

## Taking control of your online behaviour

### Objectives

This module aims to help you explore and gain understanding of the following:

- Your level of control over your current online sexual behaviours
- The potential role of justifications in your problematic behaviour
- How to make immediate changes to start the change process

### Taking Control

Offending can often feel like it is out of your control or becomes very automatic over time; although it may not always feel like it, you do have agency and control over your own behaviour. When we take a closer look at the situations, feelings and thoughts (i.e., triggers) associated with behaviour, we can usually see that there are steps that can be taken to prevent behaviours.

### Stop and think...

What do you notice about how your control has changed from when you first started looking at sexual images of children or engaging in sexual communication with children until now?

How does feeling out of control affect your mood?

How in control would you like to be in a year's time?

### Changes

In order to start feeling more in control of your behaviour there are a variety of small changes that you could make to help you along the way. There are some options below, think about trying a few and seeing what you find the most helpful.

#### Changes to your environment:

- moving your devices to a high traffic more public area of the home to make it less likely that you will access pornography;
- changing your employment if your current job brings you into contact with children;
- having a photo of your partner/children next to your device/s so you think of them and what you are risking by accessing sexual images of children or engaging in sexual chat.

#### Changes to your electronic devices

- having security software installed on your device so that you cannot access problematic material (e.g., accountable2you, covenant eyes, Net nanny);
- having your screensaver as a picture of a place you want to visit or pictures of a loved one who is important in your motivation to not offend. You could also have a picture of prison bars as your screen saver or wallpaper (this can act as an incentive not to offend or a reminder of the consequences if you do);
- entrusting passwords to another person to limit access;
- set your passwords to be a reminder of something you would lose if you offend on-line;

## Changes when you go online

- only use devices when others are in the room or in public places where you would not access the material;
- only use your device for specific purposes such as internet banking, do not allow yourself to 'browse';
- unplug your wireless router at night so you have to make more effort to go on-line and therefore have more time to think about and stop what you are doing;
- get a mobile phone without internet access;

## Exercise 1: What can I do.

Make a list of three things you can do to immediately reduce your risk of illegal online sexual behaviour, e.g.:

1. Move device/s
2. Install security software
3. Switch wifi off after 8pm

*Please return to the website and complete the **Reflection** questions at the end of this module.*