

Understanding Why

Exercise 2: Progression Timeline - Part A: Making your timeline

This first step in the exercise aims to provide you with a clear visual, mapping your progression toward offending behaviour on the internet. In each box, write a brief description of a key event in your life, marking a significant step in the progression of your online behaviour that eventually led to you accessing illegal content. Use the example provided to help you compose your own timeline. We recommend completing your timeline in the following order:

- Your current situation (will likely be at the far right)
- The first time that you accessed illegal images of children (be sure to highlight this point on the timeline)
- Think back to your first memory of being sexually aroused, be it with pornography or other (will likely be near the far left)
- In between each of the above, identify other significant key events that you believe can be seen as 'signposts' in your life for where you broke down a barrier and progressed to more risky online behaviour.

Remember that this is your timeline – if you feel that you need more boxes to tell your story, feel free to add.

First memory of sexual arousal

Birth

Current Age

Current situation