)

1) I will not look at, download, or copy inappropriate or questionable material; if I'm not sure that something is OK, I'll ask first. If I see something inappropriate or if I experience anything online that upsets me, I will tell my parents. I will not keep online secrets from my parents.

2) I will not give any personal information (like my real name, address, age, phone number, school, passwords, or appearance) to anyone online or fill in online forms about myself without my parents' or guardians' permission. I will never send pictures without specific permission.

3) I will not arrange to meet anyone in person that I find out about online without getting my parents' permission and bringing an adult with me to a public place. I will not arrange to have a phone conversation with someone I meet online without my parents' permission. I understand that people may not be who they say they are online.

4) I will always be courteous in how I communicate to others; I will not use bad language, insult people, or be rude. I will respect the privacy of my friends and family.

5) I will not purchase products or services online without my parents' approval and help.

6) I will not respond to email or an instant message from someone I do not know.

7) I will follow my parents' or guardians' guidelines for when I can use the computer, for how long and what programs and games I may or may not use.

8) If I am under the age of 16, I will not use chat rooms and I will only use instant messengers programs to communicate with those my parents or guardians have approved of.

9) I will not install software programs without getting permission. I understand that peer-to-peer file sharing programs like Kazaa, Limewire or BearShare are not allowed.

10) I will not use the computer to do anything illegal including illegal downloading of software, music or movies.

11) These rules apply wherever I am (at home, a friend's house, school, or the library).

12) I understand that violating this pledge may result in loss of computer access, and I will accept these consequences.

We agree to the above.

Children sign below   Parent(s) sign below

_____   _____

_____   _____

_____

_____

_____

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Social Networking Site Guidelines
These guidelines apply to the use of social networking sites (such as MySpace).

Parent Recommendations
- Recommended minimum age of at least 16
- Monitor/read your child's account (require that they show it to you) and their online friends.
- Know your children's passwords, screen names and account information.
- Remove online privileges if it becomes a problem.
- Consider installing keystroke capturing software on your family computer from www.getnetwise.org

Recommendations to Children
- Never post personal information (phone number, E-mail or address) on the web.
- Be aware that information you post could put you at risk of victimization.
- Never meet with anyone you first "met" online and tell your parent if anyone requests a meeting.
- Only add people as friends if you know then in real life. Set privacy settings so that you have to approve people to be added as a friend.

Software Tools for the Home
We strongly recommend the use of internet filters or monitoring software on all computers, especially those used by children. **Internet filters** are computer programs that make undesirable content unavailable to the computer user. **Monitoring software** simply reports on Internet usage to someone you have chosen to receive the detailed report of the computer's usage. Use this chart to determine what solution is best for your family.

Type of Internet Service?	Who to Protect?	*Recommended Free Option*	*Recommended Pay Option*	*Advanced User Option*
Major Dial-up *(like AOL, MSN, or Earthlink)* or Pre-flitered ISP	Kids	**Filtering from ISP**	**Not Needed**	**Not Needed**
Dial-up (Other Provider)	Kids	**Safe Families Software**	**Client Software**	**Not Needed**
Dial-up	Adults	**X3Watch**	**Accountability Software**	**Accountability Software**
Broadband (DSL or Cable)	Kids	**We-Blocker**	**Client Software**	**Filtering Router**
Broadband (DSL or Cable)	Adults	**X3Watch**	**Accountability Software**	**Accountability Software**

Filtering From ISP
Built-in Parental Controls
Most major ISP's (Internet Service Provider) like America Online, MSN or Earthlink, provide parental controls that allow you to adjust the nature of content available to each screen name. This means each family member can have customized access to the Internet based on age at no additional charge. The following are links that explain how to use parental controls with
EARTHLINK (www.earthlink.net/software/free/parentalcontrols),
AMERICA ONLINE (site.aol.com/product/parcon.adp), and
MSN (join.msn.com).

Filtered ISPs

A more aggressive option for filtering is a filtered or a "family-friendly" ISP. With a filtered ISP, content filtering is not an option you select and set up; it is built-in and automatic for all users. It cannot be bypassed or overridden. Here are two "family-friendly" ISP's.

www.surfonthesafeside.com   www.settingcaptivesfree.com   www.pkfamily.com

For more information on ISP-based filtering, go to kids.getnetwise.org/tools/ispoptions. For a sampling of more filtering ISP's, go to www.google.com/Top/Computers/Internet/Access_Providers/Filtered/. For families using an ISP without the parental control feature, filtering software is recommended (see below).

Filtering Software
We-Blocker
TechMission provides free Internet Filtering Software and Parental Controls to help protect children online. It is fairly simple to use and is available for downloading by going to www.safefamilies.org/download.php. Currently, it is only available for Windows Operating systems and requires special instructions for Windows XP systems. For Macs, see Client Software.

Client Software
(Purchased and installed on your computer[s])
Here is a chart of some of the leading software products available. The ratings have been calculated based on several comparative reviews.

Product	Rating	Cost	Time Manager	Mac	Email	IM/ Chat	p2p	Keyword
Content Protect contentwatch.com	8.1	$30	✓			✓	✓	✓
SafeEyes safeeyes.com	7.9	$50	✓	✓	✓	✓	✓	✓
Cyber Patrol cyberpatrol.com	7.5	$40	✓		✓	✓		✓
CyberSitter cybersitter.com	7.3	$40	✓		✓	✓	✓	✓
Norton Internet Security norton.com	7.1	$70; $50/yr		✓	✓	✓	✓	
Net Nanny netnanny.com	7.1	$40	✓		✓	✓	✓	✓
McAfee Internet Security Suite us.mcafee.com	6.7	$35; $35/yr				✓		
SafeFamilies Software www.safefamilies.org	N/A	Free						✓

There are many commercially available products. Some filtering products, like Symantec and McAfee, are part of a package of software tools that also includes virus protection, popup blockers, and other security features. The advantage: with one purchase, you can take care of several important concerns. The catch: these products typically cost more than

a stand-alone internet filtering product and have annual subscriptions. The following links below provide additional information about commercially available internet filters.

Software4Parents (www.software4parents.com/filtercompare.html)
FamilyInternet (familyinternet.about.com/cs/internetfiltering/a/aafilteringsoft_2.htm)
Internet Filter Review (internet-filter-review.toptenreviews.com)
Getnetwise Tools (kids.getnetwise.org/tools)
FilterReview.com (www.filterreview.com/main.asp)

Filtering Router

For advanced users, commercial filtering may work for you if you meet these three conditions:
1)   Your household has more than one computer
2)   They are or will be networked ("talking" to each other)
3)   You have a fast Internet connection (not dial-up)

The option is router-based filtering. A router is a piece of equipment that connects your computers to the Internet and to each other. Some come with options to filter content which means the filtering you set up will be applied to all computers in your network. Router-based filtering can be more complex to set up, but is also more difficult to bypass. There is an initial purchase cost, plus an annual subscription fee. Three reasonably-priced examples are listed below.

> Zyxel HS-100 HomeSafe Router
> *$50.00; $34.99/year for Cerberian subscription*
> Belkin Wireless G Router (F5D7231-4)
> *$60.00;$19.99/year for Cerberian subscription after 6 month trial*
> Linksys Parental Control Router (WRT54GS)
> *$75.00; $39.95/year to etopia subscription*

Accountability Software

Unlike filtering, accountability software simply reports on Internet usage. No blocking occurs. In setting it up, you decide who will receive the detailed report of the computer's usage. Web sites that are deemed inappropriate, based on the options you've chosen, will be red-flagged. Because monitoring software is of value only "after the fact", we do not recommend this as a solution for families with children. However, it can be an effective aid in personal accountability for adults. There are several available products out there. Here are several:

X3watch www.x3watch.com	• Free • Ministry of xxxchurch (www.xxxchurch.com) • Regularly sends list of questionable web visits to selected recipients • Best *free* monitoring software • Most widely used monitoring software • X3watchPro version available for $14.95; includes tech support
Covenant Eyes www.covenanteyes.com	• Through a **special Safe Families discount, Covenant Eyes is available for $4.99 /month** (regularly $74.99/year): https://secure.cvnt.net/newaccount/?promocode=safefamilies • Pricing for households/ministry staff/business • Regularly sends list of ALL web visits to selected recipients, with objectionable sites highlighted • Mac compatible

ComputerCOP www.computercop.com/home prods.html	• $19.95 for download • Scans computer files and Internet history for potentially offensive material • Deluxe version ($39.95 + S&H): includes keystroke monitoring, scans chats and emails, expanded dictionary of key words
Parents CyberAlert www.itcompany.com/cyberale rt.htm	• $39.95 for download • Free trial • Records email, IM, websites, keystrokes, file access, screen snapshots • Website, email, chat, IM blocking • Games & applications alerts & blocking
Guardian Monitor www.guardiansoftware.com	• $39.95 • Monitors websites, email, chat, IM, p2p applications • Records keystrokes & downloads • Website blocking
Chat Checker www.chatchecker.com	• Free • Records instant message (IM) conversations • Login online to review IM conversations from within the last 24 hours • Receive daily usage summary via email • Receive alerts to dangerous conversations or watch-words via email

Changing Your Child's Homepage

Step 1. Pick a Child Safe Search Engine

Ask Jeeves for Kids:	www.ajkids.com
Yahooligans:	www.yahooligans.com
OneKey:	www.onekey.com
Kids Click:	www.kidsclick.org
Education World:	www.education-world.com

Step 2. Click on the Tools Menu in Internet Explorer then Select Internet Options

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Step 3. Type in a child safe search engine next to "Address"

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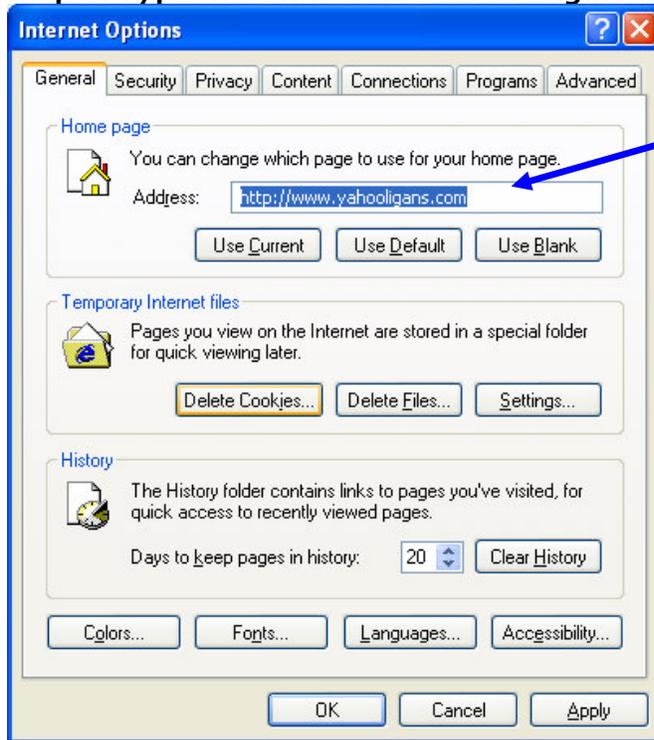
Information and Resources for Recovery from Pornography or Media Addiction

Safe Families recommends the following steps for helping someone recover from a pornography or online addiction. You can find resources for each of these steps by clicking on the links below.

1. Immediate Emergency Response
2. Accountability Partner
3. Media Sobriety Covenant
4. Online Safety & Media Sobriety Manual
5. Family Support
6. Peer Support Groups
7. Professional Counseling

Step 1: Immediate Emergency Response

These are steps to take immediately to ensure physical safety and provide support for recovery:

a. Designate point persons for addict, spouse, children
b. STD testing if physical boundaries were crossed
c. Getting support for children during stressful family time
d. Other emergency measures as needed (relocation, legal or financial support)

All these steps should be undertaken with compassion and respect for privacy, yet with the awareness that an addict cannot be trusted to be completely honest.

Step 2: Accountability Partner

An effective accountability partner is important for someone struggling with addiction. See below for suggested qualities to look for in an accountability partner and links to valuable tools for the accountability partner.

Qualifications of Accountability Partner

- same sex
- is experiencing victory and healing
- is willing to be "not so nice," to ask difficult questions
- is not easily fooled
- can keep confidence
- is available for daily check in by phone or email

- will meet for regular face-to-face meetings (2-4/month)
- is willing to be "on call" for times of stress and temptation
- will monitor your internet usage

Accountability Software :: Monitoring software can be an effective aid in personal accountability for adults. No blocking occurs. It simply reports on Internet usage. In setting it up, you decide who will receive the detailed report of the computer's usage. Web sites that are deemed inappropriate, based on the options you've chosen, will be red-flagged. More information about monitoring software can be found in this manual under the section titled "Information and Resources for Parents and Caregivers."

Sample Accountability Questions

For those in recovery from pornography or other media addiction, we suggest developing 1-3 regular accountability partners that you check in at least once or twice a week if not daily. The following is a list of suggested questions; feel free to modify as appropriate for your situation.

Daily Sobriety Renewal
Used by one of the *12-Step* groups for addicts
sasandiego.org/daily_sobriety_renewal.htm

1) Are you willing to admit you are powerless over lust and sexual acting out, just for today?
2) Do you desire sobriety for the next 24 hours: freedom from sexual obsession and acting out, freedom from fear, resentment, shame, and isolation?
3) Are you willing to do whatever is necessary to protect this desire including spiritual reading, reaching out and calling others, prayer and meditation, physical care of your body, setting appropriate boundaries, and refusing all lust hits as toxic?
4) Do you realize that at the end of these 24 hours, you are free to continue with sobriety or to go another way?
5) Do you understand that this renewal does not keep you sober (God does), but it does make you aware of yourself and accountable to others?
6) And, just for today, are you willing with me to hand over your will and the care of your life to the One Who kept you sober yesterday and has protected you from the full consequences of your lust in the past?

God,
   Grant me the serenity to accept the things I cannot change, the courage to
   change the things I can and the wisdom to know the difference. Thy will,
   not mine, be done.

7) Have you done anything in the last 24 hours that you're ashamed of? Are you planning to do something you will be ashamed of?
8) Exchange at least one gratitude.

Daily Reflection Sample Sheet

This sheet can be used as a daily reflection and accountability tool among accountability partners. Some benefits of keeping a list like this are: 1) awareness of self, 2) having others aware of how you're doing (transparency, vulnerability) 3) awareness of others and the opportunity to care for others.

There are four parts to the Daily Reflection Sheet.
1) "Gratitudes" are kept as an important documentation and remembrance of things you are thankful for.
2) "Fears" and other stressors that are listed specifically lose their power.
3) "To Practice" is a list of priorities to keep in mind.
4) "To Flee" is a list of things that you decide that you don't want to do today because they are destructive or interfere with your goals.

Gratitudes	To Practice
1) Client has additional work for me	1) Take time to reflect
2) Karen did a great job on her grad speech	2) Journal this weekend
3) Actually able to get up in time	3) Schedule appt with Financial Planner!!!
4) Another year of life for Ma	4) Do something just for fun soon
5) Thought I'd bounced a check - but didn't	5) Schedule time for lunch with each of my kids
6) It's not raining	6) Give positive feedback to family
7) Signficant conversation with Chris; hard but important	7)
8) Found a new chord	8)
9)	9)
10)	10)

Fears, etc.	To Flee
1) Really stressed - workshops, family stuff	1) Lust-based Decisions
2) Downtime urgently needed	2) Staying up late
3) Unexpected roof expense	3) Focusing on others' weaknesses
4) May have accidentally offended my co-worker	4) Overeating - especially lunch
5) Francis and Bob - their marriage is at risk	5) Too much time on the internet.
6) Bad sore throat better today	6) Being overly critical of my wife
7)	7)
8)	8)
9)	9)
10)	10)

Step 3: Eight Commitments of Media Sobriety Covenant for Adults

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We recommend that all adults that wish to keep their family safe online and with media consider making the following commitment. While we do not believe it is helpful to be legalistic or too rigid, we do believe that there is power to making and signing covenants. The goal of this covenant is to establish boundaries to help keep a family safe in the information age.

1. **Commitment to Media Sobriety**: avoiding all forms of media addiction, including avoiding pornography, gaming addiction, chat addiction, television addiction or any form of online or media addiction that is damaging to relationships.
2. **Commitment to Protect Children Online**: including installing Internet filtering software, requiring children to use and taking additional steps for online safety including having all children in the family sign an online safety covenant.
3. **Commitment to Protect Children from All Second Hand Smut**: keeping any movies, games, channels, magazines, books and music that you use that may be inappropriate for children out of their reach. This may include locking these materials in a safe place if necessary.
4. **Commitment to Get Educated on Online and Media Safety**: become knowledgeable about media and online safety issues and aware of new challenges that may emerge as technology and popular culture change.
5. **Commitment to Appropriate Communication**: including maintaining appropriate boundaries in communication with others online whether through e-mail, chat, instant message, talk, video, blogs or any other form of media. A good guideline is, if something would be inappropriate in communication with someone in person, then it is inappropriate online.
6. **Commitment to Avoid Online Affairs**: commit to avoid online affairs. A good guideline is if you would not go to a level of emotional depth and intimacy in communication with someone face-to-face in person, then you should not go to that level of depth online - an online affair is still an affair.
7. **Commitment to Recovery**: to enter recovery and sign the *Media Sobriety Covenant for Adults in Recovery* if I am not able to maintain these commitments and maintain media sobriety.
8. **Commitment to Supporting Others in Recovery**: If I am in relationship with someone who is in recovery from pornography or other media addiction, I am committed to not making decisions that might expose them to second-hand smut; specifically, I will keep any potentially triggering movies, channels, games, magazines or other media out of reach of the person in recovery. If I show a pattern of enabling my partner in their addiction, I will seek individual and/or couples counseling to deal with my part in any family patterns.

We agree to follow the above commitments.

_____   _____

_____   _____

Eight Additional Commitments of Media Sobriety Covenant for Adults in Recovery for Pornography or Media Addiction

While rigid boundaries and guidelines may not be needed for all adults, for adults that are unable to maintain ongoing media sobriety, rigidity is often needed and very helpful. The following is a suggested covenant for those who have had an ongoing issue with pornography or media addiction. It is recommended that adults in recovery sign both this recovery covenant and the <u>Eight Commitments of Media Sobriety Covenant for Adults</u>.

1. **Commitment to Have Accountability Partner**: for accountability to be effective, it is helpful to communicate with your partner at least once or twice a week if not daily. See list of suggested accountability questions.
2. **Commitment to Have Accountability Software**: installed on all computers you use at home, work (if possible) and other locations. (See the "Software Tools for the Home" section of this manual.)
3. **Commitment to Recovery Groups**: enter support groups, recovery groups and/or counseling if the issue persists. If there are family patterns that may be enabling your addiction, seek couples or family counseling also.
4. **Commitment to Close Entry Points**: cancel any subscriptions, memberships, channels, access to 900" phone numbers or other points of entry. Commitment to dispose of any media or magazines that are a trigger or to make sure they are beyond reach.
5. **Commitment to Learn about Recovery**: investigate and pursue resources to learn more about recovery (see the steps listed in this manual).
6. **Commitment to Have Transparency with Spouse**: be transparent on where you are in recovery in general (being honest on general frequency and severity of acting out), but do not use him/her as your accountability partner.
7. **Commitment to End Online Affairs**: any online relationship that either could be considered an online affair or is significantly damaging to your marriage. A good guideline is if you would not go to a level of emotional depth and intimacy in communication with someone face-to-face in person, then you should not go to that level of depth online - an online affair is still an affair.
8. **Commitment to Avoid Hiding**: Commitment to allow accountability partner (and/or spouse) to review phone bills, credit card purchases, or other applicable records if the issue persists, to avoid hiding the severity of the issue.

I agree to follow the above commitments.

_____

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Step 4: Online Safety & Media Sobriety Manual

You can provide a copy of this manual to the person in recovery and use it to refer the person to books, videos, talks, and websites about recovering from pornography or online addiction. You can make unlimited paper copies of the materials in this manual.

Step 5: Family Support

It is important to provide support to the families of addicts, as sexual addiction does not just affect the addict - it also affects those close to him/her. Below are suggested steps and resources for helping parents of addicted children and spouses of addicts.

For Parents of Addicted Children:

Steps to take to equip the parents of addicted children:

- Refer to <u>online safety strategies</u> to protect children (included in this manual under the section "Information and Resources for Parents and Caregivers").
- Encourage parents to take the issue seriously.
- Get the child to meet with an adult recovering addict, if possible.

For Spouses:
Web Resources:

S-Anon (www.sanon.org)
A secular fellowship of the relatives and friends of sexually addicted people who share their experiences, strength and hope in order to solve their common problems.

Step 6: Peer Support Groups

Another key to long-term recovery is connecting the addict with peer support group(s). Here is a list of suggested groups:

12-Step National Resources

Sexaholics Anonymous
  International Central Office
  P.O. Box 3565
  Brentwood, TN 37024
  Email: saico@sa.org
  Phone: (615) 370-6062
  Toll-free: (866) 424-8777
  Fax: (615) 370-0882
  sa.org/index.php

Sexual Recovery Anonymous

Sex Addicts Anonymous
  ISO of SAA
  PO Box 70949
  Houston, TX 77270
  Email: info@saa-recovery.org
  Phone: (800) 477-8191
  www.saa-recovery.org

Sex and Love Addicts Anonymous
  Fellowship-Wide Services
  1550 NE Loop 410, Ste 118

SCA
P.O. Box 1585
Old Chelsea Station
New York, NY 10011
Phone: (800) 977-HEAL
www.sca-recovery.org

Sexual Recovery Anonymous
Email: info@sexualrecovery.org
regional contact information displayed
on website
sexualrecovery.org

San Antonio, TX 78209
Email: info@slaafws.org
Phone: (210) 828-7900
Fax (001) 210-828-7922

S-Anon
(for those close to a sex addict)
S-Anon International Family Groups
P.O. Box 111242
Nashville, TN 37222-1242
E-mail: sanon@sanon.org
Phone: (800) 210-8141
or (615) 833-3152
www.sanon.org

Step 7: Professional Counseling

Professional therapy can be a helpful tool for those struggling with addiction. A list of counselors and recovery groups can be found in the section of this manual titled "Resources."

Questions to Ask When Finding a Counselor for Sexual Addiction
1. How much experience do you have working with sexual addiction?
2. How much of your practice is related to sexual addiction?
3. Are you a recovering person who has worked the steps yourself?
4. Do you have specialized training, certification, or licensure in addictions?
5. What books have you read related to sexual addiction?
6. Do you have specific training dealing with sexual abuse issues?

The other important factors are finding a therapist that will give a specific plan and who is willing to work themselves out of a job, re-evaluating frequency regularly and tapering off—in effect, releasing the client into the "recovery community" they've helped them create for themselves. Professional therapy can be a helpful tool for those struggling with addiction. Listed below are suggested resources for connecting with professional counselors in different settings - individual therapy, teleconference, and residential programs.

BlackCounselors.com
Search for African American counselors in 9 states.
blackcounselors.com/

Find-a-Therapist
Large listing of therapists located nationwide, and some internationally.
find-a-therapist.com/

TherapistFinder
Search for therapists in 6 states by location or area of focus.
www.therapistfinder.net/
If sex addiction is a main issue, make sure the therapist specializes in sex addiction and believes healing is possible.

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Am I a Sex Addict?
This test was developed by Jason Graves, M. MFT.

1. Have you engaged in sexual behaviors that you wish you could stop?
2. Do you feel abnormally driven by your sexual drive?
3. Have you been in relationships just for sex?
4. Has masturbation been ongoing even after marriage?
5. Have you continued to use pornography after entering a long term committed sexual relationship?
6. Does your sexuality seem to be dragging down your personal potential?
7. Do you find that you spend a significant amount of time viewing pornography or grooming others for sexual encounters?
8. Have you experienced an unwanted sexual encounter during childhood or adolescence?
9. Has monogamous sex grown to be boring?

To score yourself give yourself one point for each yes and read the recommendations below

1-3 points: It does not seem that you are presently an active sexual addict. If your concern continues, we recommend that you get more information from the recommended books in this manual.

4-6 points: It seems that you may be struggling in the area of sexual addiction. Your first step would be to gather further information from the recommended books in this manual. If your behavior continues, consider going to a 12 Step Support group.

7-9 points: You are probably sexually addicted. It's recommended that you:
a) Gather more information. (We recommend that you get more information from the recommended books in this manual.)
b) Start going to a recovery group.
c) Seek professional help.

The Twelve Steps of Sexaholics Anonymous

1. We admitted that we were powerless over lust -- that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to sexaholics, and to practice these principles in all our affairs.

The Twelve Steps are adapted with permission of Alcoholics Anonymous World Services, Inc. ("AAWS"). Permission to adapt and reprint the Twelve Steps does not mean that AAWS has approved the contents, of this publication, nor that AAWS agrees with the views expressed herein. AA is a program of recovery from alcoholism only. Use of the Twelve Steps in connection with programs which are patterned after AA, but which address other problems, or in any other non-AA context, does not imply otherwise.

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Information and Resources for Nonprofit Organizations

Many nonprofit organizations provide free computer access and training to at-risk communities (see www.ac4.org). Computer centers provide computer access to a wide audience of clientele. The high traffic and user turnover that your centers experience, whether you cater to youth or adults, can present unique challenges in regard to online safety. This section includes resources that you can use to establish guidelines for computer usage and provide training about online safety. For more information on Internet dangers, see the "Statistics" section of this manual. The following is a sample policy to use in a computer center.

Sample Acceptable Use Policy

1. All users must sign in before sitting down to work. No food or drink at or near the computers!
2. If the application you are using has sound, please turn it off or use headphones.
3. Users of the center are asked to remain in the labs, the hall ways connecting the labs and the restrooms to avoid disturbing other classes.
4. No Rollerblades (or other skates) in the labs.
5. The computer labs are only open for public access during posted hours. If you arrive before public access hours begin, please wait in the front hall. When asked to finish up because it's closing time, please be considerate and do so. The Center staff and volunteers reserve the right to ask anyone to leave the Center at any time for any reason.
6. Be polite. Do not get abusive or threatening in your messages to or about others.
7. Use appropriate language in conversation and online. Do not swear or use vulgar words.
8. Chat rooms like BlackPlanet and file sharing services like Kazaa are not allowed.
9. Obscene or sexually explicit material cannot be used in the Center.
10. No illegal activity online or on the Center's premises.
11. Copyrighted material may not be used without owner's permission. This includes piracy of computer software.
12. Only Center staff members are permitted to load software on computers.
13. Attempting to harm others' data, computer equipment, or network performance is prohibited. This includes computer viruses.

I understand and will abide by this Acceptable Use Policy. I further understand that any violation of the regulations above may cause my access privileges to be revoked and may result in appropriate legal action against me.

User's Full Name: _____

User Signature: _____ Date: _____

Sample Online Safety Curricula (Orientation)

(TechMission is in the process of developing presentation templates for computer centers to use in introducing their participants to online safety issues and practices. It will cover the points of the Acceptable Use Policy and other relevant issues.)

Orientation for Adults -- 30 minute session
Need: LCD projector; Online Safety Presentation; copies of the AUP

1. Present the online safety presentation and allow for questions or comments   25 minutes
2. Pass out AUP, briefly review (material should have been covered in the presentation), and have participants sign it.   5 minutes

Orientation for Middle and High Schoolers------------------- 45 minute session
Need: LCD projector connected to web-enabled computer and sound; Online Safety Presentation; copies of the AUP

1. Present the online safety presentation and allow for questions or comments   25 minutes

2. From NetSmartz: play Teen PSA: "Promises" followed by "Amy's Choice", soliciting feedback (these clips are found at www.netsmartz.org./netteens.htm).   15minutes

3. Pass out AUP, briefly review (material should have been covered in the presentation), and have participants sign it. Make sure the consequences for violations have been clearly reiterated.   5 minutes

Bonus: *Have students work their way through the **websafecrackerz** site (www.websafecrackerz.com), offering a reward to the first student or any students reaching the various checkpoints in the game.*

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Orientation for Late Elementary (gr. 3 – 6) --------------- Two 1-hour sessions

(recommend the sessions on different days)

Need: LCD projector connected to web-enabled computer and sound; Online Safety Presentation; copies of the AUP; enough computers for each child to play games themselves (Note: the games are noisy; headphones would be advised).

Session 1

1. From NetSmartz., play "Meet the WizzyWigs" (www.netsmartzkids.org/activities/nsrules/meetww.htm). — 5 minutes

2. Review the WizzyWig characters by using their pictures cut out from www.netsmartz.org//pdf/34whichw1.pdf — 5 minutes

3. Have the kids play "WizzyWig Guessing Game I" and "WizzyWig Guessing Game II" (netsmartzkids.org/activities/nsrules/wwguess1.htm, , netsmartzkids.org/activities/nsrules/wwguess2.htm) — 15 minutes

4. From the projector, play "Who's Your Friend on the Internet?" (www.netsmartzkids.org/activities/nsrules/whofriend.htm), letting the majority call out their choices. Make sure they've gotten the point of the game: that people may not be what they seem online. — 5 minutes

5. Present the online safety presentation, making age-appropriate clarifications and allow for questions or comments — 20 minutes

Session 2

6. Again, review the WizzyWig characters by using their pictures cut out from www.netsmartz.org//pdf/34whichw1.pdf — 5 minutes

7. At their computers, have the kids play "Which WizzyWig is Which?" (www.netsmartzkids.org/activities/nsrules/whichww.htm) — 10 minutes

8. Pass out AUP, review it thoroughly and have participants sign it. Make sure the consequences for violations have been clearly reiterated. — 15 minutes

9. For younger children (or less advanced readers), do the activity detailed in www.netsmartz.org//pdf/34whichw1.pdf to finish up with the WizzyWigs or let them explore the Netsmartz site on their own. — 25 minutes

OR — or

For good readers, play the game opened by clicking the "BONUS.COM" button on the left of the screen at www.wiredkids.org/kids/index.html. Have one of the students read the introduction and let them play independently. — 10 minutes

Orientation for Early Elementary (gr. K – 2) ---------- Two 45-minute sessions

(recommend the sessions on different days)

Need: *LCD projector connected to web-enabled computer and sound; outlaw cutout pictures from www.netsmartz.org//pdf/k2weboutlaws1.pdf (copies of a children's version of the AUP; enough computers for each child to play games themselves (Note: the games are noisy; headphones would be advised).*

Session 1

1. From the projector, play Netsmartz: "The Webville Outlaws" (www.netsmartzkids.org/activities/clwebworld/outlaws.htm). Call on children to choose which outlaw to select. Review the Outlaw characters by using their pictures cut out from www.netsmartz.org//pdf/k2weboutlaws1.pdf.	15 minutes
2. Have the kids play "Clicky's Challenge" (www.netsmartzkids.org/activities/clwebworld/clchalng.htm)	10 minutes
3. For the rest of the session, children can explore the Netsmartzkids.org site or decorate pages from the downloadable coloring book (netsmartz.org/pdf/Coloringbook.pdf)	20 minutes

Session 2

4. Again, review the Outlaw characters by using their pictures	5 minutes
5. Have the kids play "Clicky's Challenge" again	5 minutes
6. Present an age-appropriate online safety presentation, if available	5 minutes
7. If children are able to read and write their names, pass out AUP for children; review and have them sign.	10 minutes
8. Have the children listen to the tunes on the Netsmartz website (www.netsmartzkids.org/tunes/index.htm). To end, call on several to tell which was their favorite, why, and what it taught them (tell them that this will be asked as they begin to listen).	15 minutes

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Checklist for Implementing an Online Safety Program in Your Computer Center

☐ 1. Install Internet Filtering Software on all lab computers or install a server/router to filter all computers. (Free download available at www.safefamilies.org)

☐ 2. Determine types of activities that will not be allowed due to content **or** function.

   a) For content, banned sites should include all pornography and sexually explicit material; it could also include sites that are violent, gory, or that promote illegal drug use or hate.

   b) Regarding function, we recommend that chat rooms, instant messaging, and file sharing not be permitted. You should consider this for so-called "online communities" such as BlackPlanet or MySpace, as well. We'd suggest that popular web sites of these activities be posted conspicuously on a "banned site list".

☐ 3. Develop and post Acceptable Use Policy for Computer Center.

☐ 4. Develop online safety orientation with presentations and activities for each age group. Present it to all regular lab users.

☐ 5. After training, all participants should sign a copy of the Acceptable Use Policy; keep their signed copy on file.

☐ 6. Always have a lab monitor trained in enforcing the rules in the room with participants.

☐ 7. Keep computers in a public area with screen easily visible to staff.

☐ 8. For computers or user names mainly used by children, set the homepage to be a kid-friendly search engine.

☐ 9. Outline rules for staff and volunteers as well.
   (Organizations are vulnerable to sexual harassment or hostile workplace lawsuits for allowing employees to view and download pornography and can be liable to copyright owners if employees download files without owners' permission.)

Sample Staff Policies for Computer Use

Preamble

The use of computer equipment and access to the internet is a privilege. With that privilege comes a responsibility for the ethical and appropriate use of these resources. The following details this more fully.

Contexts for Use

Computer equipment, access to the organization's network and an internet connection will be used in the performance of your job for legitimate business. All users have a responsibility to use these computer resources and the Internet in a professional, lawful and ethical manner. Occasional limited appropriate personal use of the computer is permitted if such use does not interfere with the user's or any other employee's job performance; have an undue effect on the computer or organization network's performance; or violate any other policies, provisions, guidelines or standards of this or any other agreement of the organization.

Inappropriate Activities

The following list is not exhaustive but gives examples of inappropriate computer-based activities:

- Using tech resources to create, view or share offensive, pornographic, discriminatory or demeaning media

- Using technology resources without appropriate permission or access

- Intentionally damaging, degrading or wasting any technology resources

- Using technology resources to harass, insult or attack others

- Invading a person's privacy by tampering with or destroying his/her work (passwords, accounts, folders, files)

- Sharing or copying another's work without his/her consent

- Violating copyright laws or other legal contracts

- Playing of PC games during work time

- Installing unauthorized software on organization's equipment

Consequences

Failure to comply with these policies will be taken seriously. Any inappropriate use of the computer or the internet technologies is grounds for disciplinary action and/or termination.

Disclaimer

The organization recognizes that it is difficult to avoid at least some contact with objectionable material while using the internet. Even innocuous search requests may lead to sites with highly offensive content. Additionally, having an e-mail address on the internet may lead to receipt of unsolicited e-mail containing offensive content. Users accessing the internet do so at their own risk; the organization is not responsible for material viewed or downloaded by users from the internet. Employees will not be held accountable for inappropriate material sent to them or inadvertently viewed. All inappropriate material received should be deleted immediately.

Lack of Privacy/Organization's Rights

The user expressly waives any right of privacy in anything they create, store, send or receive using the organization's computer equipment or internet access. User consents to allow the organization's personnel access to and review of all materials created, stored, sent or received by user through any organization network or internet connection. The organization has the right to monitor and log any and all aspects of its computer system including, but not limited to, monitoring internet sites visited by users, monitoring chat and newsgroups, monitoring file downloads, and all communications sent and received by users. Employees should have no expectation of privacy in anything they create, store, send or receive using the organization's computer equipment.

The organization has the right to utilize software that makes it possible to identify and block access to internet sites containing sexually explicit or other material deemed inappropriate in the workplace.

Personal Accountability

It is recommended that all users consider installing an accountability program like Covenant Eyes or X3Watch. The organization grants permission to install such software on all equipment with internet access. For an employee who has been cited for inappropriate internet use, the organization may require that such software be installed.

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Links to Safe Families Documents

Manuals
- Online Safety and Media Sobriety Manual for Non-Profits
  www.safefamilies.org/docs/manual_nonprofits.doc,
  pdf: www.safefamilies.org/docs/manual_nonprofits.pdf
- Online Safety and Media Sobriety Manual for Parents
  www.safefamilies.org/docs/manual_parents.doc,
  pdf: www.safefamilies.org/docs/manual_parents.pdf

To view a PDF file, you must have Adobe Reader installed. Go to www.adobe.com to download it for free.

Powerpoints
- Online Safety Workshop for Parents
  www.safefamilies.org/docs/parents.ppt
- Online Safety Workshop for Non Profits
  www.safefamilies.org/docs/nonprofits.ppt

*To view PowerPoint presentations, you must have Microsoft PowerPoint installed or get the PowerPoint viewer here:
http://www.microsoft.com/downloads/details.aspx?FamilyID=428d5727-43ab-4f24-90b7-a94784af71a4&DisplayLang=en

Webcasts
- Online Safety Workshop for Parents
  http://www.safefamilies.org/webcasts/parents/Presentation_Files/index.html
- Online Safety for Computer Centers
  http://www.safefamilies.org/webcasts/nonprofit/Presentation_Files/index.html

To view a webcast, you must have Macromedia Flash Player installed. Go to www.adobe.com to download it for free.

Statistics on Internet Dangers

Pornography
General Stats
- As of 2003, there were 1.3 million pornographic websites; 260 million pages *(N2H2, 2003)*.
- The total porn industry profit: estimates from $4 billion to $10 billion *(National Research Council Report, 2002)*; Total U.S. revenue (2005): $12.6 billion *(Adult Video News)*.
- U.S. adult DVD/video rentals in 2005: almost 1 billion *(Adult Video News)*.
- Hotel viewership for adult films: 55% *(cbsnews.com)*.
- Unique users visiting adult web sites monthly: 45 million *(Neilsen Net Ratings)*.
- More than 70% of men from 18 to 34 visit a pornographic site in a typical month. *(comScore Media Metrix)*.
- Adults admitting to Internet sexual addiction: 10%; 28% of those are women *(internet-filter-review.com)*.

- More than 20,000 images of child pornography posted online every week (*National Society for the Prevention of Cruelty to Children, 10/8/03*).
- Approximately 20% of all Internet pornography involves children (*National Center for Mission & Exploited Children*).
- 100,000 websites offer illegal child pornography (*U.S. Customs Service estimate*).
- As of December 2005, child pornography was a $3 billion annual industry (*internet-filter-review.com*).
- *"At a 2003 meeting of the American Academy of Matrimonial Lawyers, two thirds of the 350 divorce lawyers who attended said the Internet played a significant role in the divorces in the past year, with excessive interest in online porn contributing to more than half such cases. Pornography had an almost non-existent role in divorce just seven or eight years ago."*
  -- Divorcewizards.com

Family Stats

- 47% percent of families said pornography is a problem in their home (*Focus on the Family Poll, October 1, 2003*).
- The Internet was a significant factor in 2 out of 3 divorces, according to the American Academy of Matrimonial Lawyers in 2003 (*Divorcewizards.com*).

Youth-Specific Stats

- 9 out of 10 children between the ages of 8 and 16 have viewed pornography on the Internet, in most cases unintentionally (*London School of Economics January 2002*).
- Average age of first Internet exposure to pornography: 11 years old (*internet-filter-review.com*).
- Largest consumer of Internet pornography: 12 – 17 year-old age group (*internet-filter-review.com*).
- Youth with significant exposure to sexuality in the media were shown to be 2.2 times more likely to have had intercourse at ages 14 to 16 (*Report in Pediatrics, April, 2006*).
- Adult industry says traffic is 20-30% children (*NRC Report 2002, 3.3*).
- *"Never before in the history of telecommunications media in the United States has so much indecent (and obscene) material been so easily accessible by so many minors in so many American homes with so few restrictions."*
  -- U.S. Department of Justice, Post Hearing Memorandum of Points and Authorities, at l, ACLU v. Reno, 929 F. Supp. 824 (1996).

Online Perpetrators

- 1 in 5 children who use chat rooms have been approached by a pedophile online (*Telegraph.co.uk. 1/02*).
- 1 in 4 kids participate in Real Time Chat (*FamilyPC Survey, 2000*).
- 1 in 5 children (10 to 17 years old) receives unwanted sexual solicitations online (*Youth Internet Safety Survey, U.S. Department of Justice, 2001*).
- 2 in 5 abductions of children ages 15-17 are due to Internet contact (*San Diego Police Dept.*).

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- 76% of victims in Net-initiated sexual exploitation cases were 13-15, 75% were girls. "*Most cases progressed to sexual encounters.*" 93% of the face-to-face meetings involved illegal sex *(Journal of Adolescent Health, November 2004)*.

Links to Relevant Organizations

On Online Safety for Children

TechMission Safe Families – www.safefamilies.org

The NetSmartz Workshop – www.netsmartz.org
A creative collaboration of the National Center for Missing & Exploited Children® and Boys & Girls Clubs of America, this is an excellently conceived website with web activities and games for children of all ages. In addition, there are resources and information for parents and caregivers.

ProtectKids.com - www.protectkids.com
Website full of information and resources on keeping children safe from inappropriate materials and online predators.

Wiredsafety.org - wiredsafety.org
Website of an organization that works with law enforcement agencies to promote online safety. Additionally, the website has extensive educational and informational resources.

i-SAFE America Inc - isafe.org
i-SAFE America, Inc. is a non-profit foundation whose mission is to educate and empower youth to safely and responsibly take control of their Internet experiences.

GetNetWise - www.getnetwise.org
The GetNetWise coalition of Internet industry corporations and public interest organizations wants Internet users to be only "one click away" from the resources they need to make informed decisions about their and their family's use of the Internet.

staysafe.org - www.staysafe.org
staysafe.org is an educational site funded and hosted by Microsoft Corporation. It is designed to help consumers understand both the positive aspects of the Internet as well as how to manage a variety of safety and security issues that exist online.

Survivors and Victims Enpowered – www.childprotectionprogram.org
SAVE is a non-profit organization created to help prevent the criminal neglect and physical, emotional and sexual abuse of children and to help survivors of these childhood traumas. SAVE publishes the Child Protection Guide (CPG), which includes definitions and symptoms of abuse, reporting procedures, safety tips, referral resources, screening procedures and more.

On the Issue of Pornography and Other Sexual Temptations

Morality in Media - www.moralityinmedia.org
A national, not-for-profit, interfaith organization established in 1962 to combat obscenity and uphold decency standards in the media. This site features articles and information about how to fight obscenity in the media and the detrimental effects of pornography on society.

On Sexual Addiction and Recovery

The following are non-religious 12-step recovery groups for those addicted to sexual obsession and compulsion. Each is based on the principles of Alcoholics Anonymous. The groups vary in focus, especially in their respective definitions of "sexual sobriety."
Sexaholics Anonymous – www.sa.org
Sexual Compulsives Anonymous – www.sca-recovery.org
Sexual Recovery Anonymous – sexualrecovery.org
Sex and Love Addicts Anonymous - www.slaafws.org/index/html
Sex Addicts Anonymous - www.saa-recovery.org

S-Anon - www.sanon.org
A secular fellowship of the relatives and friends of sexually addicted people who share their experience, strength and hope in order to solve their common problems.

MultiMedia Resources on Online Safety, Pornography, and Recovery

PRESENTATIONS

Presentations made by Donna Rice Hughes
Internationally known Internet safety expert, advocate and current president of Enough Is Enough (a national non-profit educational organization whose mission is to make the Internet safer for children and families). Several of Ms. Rice's presentations are posted here:
protectkids.com/donnaricehughes/presentations.htm

Internet Safety Presentation
From the Parentscentre, an official Department for Education and Skills (U.K.) website for parents and caregivers. A guide to safe surfing on the net. For comprehensive advice on how to enjoy the huge benefits of the internet without having to contend with fraud, spam, viruses, pornography, pop-ups and other potential hazards.   www.parentscentre.gov.uk/flash/safety/main.swf

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Teaching Kids To Be Safe Online
A straightforward, brief presentation for parents with practical suggestions.
www.microsoft.com/athome/security/videos/childsafety-hi.html

Online Safety for Christian Community Computer Centers
Presentation on Online Safety for Christian Community Computer Centers. Given at TechMission's 2005 Conference.
www.safefamilies.org/webcasts/nonprofit

VIDEO

Predator
Trevor, a 14-year old from Utah is the writer, director, and star of this short film about the dangers of online predators. Casting his real life principal as his movie kidnapper, Trevor worked with his school and local police department for the shooting of this film.
http://www.staysafe.org/teens/videos/predator.html

RESEARCH DOWNLOADS

Protecting Teens Online
Produced by the Pew Internet and American Life Project, this document details the findings of a survey of teens and their parents on online activities and dangers.
www.pewinternet.org/pdfs/PIP_Filters_Report.pdf

Just Harmless Fun
A special report from Enough.org to provide an up-to-date overview of the evidence of harm. Read the evidence, and decide for yourself - is pornography "just harmless fun?"
www.enough.org/justharmlessfun.pdf

The Porn Standard: Children and Pornography on the Internet
Documents the ease with which children can gain access to internet pornography and that industry's lack of effort to implement viable age-verification systems.
www.third-way.com/data/product/file/14/porn_standard.pdf

Online Victimization: A Report on the Nation's Youth
Produced by the National Center for Missing and Exploited Children, this groundbreaking national survey of 1,501 youth aged 10 to 17 documented their use of the Internet and experiences while online including unwanted exposure to sexual solicitation, sexual material, and harassment. And it includes recommendations to help make the Internet safer for children.
http://208.254.21.169/en_US/publications/NC62.pdf

Books on Online Safety, Recovery, and Pornography

On online safety for children.

The Parent's Guide to Protecting Your Children in Cyberspace
by Dr. Parry Aftab
This no-nonsense guide for keeping kids protected and informed on the Internet is an essential book for any family with a home computer.
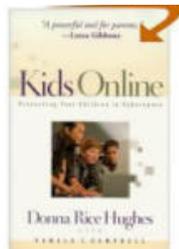
Kids Online **by Donna Rice Hughes**
This is a powerful tool for parents to safeguard their children's safety while using the Internet. Offers hope and help to parents with simple step-by-step directions.
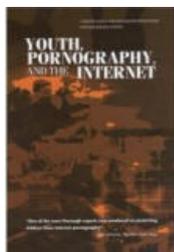
Youth, Pornography and the Internet
by National Research Council
Compiled by the National Research Council, this book examines approaches to protecting children and teens from Internet pornography, threats from sexual predators operating on-line, and other inappropriate material on the Internet.

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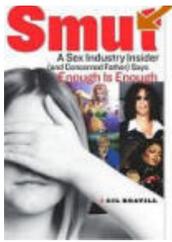
Smut: A Sex-Industry Insider (and Concerned Father) Says Enough is Enough **by Gil Reavill**
A writer for Penthouse and Maxim magazines and the father of a middle-school aged daughter, the author argues quite compellingly that we have to balance the rights of those who want to buy smut with the rights of those who want to avoid it.

On the issue of pornography and other sexual temptations.

Pornified : How Pornography Is Transforming Our Lives, Our Relationships, and Our Families **by Pamela Paul**
In this shocking and insightful investigation, Pamela Paul shows how pornography has become a big part of the personal lives of many Americans. She details the costs and consequences of pornography, as intimacy is replaced by fantasy, distrust, dissatisfaction, and emotional isolation.

On sexual addiction and recovery.
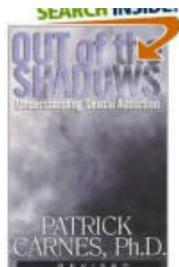
Out of the Shadows: Understanding Sexual Addiction
by Patrick Carnes
This breakthrough work, among the first to describe sexual addiction, is still invaluable for recognizing and overcoming this destructive behavior.
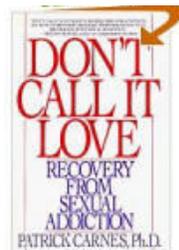
Don't Call It Love : Recovery From Sexual Addiction
by Patrick Carnes
Through clinical insights and testimonies of recovering addicts, this book points the way toward healing and healthy sexuality.

How Pornography Harms Children

Excerpted in part from Kids Online: Protecting Your Children in Cyberspace by Donna Rice Hughes.
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While there are many ways that pornography harms children, I want to assure you that every child who views pornography will not necessarily be affected and, at worst, traumatized in the same way. The effects of pornography are progressive and addictive for many people. Just as every person who takes a drink does not automatically become an alcoholic, every child who is exposed to pornography does not automatically become a sexual deviant or sex addict. However, since pornography has a new door to the home, school, and library through the Internet, it is important for us to look at the many ways that pornography can potentially harm our children.

Exposure to Pornography Threatens to Make Children Victims of Sexual Violence
The Internet has proven a useful tool for pedophiles and sexual predators as they distribute child pornography, engage in sexually explicit conversations with children, and seek victims in chat rooms. The more pornography these individuals access, the higher the risk of their acting out what they see, including sexual assault, rape, and child molestation.

Pornography's Relationship to Rape and Sexual Violence
According to one study, early exposure (under fourteen years of age) to pornography is related to greater involvement in deviant sexual practice, particularly rape. Slightly more than one-third of the child molesters and rapists in this study claimed to have at least occasionally been incited to commit an offense by exposure to pornography. Among the child molesters incited, the study reported that 53 percent of them deliberately used the stimuli of pornography as they prepared to offend. [i]

The habitual consumption of pornography can result in a diminished satisfaction with mild forms of pornography and a correspondingly strong desire for more deviant and violent material. [ii]

Pornography's Relationship to Child Molestation
In a study of convicted child molesters, 77 percent of those who molested boys and 87 percent of those who molested girls admitted to the habitual use of pornography in the commission of their crimes. [iii] Besides stimulating the perpetrator, pornography facilitates child molestation in several ways. For example, pedophiles use pornographic photos to demonstrate to their victims what they want them to do. They also use them to arouse a child or to lower a child's inhibitions and communicate to the unsuspecting child that a particular sexual activity is okay: "This person is enjoying it; so will you."

Exposure to Pornography Frequently Results in Sexual Illnesses, Unplanned Pregnancies, and Sexual Addiction
As more and more children are exposed not only to soft-core pornography, but also to explicit deviant sexual material, they are learning an extremely dangerous message from pornographers: *Sex without responsibility is acceptable and desirable.* Because pornography encourages sexual expression without responsibility, it endangers children's health. One of the grimmer consequences of adult-like sexual activity among children has been a steady increase in the extent to which youth are afflicted with venereal disease. [iv] In the United States about one in four sexually experienced teenagers acquires a sexually transmitted disease (STD) every year, resulting in three million cases of teenage STDs. Infectious syphilis rates have more than doubled among teenagers since the mid-1980s. More children contract sexually transmitted diseases each year than all the victims of polio in its eleven-year epidemic, 1942-1953. [v]

Another obvious result of children involved in adult sexual activity is the increased rate of pregnancy among teenagers.

Research has shown that "males who are exposed to a great deal of erotica before the age of 14 are more sexually active and engage in more varied sexual behaviors as adults than is true for males not so exposed." [vi] One study reveals that among 932 sex addicts, 90 percent of the men and 77 percent of the women reported that pornography was significant to their addiction. [vii]

Exposure to Pornography May Incite Children to Act Out Sexually against Other Children
Children often imitate what they've seen, read, or heard. Studies suggest that exposure to pornography can prompt kids to act out sexually against younger, smaller, and more vulnerable children. Experts in the field of childhood sexual abuse report that any premature sexual activity in children always suggests two possible stimulants: experience and exposure. This means that the sexually deviant child may have been molested or simply exposed to sexuality through pornography. [viii]

In a study of six hundred American males and females of junior high school age and above, researcher Dr. Jennings Bryant found that 91 percent of the males and 82 percent of the females admitted having been exposed to X-rated, hard-core pornography. Over 66 percent of the males and 40 percent of the females reported wanting to try out some

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of the sexual behaviors they had witnessed. And among high schoolers, 31 percent of the males and 18 percent of the females admitted actually *doing* some of the things they had seen in the pornography within a few days after exposure.[ix]

Exposure to Pornography Shapes Attitudes and Values
Most of us caring, responsible parents want to instill in our children our own personal values about relationships, sex, intimacy, love, and marriage. Unfortunately, the powerful irresponsible messages of pornography may be educating our children on these very important life issues. Just as thirty-second commercials can influence whether or not we choose one popular soft drink over another, exposure to pornography shapes our attitudes and values and, often, our behavior.

Photographs, videos, magazines, virtual games, and Internet pornography that depict rape and the dehumanization of females in sexual scenes constitute powerful but deforming tools of sex education. The danger to children stems at least partly from the disturbing changes in attitude that are facilitated by pornography. Replicated studies[x] have demonstrated that exposure to significant amounts of increasingly graphic forms of pornography has a dramatic effect on how adult consumers view women, sexual abuse, sexual relationships, and sex in general. These studies are virtually unanimous in their conclusions: When male subjects were exposed to as little as six weeks' worth of standard hard-core pornography, they:

- developed an increased sexual callousness toward women
- began to trivialize rape as a criminal offense or no longer considered it a crime at all
- developed distorted perceptions about sexuality
- developed an appetite for more deviant, bizarre, or violent types of pornography (normal sex no longer seemed to do the job)
- devalued the importance of monogamy and lacked confidence in marriage as either a viable or lasting institution
- viewed nonmonogamous relationships as normal and natural behavior[xi]

Exposure to Pornography Interferes with a Child's Development and Identity
During certain critical periods of childhood, a child's brain is being programmed for sexual orientation. During this period, the mind appears to be developing a "hardwire" for what the person will be aroused by or attracted to. Exposure to healthy sexual norms and attitudes during this critical period can result in the child developing a healthy sexual orientation. In contrast, if there is exposure to pornography during this period, sexual deviance may become imprinted on the child's "hard drive" and become a permanent part of his or her sexual orientation.[xii]

Psychologist Dr. Victor Cline's findings suggest that memories of experiences that occurred at times of emotional arousal (which could include sexual arousal) are imprinted on the brain by epinephrine, an adrenal gland hormone, and are difficult to erase. (This may partly explain pornography's addicting effect.) Viewing pornography can potentially condition some viewers to have recurring sexual fantasies during which they masturbate. Later they may be tempted to act out the fantasies as sexual advances.

Sexual identity develops gradually through childhood and adolescence. In fact, children generally do not have a *natural* sexual capacity until between the ages of ten and twelve. As they grow up, children are especially susceptible to influences affecting their development. Information about sex in most homes and schools, comes, presumably, in age-appropriate incremental stages based on what parents, educators, physicians, and social scientists have learned about child development. But pornography short-circuits and/or distorts the normal personality development process and supplies misinformation about a child's sexuality, sense of self, and body that leaves the child confused, changed, and damaged.[xiii]
Pornography often introduces children prematurely to sexual sensations that they are developmentally unprepared to contend with. This awareness of sexual sensation can be confusing and overstimulating for children.

The sexual excitement and eventual release obtained through pornography are mood altering. For example, if a young boy's early stimulus was pornographic photographs, he can be conditioned to become aroused through photographs. Once this pairing is rewarded a number of times, it is likely to become permanent. [xiv] The result is that it becomes difficult for the individual to experience sexual satisfaction apart from pornographic images.
Most of us find it difficult to talk to our children about sex in general, let alone the harmful effects of pornography, as graphically described in this chapter. We want to protect the innocence and purity of childhood for as long as possible.

[i] W. L. Marshall, "The Use of Sexually Explicit Stimuli by Rapists, Child Molesters, and Nonoffenders," *The Journal of Sex Research 25*, no.2 (May 1988): 267-88.
[ii] See H.J. Eysenck, "Robustness of Experimental Support for the General Theory of Desensitization," in Neil M. Malamuth and Edward Donnerstein, eds., *Pornography and Sexual Aggression* (Orlando, Florida: Academic Press, 1984), 314. D. Zillmann, "Effects of Prolonged Consumption of Pornography," in *Pornography: Research Advances and Policy Considerations*, eds. D. Zillman and J. Bryant (Hillsdale, N.J.: Erlbaum, 1989), 129.
[iii] *Take Action Manual* (Washington, D.C.: Enough is Enough, 1995-96), 9.
[iv] Neil Postman, *The Disappearance of Childhood* (New York: Vintage, 1994), 137.
[v] Tom Minnery, *Pornography: A Human Tragedy* (Wheaton: Tyndale House).
[vi] K.E. Davis and G.N. Braucht, *Exposure to Pornography, Character and Sexual Deviance*, Technical Reports of the Commission on Obscenity and Pornography (1970), 7.
[vii] Patrick Carnes, *Don't Call It Love: Recovery from Sexual Addictions* (New York: Bantam, 1991).
[viii] Stephen J. Kavanagh, *Protecting Children in Cyberspace* (Springfield, VA: Behavioral Psychotherapy Center, 1997), 58-59.
[ix] Victor B. Cline, *Pornography's Effects on Adults and Children* (New York: Morality in Media, 1990), 11.
[x] Edward Donnerstein, "Ordinances to Add Pornography to Discrimination against Women," statement at Public Hearing of Minneapolis City Council Session (12 December 1983). See also Luis T. Garcia, "Exposure to Pornography and Attitudes about Women and Rape: A Correlative Study," AG 22 (1986), 382-83. This study found "subjects with a greater degree of exposure to violent sexual materials tended to believe that: (a) women are responsible for preventing their own rape, (b) rapists should not be severely punished, and (c) women should not resist a rape attack. In addition, researchers found that exposure to violent sexual material correlated significantly with the belief that rapists are normal. See also Zillman, "Effects of Prolonged Consumption," 129; and N. Malamuth and J. Ceniti, 129-37. "Study…results consistently showed a relationship between one's reported likelihood to rape and responses associated with convicted rapists such as sexual arousal to rape stimuli, callous attitudes toward rape, beliefs in the rape myths, and hostility towards women."
[xi] Cline, *Pornography's Effects*, 8.
[xii] Kavanagh, *Protecting Children in Cyberspace*, 58-59.
[xiii] Interview with Ann Burgess, professor of nursing, University of Pennsylvania, 15 January 1997. "Pornography - Victims and Perpetrators," Symposium on Media Violence & Pornography, Proceedings Resource Book and Research Guide, ed. D. Scott (1984).
[xiv] Jerry Bergman, Ph.D. , "The Influence of Pornography on Sexual Development: Three Case Histories," *Family Therapy IX*, no. 3 (1982): 265.

The Truth Behind the Fantasy of Porn

by Shelley Lubben - Former Porn Actress
http://www.shelleylubben.com

  Sex-packed porn films featuring freshly-dyed blondes whose evocative eyes say "*I want you*" are quite possibly one of the greatest deceptions of all time. Trust me, I know. I did it all the time and I did it for the lust of power and the love of money. I never liked sex. I never wanted sex and in fact I was more apt to spend time with Jack Daniels than some of the studs I was paid to "fake it" with. That's right none of us freshly-dyed blondes like doing porn. In fact, we hate it. We hate being touched by strangers who care nothing about us. We hate being degraded with their foul smells and sweaty bodies. Some women hate it so much you can hear them vomiting in the bathroom between scenes. Others can be found outside smoking an endless chain of Marlboro lights…

   But the porn industry wants YOU to think we porn actresses love sex. They want you to think we enjoy being degraded by all kinds of repulsive acts. The truth, porn actresses have showed up on the set not knowing about certain requirements and were told by porn producers to do it or leave without being paid. Work or never work again. Yes, we made the choice. Some of us needed the money. But we were manipulated and coerced and even threatened. Some of us caught HIV from that coercion. I personally caught Herpes, a non-curable sexually transmitted disease. Another porn actress went home after a long night of numbing her pain and put a pistol to her head and pulled the trigger. Now she's dead.

   It's safe to say most women who turn to porn acting as a money-making enterprise, probably didn't grow up in healthy childhoods either. Indeed, many actresses admit they've experienced sexual abuse, physical abuse, verbal abuse and neglect by parents. Some were raped by relatives and molested by neighbors. When we were little girls we wanted to play with dollies and be mommies, not have big scary men get on top of us. So we were taught at a young age that sex made us valuable. The same horrible violations we experienced then, we relive through as we perform our tricks for you in front of the camera. And we hate every minute of it. We're traumatized little girls living on anti-depressants, drugs and alcohol acting out our pain in front of YOU who continue to abuse us.

   As we continue to traumatize ourselves by making more adult films, we use more and more drugs and alcohol. We live in constant fear of catching AIDS and sexually transmitted diseases. Every time there's an HIV scare we race to the nearest clinic for an emergency checkup. Pornographers insist giving viewers the fantasy sex they demand all the while sacrificing the very ones who make it happen. In other words, no condoms allowed. Herpes, gonorrhea, syphilis, chlamydia, and other diseases are the normal anxieties we walk around with daily. We get tested monthly but we know testing isn't prevention. Besides worrying about catching diseases from porn sex, there are other harmful activities we engage in that are also very dangerous. Some of us have had physical tearing and damage to internal body parts.

  When porn actresses call it a day and head home we attempt to have normal healthy relationships but some of our boyfriends get jealous and physically abuse us. So instead we marry our porn directors while others of us prefer lesbian relationships. It's a real memory making moment when our daughter accidentally walks out and sees mommy kissing another girl. My daughter will vouch for that one.

   On our days off we walk around like zombies with a beer in one hand and a shot of whiskey in the other. We aren't up to cleaning so we live in filth most of the time or we hire a sweet foreign lady to come in and clean up our mess. Porn Actresses aren't the best cooks either. Ordering food in is normal for us and most of the time we throw up after we eat because we're bulimic.

   For porn actresses who have children, we are the world's WORST mothers. We yell and scream and hit our kids for no reason. Most of the time we are intoxicated or high and our four year olds are the ones picking us up off the floor. When clients come over for sex, we lock our children in their rooms and tell them to be quiet. I use to give my daughter a beeper and tell her to wait at the park until I was finished.

   The truth is there IS NO fantasy in porn. It's all a lie. A closer look into the scenes of a porn star's life will show you a movie porn doesn't want you to see. The real truth is we porn actresses want to end the shame and trauma of our lives but we can't do it alone. We need you men to fight for our freedom and give us back our honor. We need you to hold us in your strong arms while we sob tears over our deep wounds and begin to heal. We want you throw out our movies and help piece together the shattered fragments of our lives. We need you to pray for us the next fifteen years so God will hear and repair our ruined lives.

   So don't believe the lie anymore. Porn is nothing more than fake sex and lies on videotape. Trust me, I know.

Dedicated to all the porn actresses who caught HIV, died from drug overdose and committed suicide.