How to Develop Effective Internet Safety Plans with Adult Clients Who Have Sexually Abused

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New York

Introductions

What brings you in today?r from
the topic

Learning Objectives:

1) Describe how to initiate and have conversations with clients in preparation of safety planning for internet use

2) Explain how internet safety planning contributes to stability for clients

3) Identify the essential components of an internet safety plan

4) Guide clients in their navigation of the sexually suggestive environments of media platforms and explain their subconscious influence
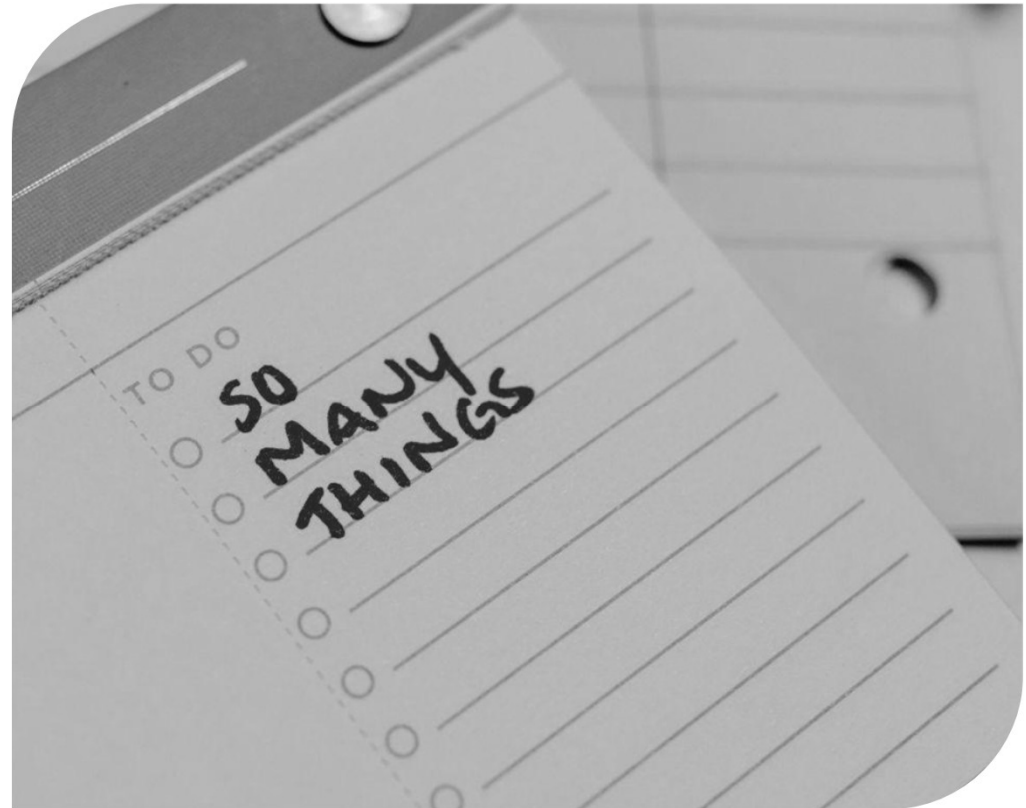
Safety Planning Along the Stages of Change

Precontemplation

Contemplation

Preparation

Action

Maintenance
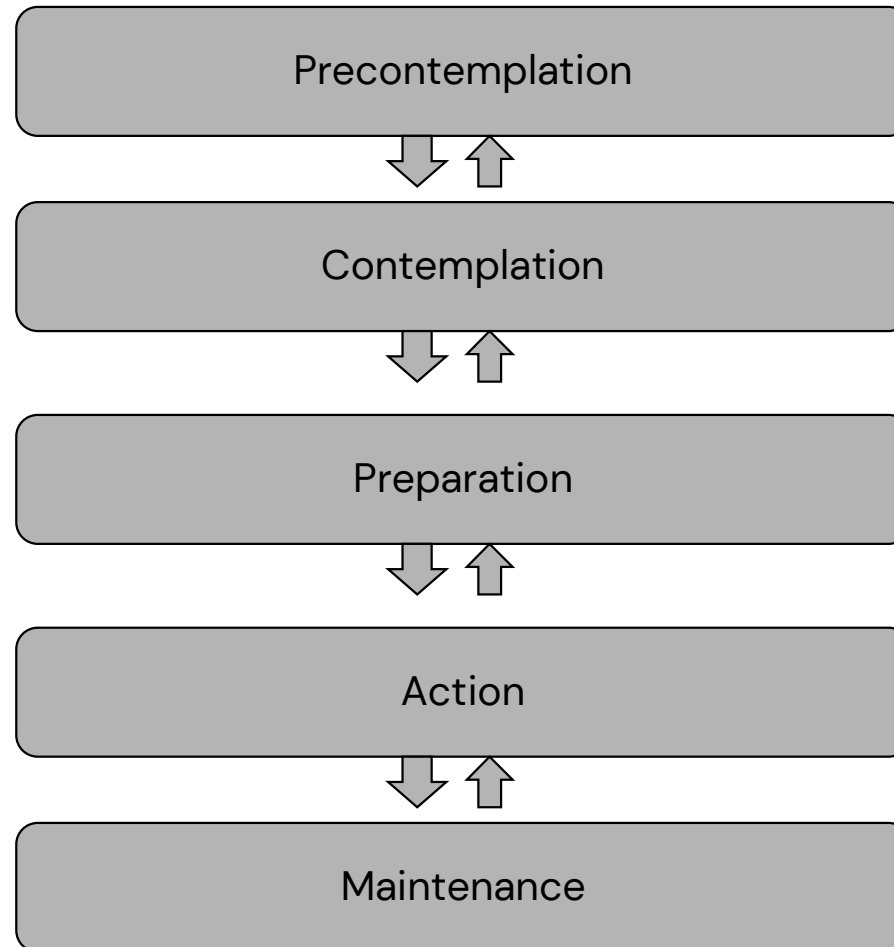
1. Pre-Contemplation

"Everyone looks at stuff online—it's not like I'm hurting anyone."

Internet Facilitated Offending

- Child Sexual Abuse Media
- Sextortion
- Online enticement
- Child Sex Trafficking
- AI-generated abuse imagery/Deep Fakes
- Non–consensual pornography/media sharing

Reports of online enticement increased by more than 300% from 2021-2023
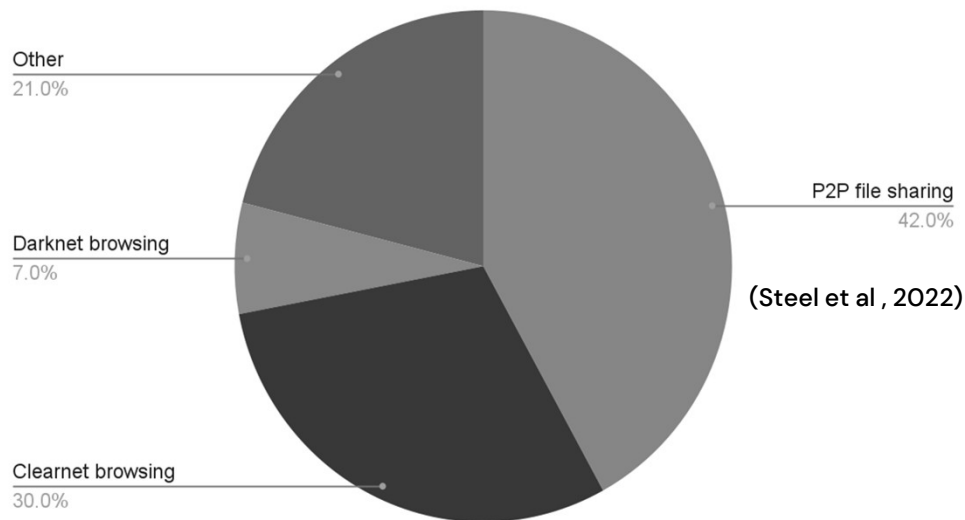(National Center for Missing and Exploited Children, 2023)

Since 2000, perpetrators of online offenses are increasingly under the age of 25.
(Wolak et al., 2012)

"Perpetrators in most categories were predominantly dating partners, friends, and acquaintances, not online strangers."
(Finkelhor et al., 2022)

Technology First Used to Access CSEM

Other
21.0%

Darknet browsing
7.0%

Clearnet browsing
30.0%

P2P file sharing
42.0%

(Steel et al , 2022)

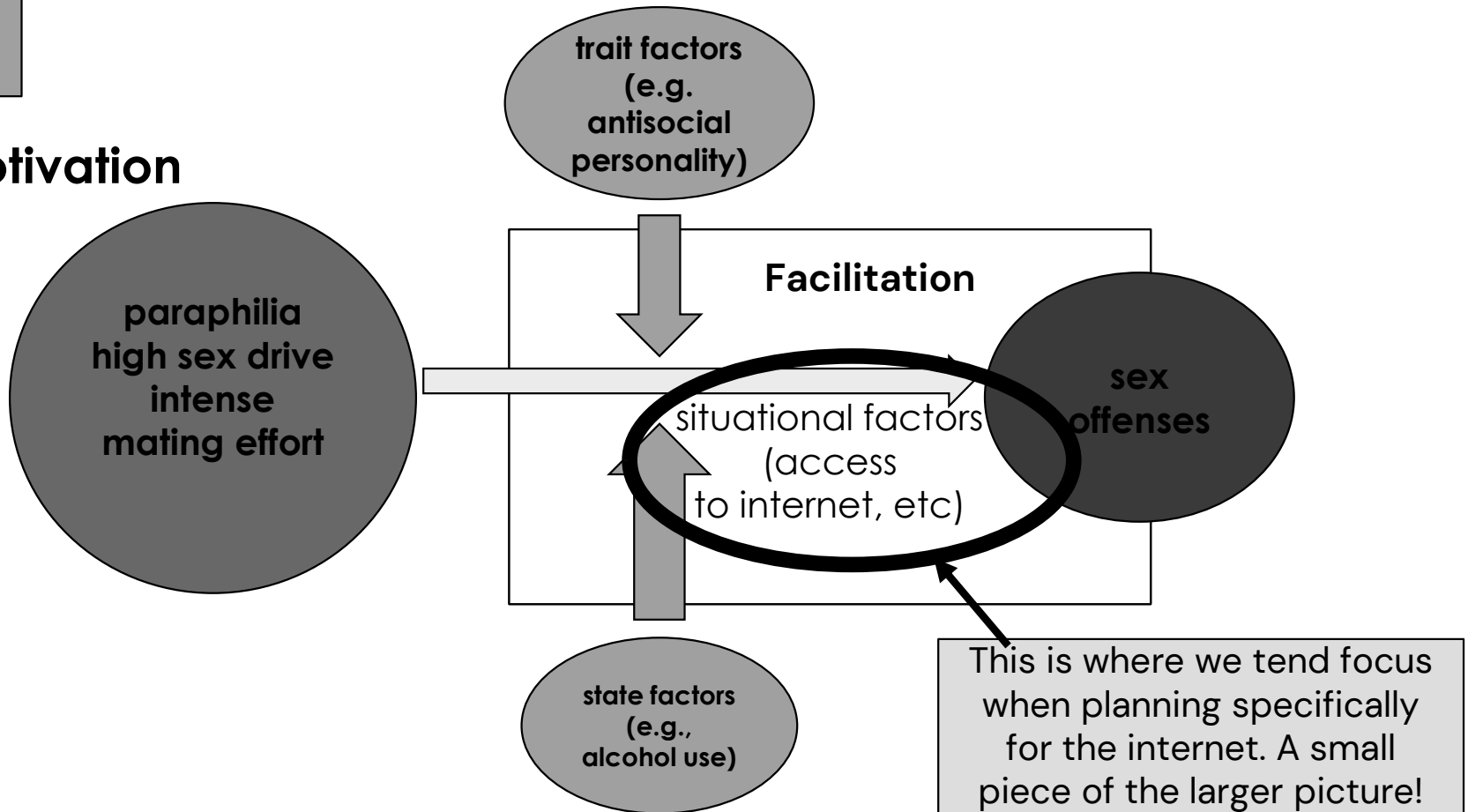Qualitative survey of women who have survived sexual exploitation:
- Most were not aware of how to report the abuse
- Mentioned female perpetrators not reflected in criminal data
- Perpetrators were known to the victim and in positions of power

(ECPAT International and WeProtect Global Alliance, 2022)

Knowing the Route

NOT the same as motivation to change!

Motivation

trait factors (e.g. antisocial personality)

Facilitation

paraphilia
high sex drive
intense
mating effort

situational factors (access to internet, etc)

sex offenses

state factors (e.g., alcohol use)

This is where we tend focus when planning specifically for the internet. A small piece of the larger picture!

Online Disinhibition Effect

- Feeling anonymous
- Feeling invisible
- Ease of Disengagement/ Escape
- Blurred lines of reality and fantasy
- Real world rules and social norms don't apply
- Perception of equality

(Suler, 2004; Suler 2015)

CLICK

GLASBERGEN ©Glasbergen

Kevin finally gets to use what he learned in his online self-defense class.

Specific Risk Factors for Online Offending

From a 2023 Systematic Review (Steene et al., 2023):
1. Cognitive Distortions
   a. Harm Minimisation and Wide Availability
   b. Children as Sexual Agents
   c. Fantasy Driven
2. Difficulties with Relationships (both intimate and non-intimate)
3. Managing Isolation, Loneliness and Boredom
4. Low self-worth, poor psychological health, impulse challenges
5. Interest in offense supportive sexual material
6. Child Abuse Images as reinforcing for emotions
   a. Removal of aversive emotional states
   b. Supplementation of pleasurable states
7. Hyper-sexuality/sexual proccupation
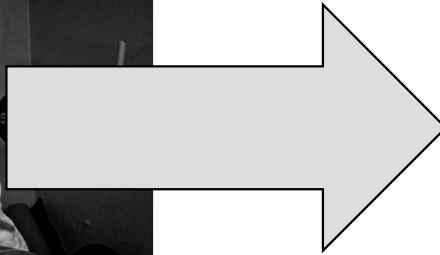
One more:
- Problematic General Internet Use

Online
Sexual Offending
Second Edition

Theory, Practice, and Policy

Michael C. Seto
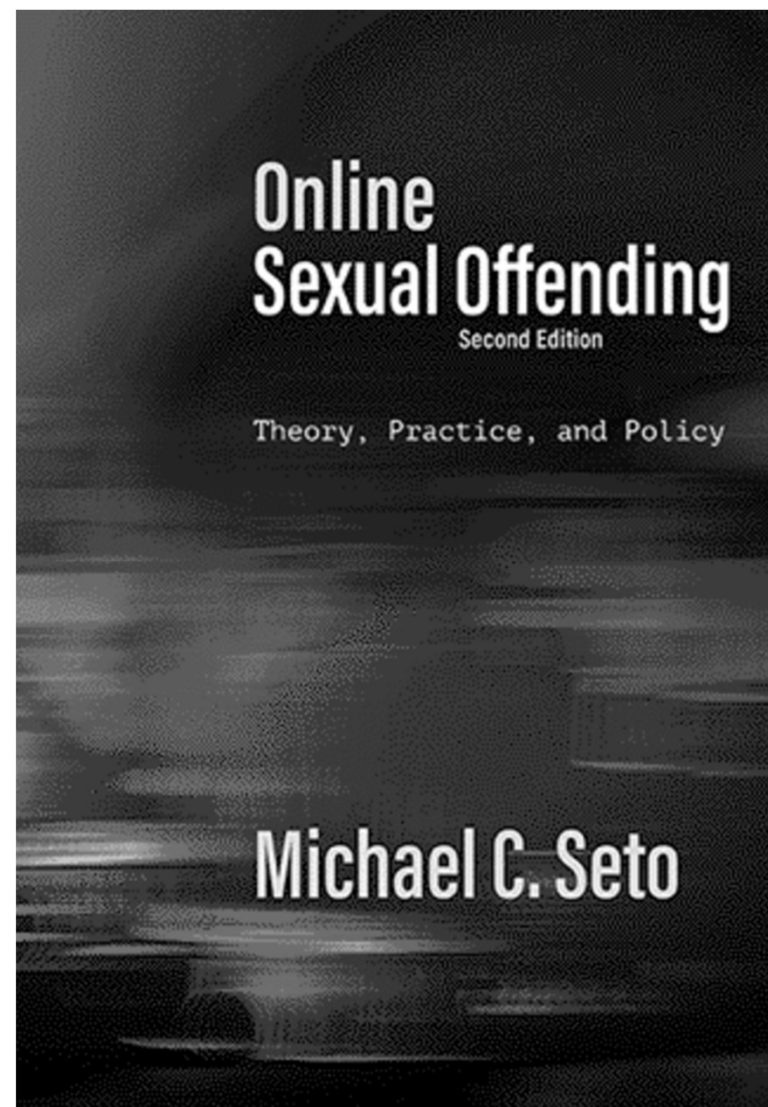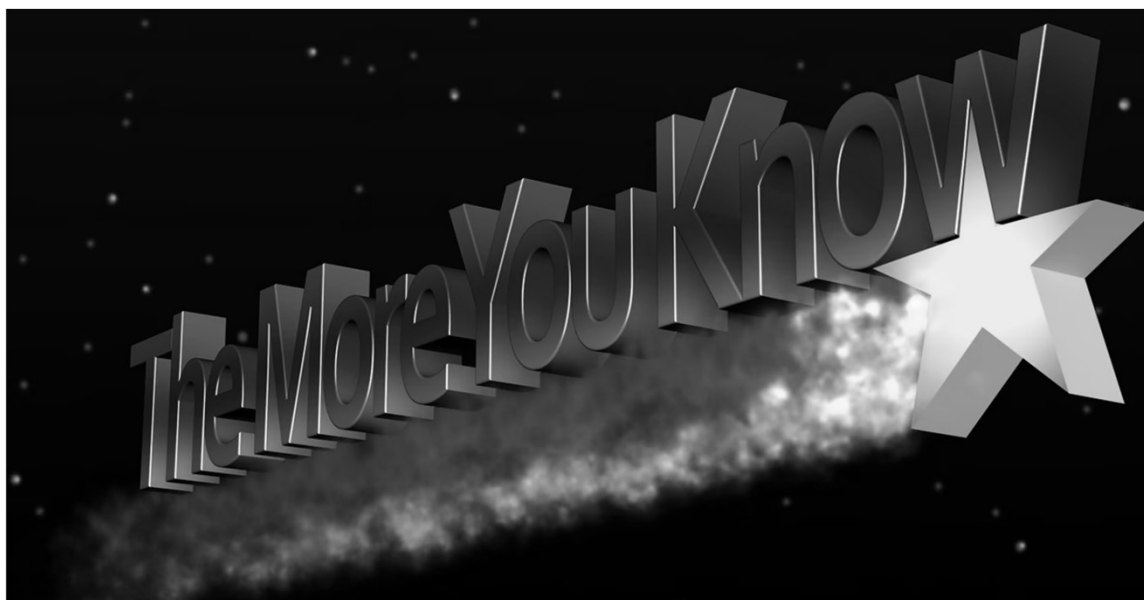
2. Contemplation

"I want to stop some behaviors, but part of me still wants to keep doing them."

Who is the plan for, really?
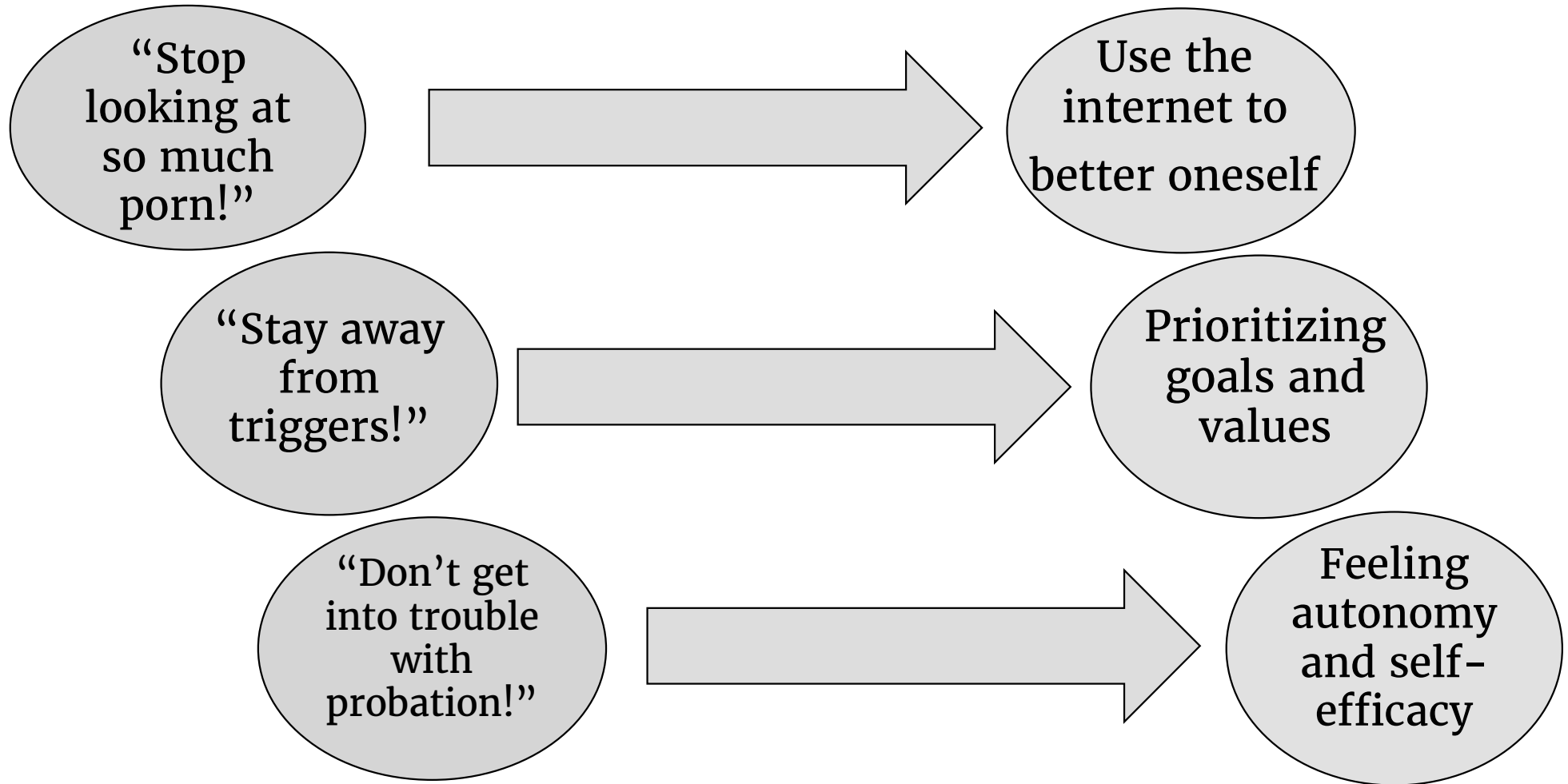
Therapist goals vs Client Goals

What is the plan for, really?

- Safety planning origins in relapse prevention models
- Relapse prevention limited by:
  - Motivation to change
  - Predictability of client pathway to the undesired behavior
- Enhancing effectiveness by:
  - Addressing trauma
  - Developing healthy lifestyle

Avoidance Goals vs Approach goals

"Stop looking at so much porn!" → Use the internet to better oneself

"Stay away from triggers!" → Prioritizing goals and values

"Don't get into trouble with probation!" → Feeling autonomy and self-efficacy

For Adults: Protective Factors from the SAPROF-SO

1. Adaptive Schemas
2. Empathy
3. Coping
4. Self-Control
5. Attitudes towards rules and regulations
6. Sexual self-regulation
7. Prosocial sexual interests
8. Prosocial sexual identity
9. Intimate relationship
10. Goal-directed living
11. Work
12. Leisure activities
13. Social network
14. Emotional connection to adults

I got a fever! And the only prescription is more protective factors!!
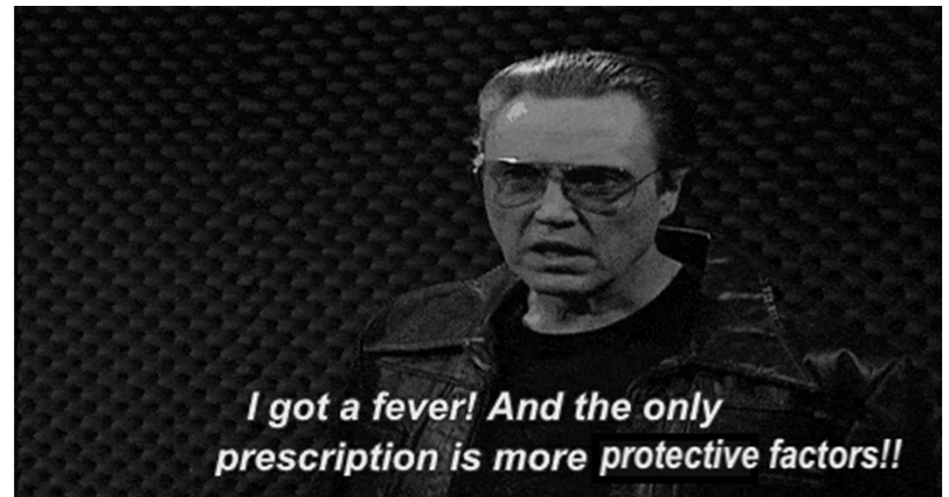
Considering Developmental Stages: Adolescence and Emerging Adulthood

Pornography as Sex Education?

TABLE 6. Teens who say they have learned the following from online pornography
(among teens who have ever viewed pornography)

By demographic	TOTAL	Age 13 to 14	Age 15 to 17	Cis Boy	Cis Girl	Transgender/ Nonbinary*	LGBTQ+	Non-LGBTQ+
How to have sex	**79%**	78%	79%	85%	72%	81%	86%	77%
How to talk with partners	**48%**	48%	48%	51%	43%	51%	54%	46%
What types of partners I find attractive	**72%**	71%	72%	80%	61%	76%	80%	69%
What sexual behaviors I am interested in trying	**72%**	69%	75%	82%	61%	77%	81%	69%
About human bodies and anatomy	**79%**	78%	81%	83%	74%	87%	85%	78%
What types of sexual behaviors are likely to feel pleasurable to me	**73%**	70%	75%	82%	61%	78%	81%	70%
What types of sexual behaviors are likely to NOT feel pleasurable to me	**64%**	64%	64%	71%	55%	76%	75%	60%
What types of sexual behaviors are likely to feel pleasurable to a sexual partner	**73%**	70%	76%	82%	64%	78%	82%	71%
What types of sexual behaviors are likely to NOT feel pleasurable to a sexual partner	**60%**	60%	62%	68%	51%	72%	67%	60%

* Small base size; interpret with caution.

Common Sense Media. (2023). *Teens and pornography*.

For Adolescents and Emerging Adults: PROFESOR Risk and Protective Domains (Worling, 2017)

1. Hope regarding sexual future
2. Respectful Sexual Environment
3. Sexual Beliefs and Attitudes
4. Sexual Interests – Focus
5. Sexual Interests – Frequency
6. Knowledge of Laws and Procedures for Respeful Sexual Relationships
7. Knowledge and Consequences of sexual offending
8. Strategies to Prevent Sexual Offending
9. Compassion for Others
10. General Values and Attitudes
11. Self Regulation
12. Problem Solving
13. Responsivity to Guidance and Support
14. Self Esteem
15. Intimacy and Friendship
16. Relationship with Caregiver
17. Parent/Caregiver practices
18. Engagement in School/Work
19. Engagement in organized leisure activities
20. Living Arrangement

Motivation Barriers for Safety Planning

- "I learned my lesson, I'll never do XYZ again!"
- "My computer is monitored, Id have to be an idiot to do something illegal on there"
- "I don't need to do this, I haven't had a sexual thought since I got arrested"
- "I don't have a problem with the internet"
- "I always viewed porn on my computer and now I only have a smartphone"
- Perceived threat to self agency
- Responsivity issues – why might this task be too challenging?
- Trauma and nervous system dysregulation

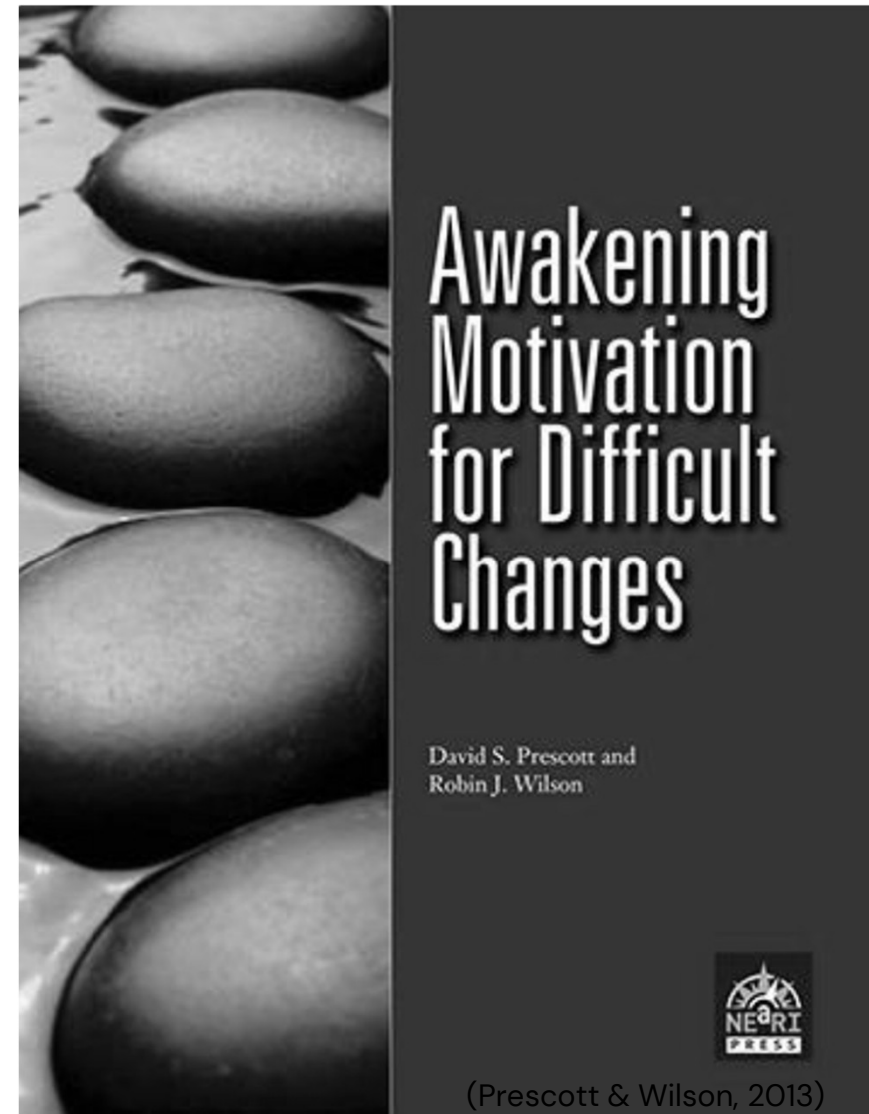CREATE AN INTERNET SAFETY PLAN?
YEA IM NOT DOING THAT
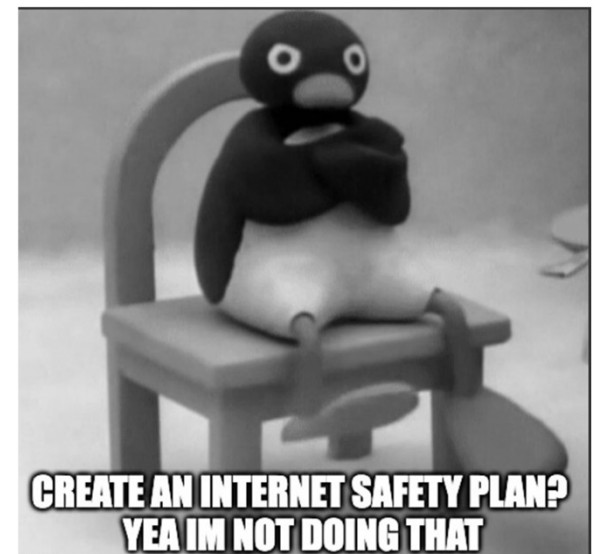
Motivational Interviewing Refresh

- OARS
  - Open ended questions
  - Affirmations
  - Reflections
  - Summaries
- Developing discrepancy
- Rolling with resistance
- Prioritizing self–agency and autonomy

The "Spirit of Motivational Interviewing" as imagined by AI (more on that later)

(Prescott & Wilson, 2013)

Your client is ready to change, but is he ready to plan?

- Insight into risk
  - Patterns of Behavior
  - Problematic websites/platforms
  - Risk factors at the time of the offense behavior
- Insight into goals
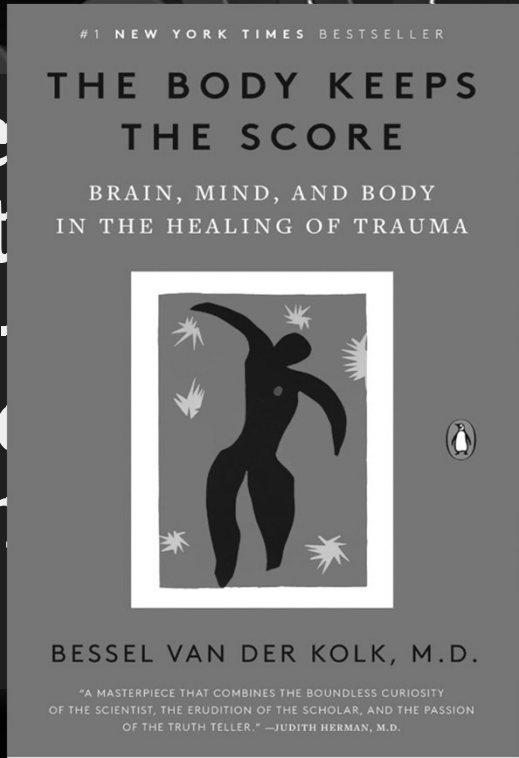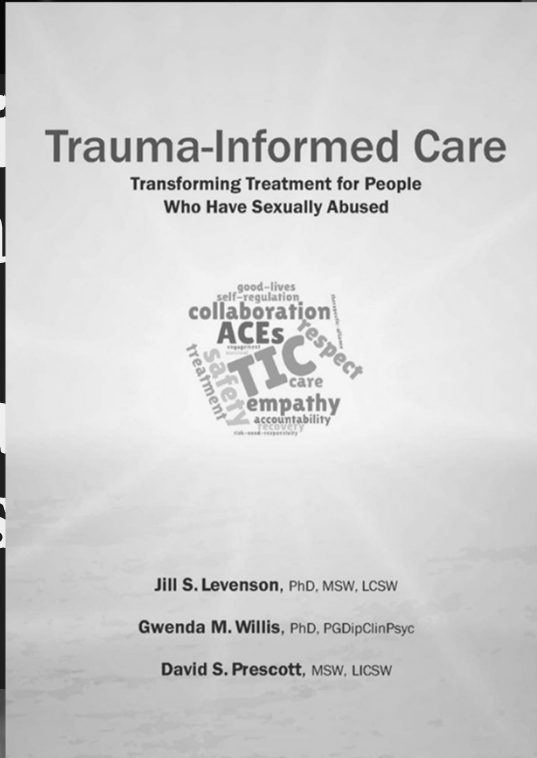 - How to meet needs
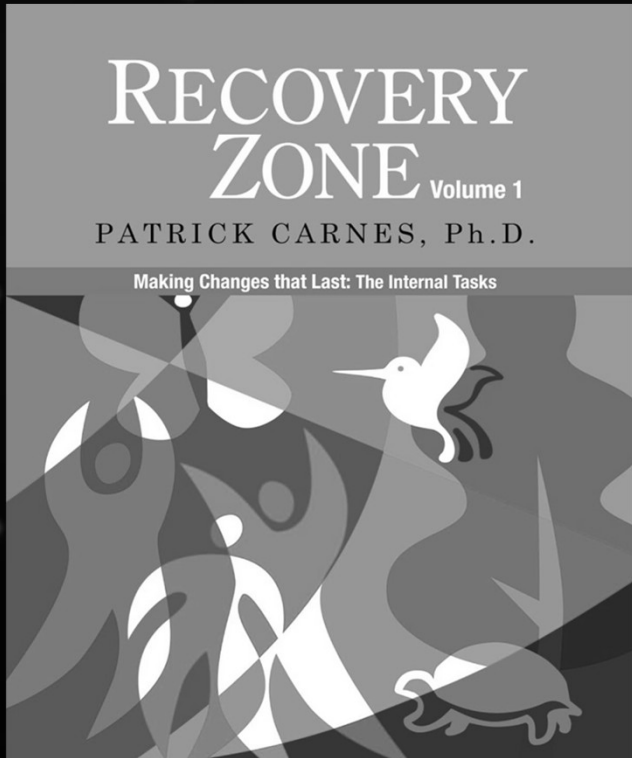 - Values behind online behavior

ARE YOU READY?

3. Preparation

"I know I need to be mindful when I go online, but how do I actually plan?"

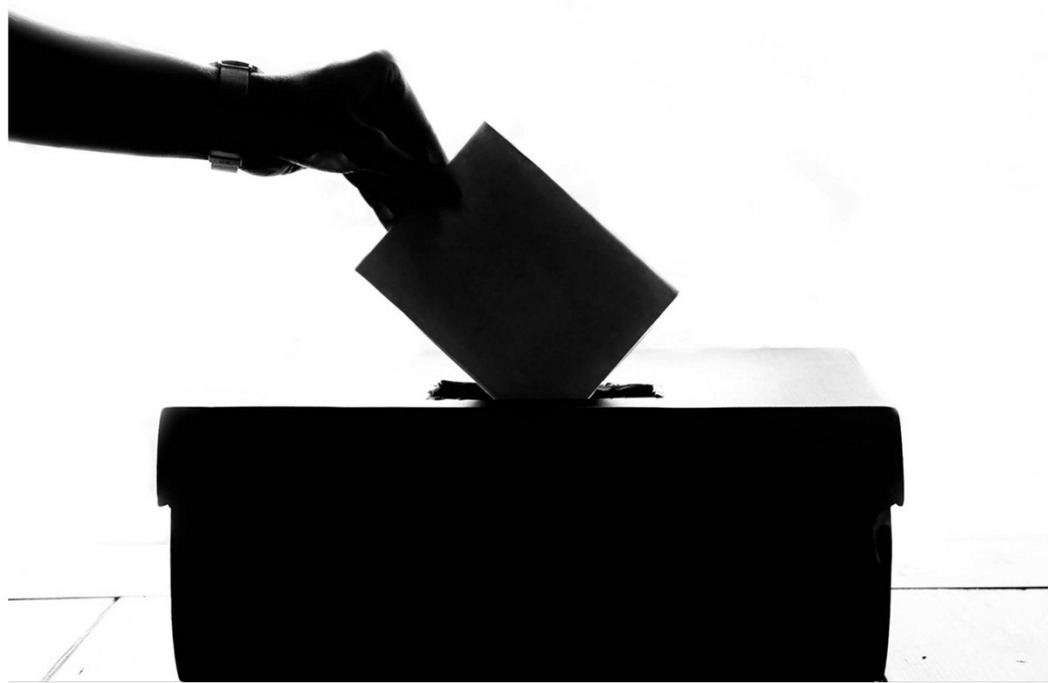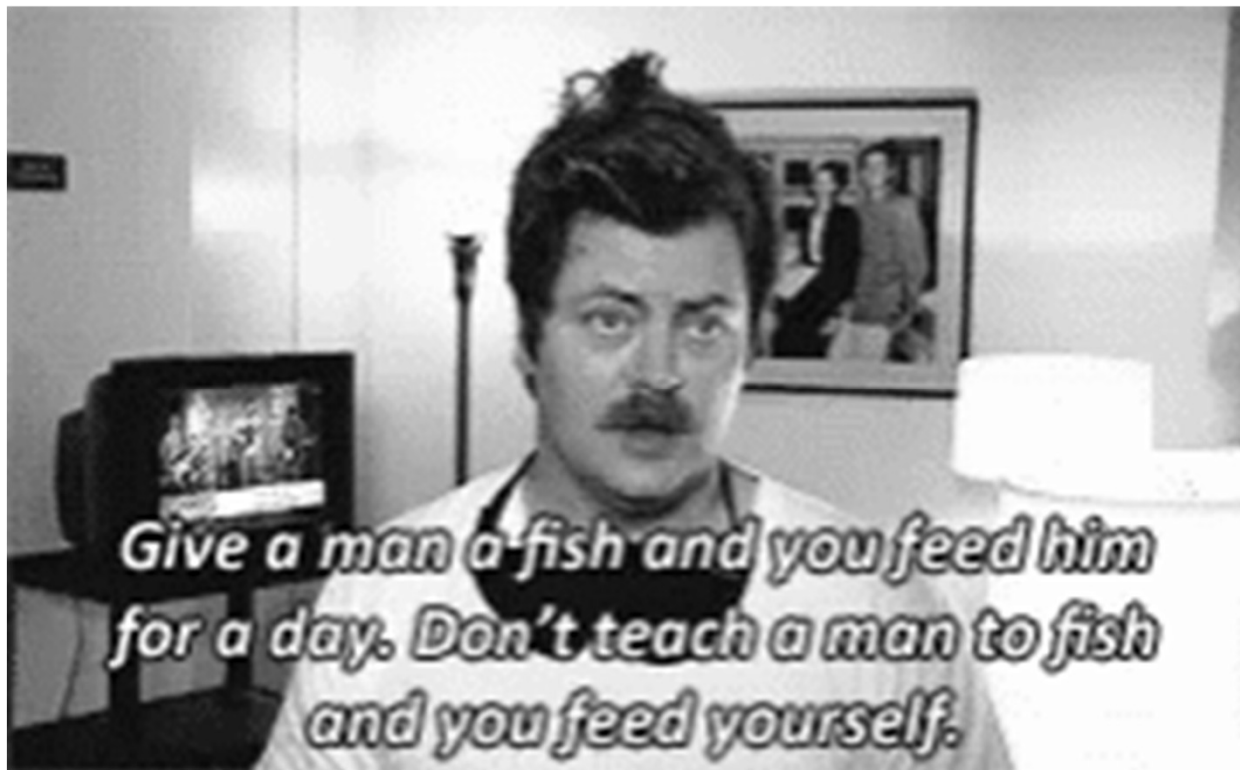# Is formal planning specific to the internet right for everyone?

RECOVERY ZONE
Volume 1
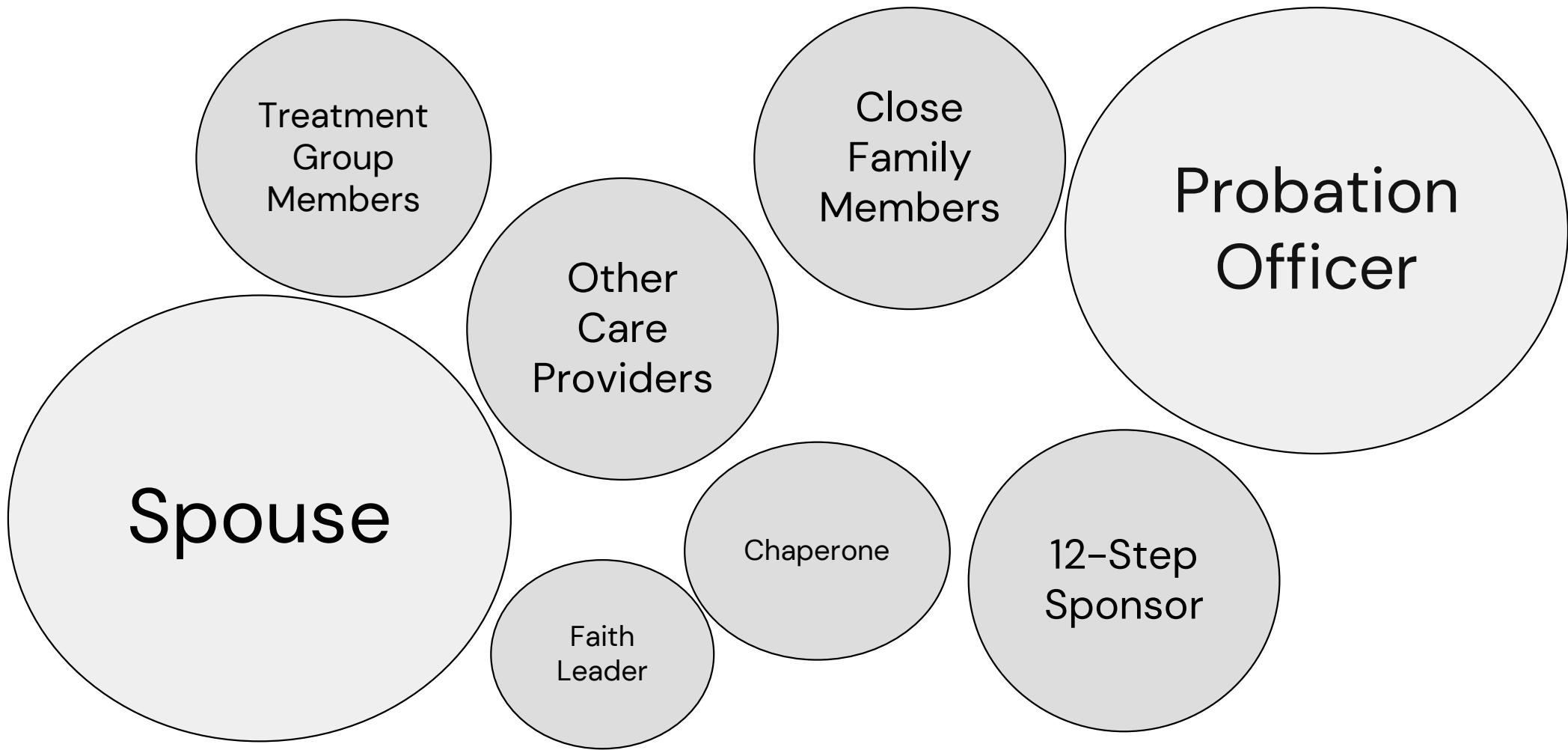
PATRICK CARNES, Ph.D.

Making Changes that Last: The Internal Tasks

Trauma-Informed Care
Transforming Treatment for People
Who Have Sexually Abused

collaboration
ACEs
TIC
empathy

Jill S. Levenson, PhD, MSW, LCSW
Gwenda M. Willis, PhD, PGDipClinPsyc
David S. Prescott, MSW, LICSW

#1 NEW YORK TIMES BESTSELLER

THE BODY KEEPS
THE SCORE

BRAIN, MIND, AND BODY
IN THE HEALING OF TRAUMA

BESSEL VAN DER KOLK, M.D.

"A MASTERPIECE THAT COMBINES THE BOUNDLESS CURIOSITY
OF THE SCIENTIST, THE ERUDITION OF THE SCHOLAR, AND THE PASSION
OF THE TRUTH TELLER." —JUDITH HERMAN, M.D.

The
Internet
Safety
Plan

Chat: What is the goal of an Internet Safety Plan?

Setting Intentions

Collaboration Considerations

Treatment Group Members

Close Family Members

Probation Officer

Other Care Providers

Spouse

Chaperone

12-Step Sponsor

Faith Leader

"Opportunity texted me, tweeted me, linked to me, friended me, blogged me and spammed me. I was expecting it to knock!"

How does internet use vary?

Internet Purpose	Culture	Devices Used	Age	Socio-economic background	Cognitive Abilities
–News and information –Communication and Social Engagement –Education and Learning –Entertainment –Shopping –Accessing Services –Work and Business	-Country of Origin -Religion -Family Influence -Social norms	-Mobile Phones -Laptops -Desktops -Tablets -Gaming Systems	-Varied digital literacy -Perception of online relationships -Normative Balance online vs offline differences	-Access to reliable internet -Shared devices vs individual devices	-Varied digital literacy (again) -Internet or personal device access

Cultural Responsivity
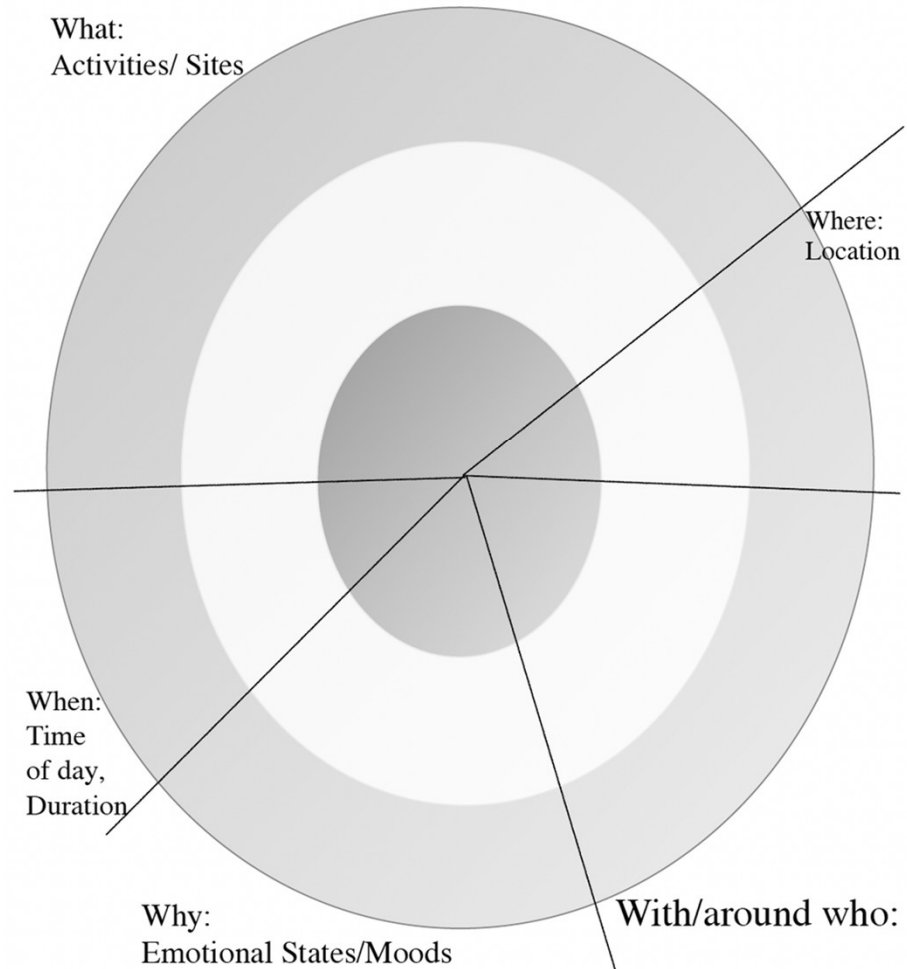## Digital Immigrants vs Digital Natives

Continuum of Digital Fluency
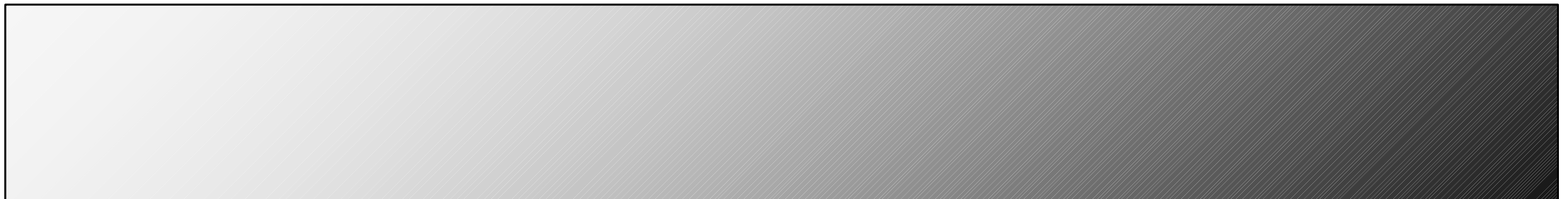
"The price of anything is the amount of life you exchange for it."
– Henry David Thoreau

"the cost of a thing is the amount of what I will call life which is required to be exchanged for it, immediately or in the long run"
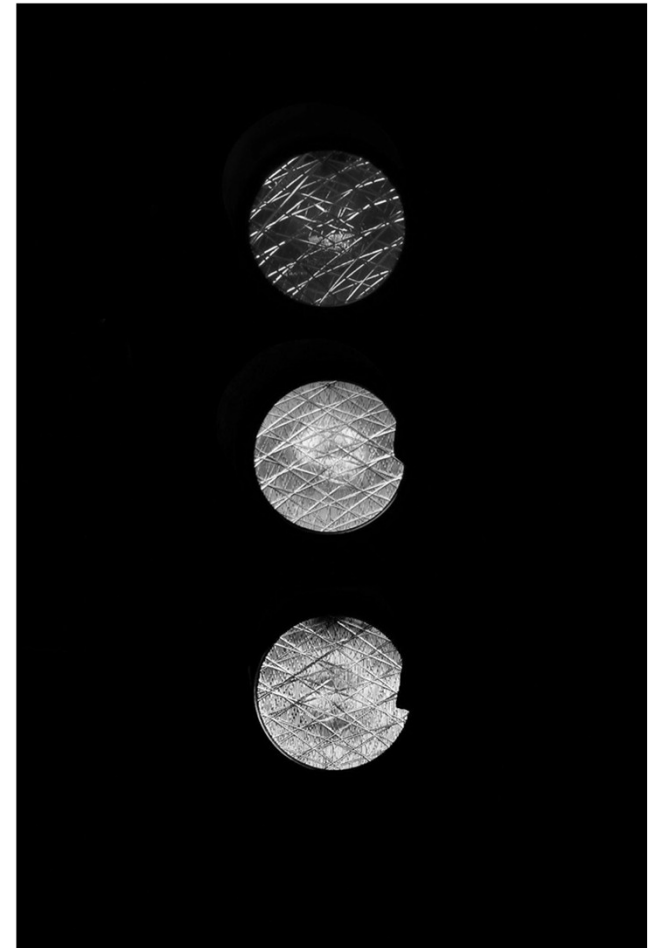
Internet Safety Plan

What:
Activities/ Sites

Where:
Location

When:
Time
of day,
Duration

Why:
Emotional States/Moods

With/around who:

Red: Unacceptable, unhealthy, harmful behaviors/sites, moves the clients away from their goals

Yellow: It depends, proceed with caution

Green: Acceptable, healthy behaviors/sites – moves client in the direction of their goals
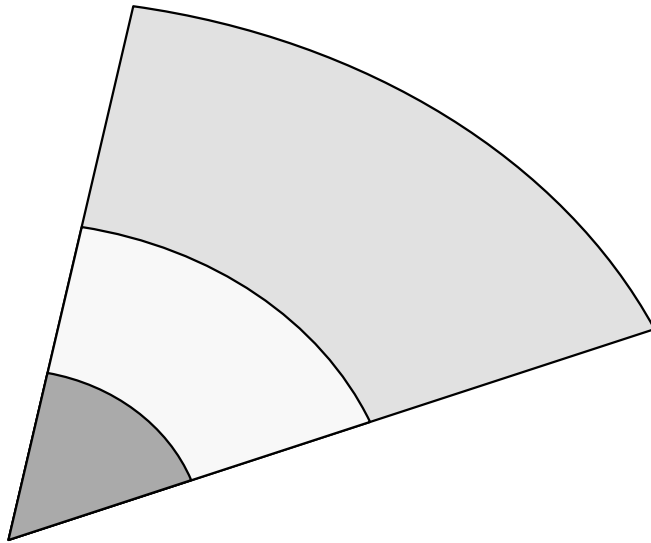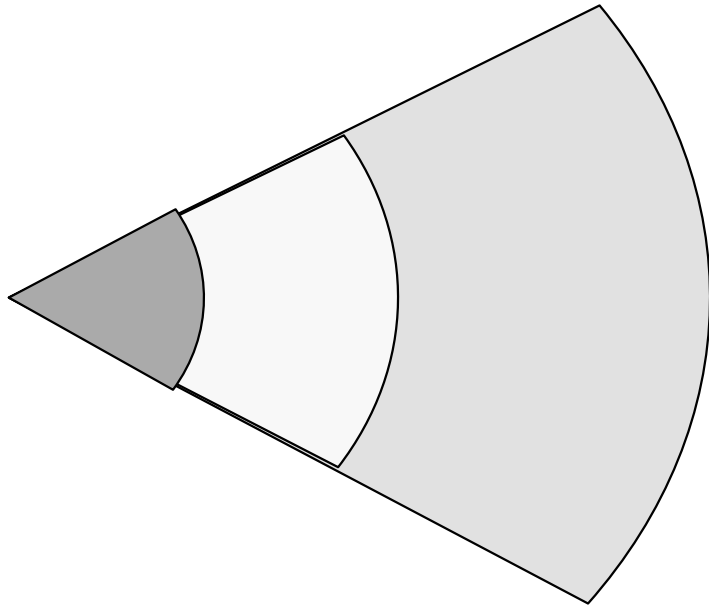
WHAT are you doing online?
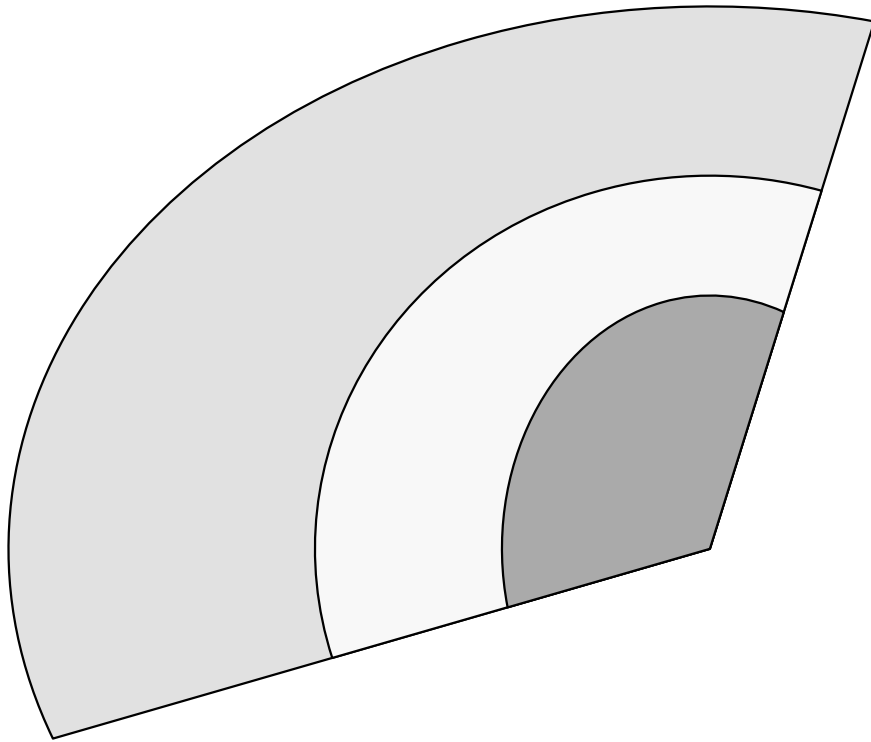
- Activities
- Specific Websites (assumptions about "safe sites")
- Patterns of computer use
- Compulsive Research
- Media Multitasking

WHERE are you when you access the internet?

- In a bedroom? Door open or closed?
- Basement Office?
- In your car? Bus?
- Bathroom? At work?
- Living area where others congregate?

WHO are you around/with when you're online?

- Alone? In the house or in the room with you?
- Friends?
- Family?
- Is this person supportive?
- Are you hiding anything you're dong from anyone?
- Has anvone ever

WHY are you going online?
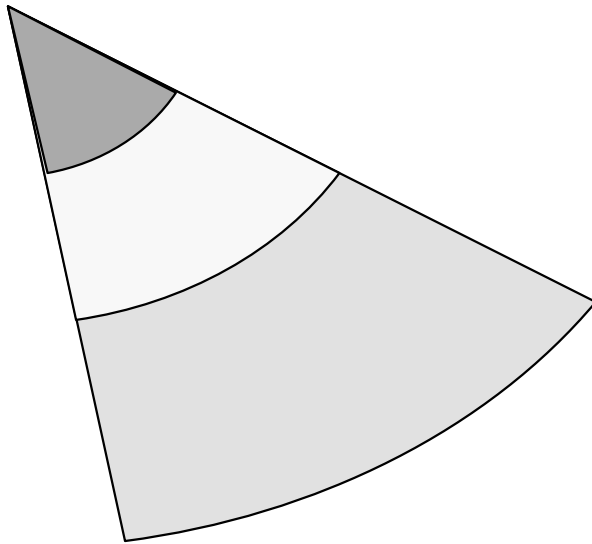
- Using the internet to cope?
- What thoughts do you have?
- What is your emotional state right now?
- How do you feel when you're done?
- HALT

WHEN are you going online?

- Time of Day
- Length of time? How many hours?
- Frequency of use?
- Timing within your routine? Ie. after work, before anxiety provoking events?
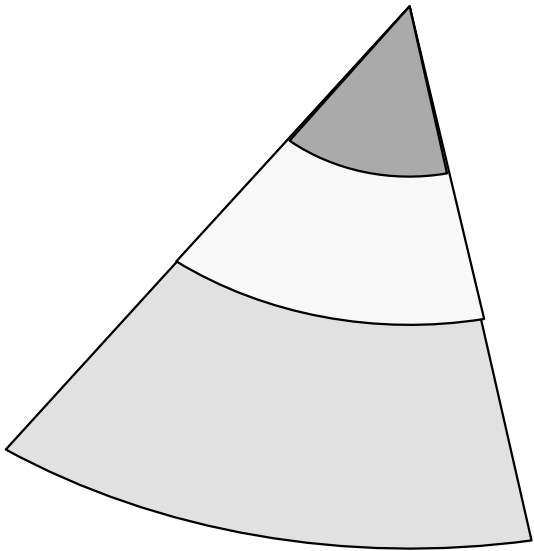
Using the Internet for Sexual Gratification

Pros?

Cons?

What questions would you ask to determine if this could be done in a healthy way?

CYBERSEX MAP WORKSHEET (90 DAY PREP)

Cybersex Map Worksheet

Sites You Seek After You Start

Highest Arousal Sites

Specific Themes in Your Map

Torrent sites for illegal images

Incest Themes

Implied boundary violations

Favorite Start Sites

Heterosexual Free porn

Soft & Hard Core Images

College Co-eds

Teens & Barely Legal

Images of teens & some pre-pubescent

Questionable sites & legality

Experiment with gay porn

Exposure using Webcam sites

Younger images

Vulnerability

Exploitation

Revenge

Money Exchange

Boundary violations

Power differentials

Bizarre or shocking

Disgusting

Violent / Aggressive

Amateur / Realistic

Interactive

Offline / In Person

Specific sex act

Specific partner characteristic

1. Does my fantasy, tool for stimulation, or sexual behavior hurt me (emotionally or physically?)

1. Does my fantasy, tool for stimulation, or sexual behavior hurt another person?

1. Is my fantasy, tool or behavior within the conditions of my supervision/treatment?

1. Does my fantasy, tool, or behavior reinforce unhealthy sexual interests, distortions, or illegal behavior?

1. Does my fantasy, tool for stimulation, or sexual behavior interfere with my functioning/ ability to meet needs in other areas?

6. Am I using my fantasies or sexual behavior to cope with negative emotions or maintain positive feelings?

7. Am I hiding my fantasies, tools or behaviors from others?

8. Is my fantasy, tool or behavior consensual in nature (age, capacity, intent)?

9. Have I attempted and struggled to stop this using this tool or engaging in this behavior in the past?

10. If the tool is media based, who is the intended audience?

11. Does this behavior or tool move me in the direction of my goals or away from my goals?

Escape Toolkit:
Short-Term Distress Tolerance Strategies (DBT)

Activities – The more variety of options the better! Exercise, hobbies	**P**ushing away– Distractions, thought stopping strategies
Contributing– Opposite action, doing something positive	**T**houghts– Thought exercises, urge surfing, logging urges
Comparisons – Comparing current to past distress, gratitude	**S**ensations – Soothing with the 5 senses. Cold water
Emotions – Emotional film/music, journaling, art	**Other**– Meditation, breathing exercises,

Working with Offenders who View Online Child Sexual Exploitation Images

Lyne Piché and Anton Schweighofer

The More You Know ★

The Illegal Images Workbook
Understanding and Changing
Harmful Online Sexual Behavior

#awareness
#health
#freedom
#hope

David L. Delmonico, Ph.D., LPC
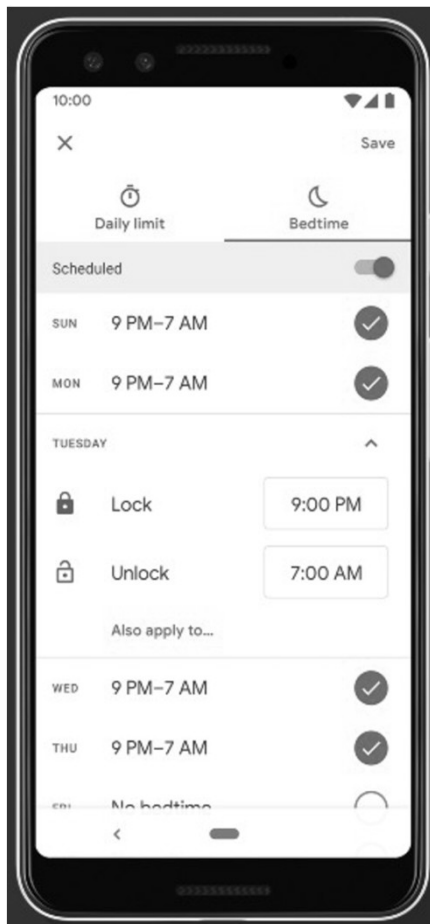Elizabeth J. Griffin, MA, LMFT

4. Action

"I'm using my safety plan to guide my daily routines—when I go online, where, and for how long. It's helping me feel more in control."

Don't forget…

Additional tools to use with internet safety plan:

1	Computer/Internet monitoring
2	Time out/tracking apps
3	Timers/alarms
4	Journaling/logging
5	Ad blockers
6	Safe Search Filters

Digital Fluency is a moving target...

2025 considerations

Intended and unintended technology affordances facilitate behavior

- ○ Short form video and content suggestions
- ○ Amplifying effects
- ○ Anonymity and social reach
- ○ Offending because it's "easy"

How do we plan around what we don't know about changing technologies?

(Roberts & David, 2025; Seto 2025)

Frequently Asked Questions

What's OK?
Understanding relationships, boundaries and consent

Get Answers

Am I OK?
Concerned about your own sexual thoughts and behaviors

Get Answers

Sexual Content
Porn, CSAM, sexting, lolicon, hentai and more

Get Answers

Worried about a Friend
Worried about someone else's sexual interests, comments and behaviors

Get Answers

Finding help
No matter what, you are not alone. Here's how to find support.

Get A...

Something Else
Don't see your question someplace else? Email, chat or text our confidential helpline.

The More You Know

What's OK?

Home   FAQs   How it Works   Blog   Resources

I have questions about permission.
sexual violence.

For Parents   For Educators   Our Work and Impact

common sense education®

Enter keywords or select a browse option

Sign in   Register

Digital Citizenship   Apps and Websites for Learning   Tips and Resources   Professional Development   Family Resources

Get Our Newsletter

An Authentic Approach to Discussions About Digital Well-Being

Browse all articles

Check out this article for more tips to foster healthy tech habits.

Dr. Emily Weinstein
Executive director, Center for Digital Thriving

April 24, 2024

Use this activity as an in-road to deeper conversations about digital life.
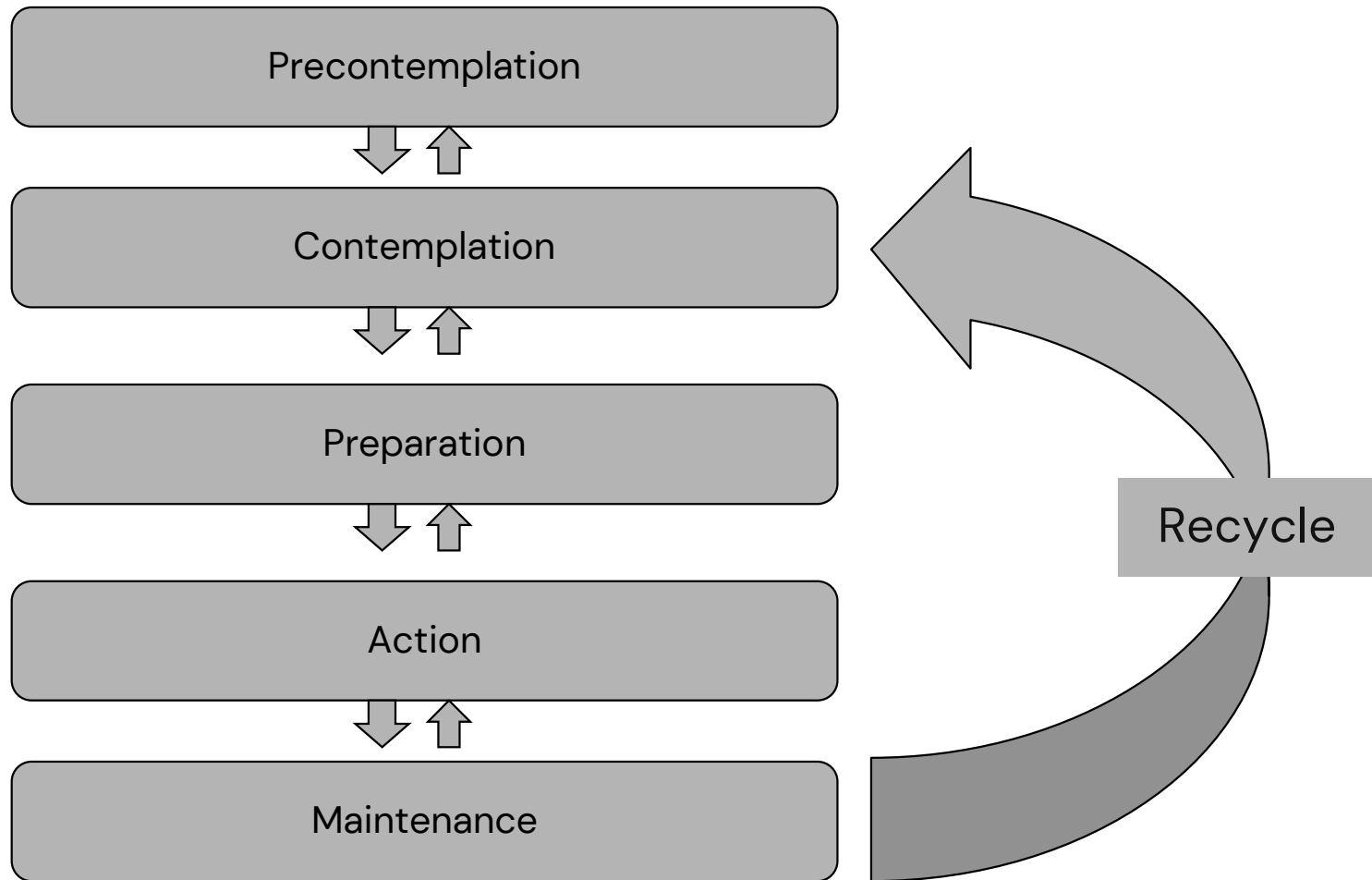
TOPICS

Digital Citizenship

Media Balance & Well-Being

+ 4 more

5. Maintenance

"I can tell when I'm slipping toward risky behaviors, and I know how to respond."

Relapse? Recycle!

Precontemplation

Contemplation

Preparation

Action

Maintenance

Recycle

Steps to Take After a Lapse

**Pause & Reflect** – Breathe, avoid shame, journal

Reach Out – Contact your therapist, group, or accountability partner

Re-engage with Supports – Update your safety plan, attend meetings, explore deeper triggers

Rebuild Boundaries – Block triggers, reinstall filters, set device limits

Recommit Daily – Practice grounding, journal, track progress, remember your approach goals

So we meet again...
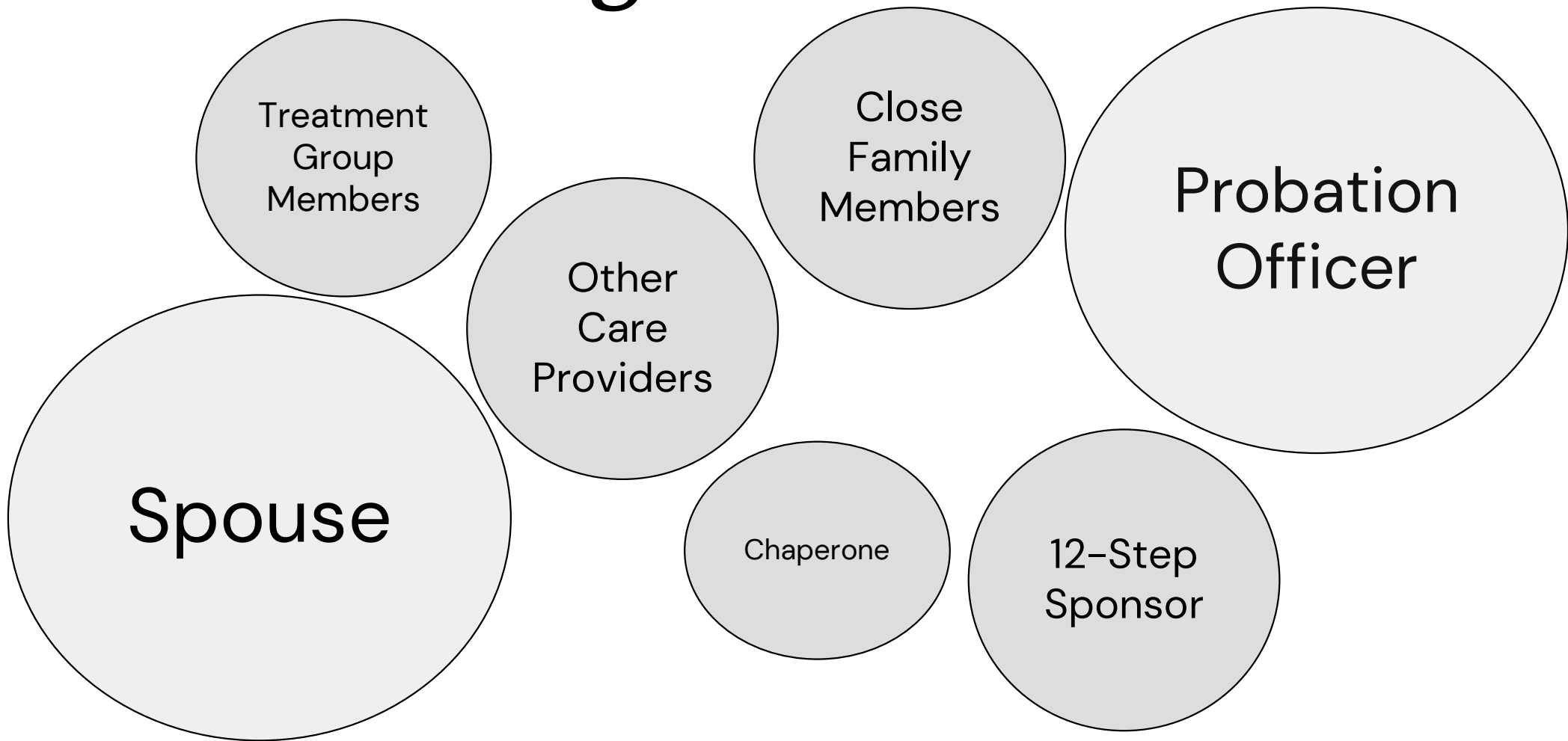
A reminder about time…

Sexual reoffending rates are highest during the first few years after release and reduce by about half for each 5-year period of sex offense-free time in the community.

(Hanson et al., 2014))

Thank you!