Technology Safety Class

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Center Hope Solutions

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Lesson One

Introduction: The purpose of the group is to help clients think about the future and what life might look like as they begin to (re)integrate into the community. The course focuses on potential challenges and resources clients may have, regarding the technological changes society has undergone.

- The class is designed to help clients learn about the types of technologies, obtain hands on skill practice, identify the potential for offense risks, and identify potential protective factors.
- Clients will be identifying offense related risk factors that may be present when utilizing devices with internet and asked to develop an Internet Safety Plan, which will be attachments to their Risk Management Plans.
- The clients participating in this group should have a good understanding of their Dynamic Risk Factors, Patterns of Offence and be making progress on their Risk Management or Community Safety Plans.

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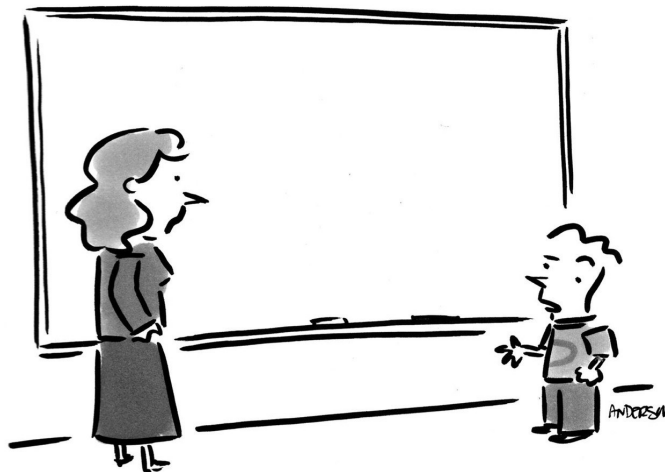
"Before I write my name on the board, I'll need to know how you're planning to use that data."

The Group Agreement

We, the patients and staff of, will use **The Group Agreement** to make our groups a safe and respectful place to work toward the prevention of sexual harm.

We will use this agreement to guide how we treat one another and our environment and to help resolve disagreements in a peaceful and positive way. We will review this agreement at the beginning of any new group and when new members join the group. We can also reference this agreement whenever   someone feels the group is not working for them.

When a change or exception to the agreement is needed we will discuss it as a group and decide what is best for all members.

- *We will be present in group.*
- *We will start group on time and end group on time.*
- *We will work actively in group to improve ourselves and meet our treatment goals.*
- *We will put our feelings into words, not actions.*
- *We will always prioritize the safety of the group.*
- *We will work to repair and rebuild trust when it has been broken.*
- *We will engage in self-care when needed.*
- *We will respect the privacy of the group.*
- *We will leave all distractions outside the group.*
- *We will sit together as a group and always prepare the room for the next group.*

I, _____ _____have reviewed **The Group Agreement** and am willing to use it to guide my work toward the prevention of sexual harm.

_____   _____
Signature   Date

Defining Terminology: Let's take a minute to clarify some frequently used terms to make sure we are all on the same page.

- **Sexually Explicit:** Material featuring content that one might find sexually arousing that does not fall specifically under legal or marketing definitions of pornography.

- **Pornography:** Media (e.g. photography or video) designed specifically for the purpose of sexual stimulation. May or may not include actual nudity or sexual contact between actors.

- **Healthy:** Adaptive; pro-social; non-offense related

- **Unhealthy:** Offense-supportive or offense parallel or causing problems in one's interpersonal, social or occupational functioning.

- **Dynamic Risk Factors:** Lifestyle aspects that increase an individual's risk to engage in maladaptive behaviors and/or increase their risk to sexually reoffend. Examples might be specific emotions, not taking psychotropic medication, substance abuse, and certain locations/behaviors.

Defining Terminology: Let's take a minute to clarify some frequently used terms to make sure we are all on the same page.

- **Sexual Preoccupation:** Spending too much time thinking about (or avoiding thoughts about) sex. This can also include excessive masturbation. What we mean by "excessive" varies according to individual age and living environment.

- **Sexual Stimulating/Sexual Arousing:** Stimuli that a person finds psychologically and/or physically sexually exciting or sexually desirable, which may result in sexual fantasies, thoughts, urges, behaviors, and/or associated physical sensations or changes (e.g., increased heart rate, increased breathing, feeling warm, resulting in an erection, etc.).

- **Social Networking:** the use of dedicated websites and applications to interact with other users, or to find similar interests to oneself.

- **Social Media:** websites and applications that allows the users to create or share content. These websites also allow for social networking.

Reflection Questions (Discussion Starters for Lesson 1):

- What technologies are you familiar with?

- What technologies are you planning to use in the community?

- What do you believe you need to get out of this class to use the internet safely?

- What are your concerns with technology as you are (re) integrating   into the community?
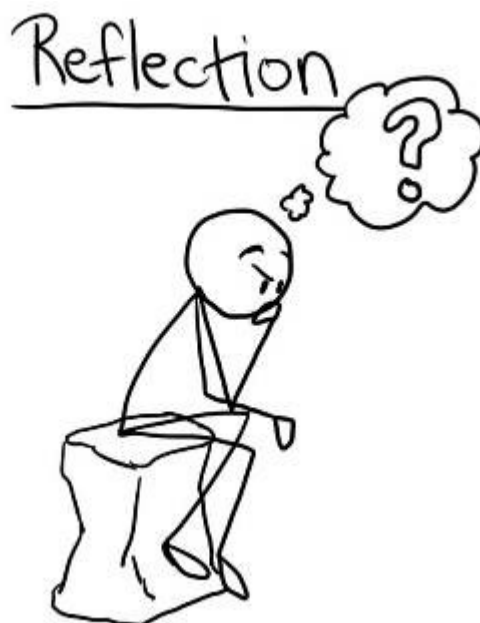
Lesson 2: Technology and Accountability

This week we will open with the discussion of the reflection questions:

- What technologies are you familiar with?

- What technologies are you planning to use in the community?

- What do you believe you need to get out of this class to use the Internet safely?

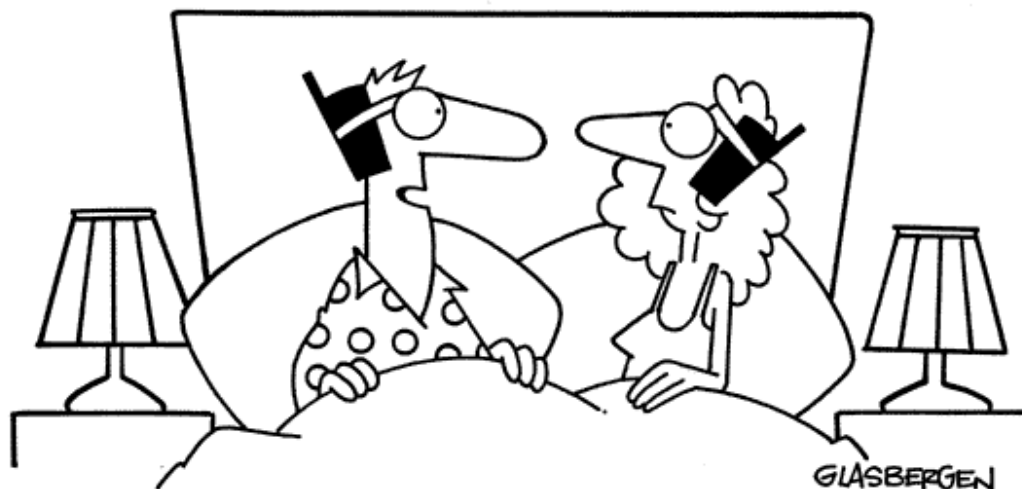- What are your concerns with technology as you are (re)integrating into the community?

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"With wireless sleep technology, the people
in my dreams can send e-mail and faxes
to the people in your dreams!"

Accountability

Accountability is an important aspect of internet safety. As with in the community you will need to keep track of where you go, when and where you went, and your emotions related to what you have seen. There is a Tracking Log on the next page to help you with this.

Group Discussion:

♦ How do you plan to keep yourself accountable?

♦ Have you thought about accountability partners?

♦ What does accountability mean to you?

Internet Tracking Log: (Use this Log for Accountability to Track Each Time You Are Online)

Time	Date	Website	Purpose	Emotions
10AM	2/21/19	Amazon.Com	Shopping for Shoes	Eager, Excited

Accountability & Disclosure: For some of you, you may of have had pass internet offenses or committed crimes using the internet. It will be important for you to fill out the form below so your group leaders, team, and accountability partners will have a better understanding of your needs and risk.

Offense Disclosure is never easy and can be especially hard at this stage of treatment when you know that you have made changes and are no longer the person that you were at that time.

However, it is necessary to take a look at the past now and then to make sure that we do not fall into patterns that will cause us to repeat it. Use the worksheet on the following page to disclose prior healthy internet use.

My Age	Type of Victim (Adult/Child, Related/ Unrelated/ Stranger)	Type of Technology Used (Child Abuse Images, File Sharing, Etc)	Behaviors	Thought Processes	Emotions	Related Risk Factors

Accountability—Mistakes Happen, Report Them: What if you clicked on a website that you were not supposed to go on; such as pornography or social media? Your past mindset may tell you to hide your actions,   delete your data, or lie. However, you have other options now. When you go on a website that know you are not supposed to go on you will need to:

- **Notify staff immediately**
- **Log your actions**
- **Process the incident and your actions in Group**

Mistakes and problems will arise, but you are encouraged to never hide your actions as they place a barrier in your treatment.

How else can we hold ourselves accountable? Numerous monitoring programs can assist in tracking your online activities. This certainly could hold one accountable especially if you know if someone else is looking.

Accountability—Relationships: This leads into the next   question: who will be your accountability partners? *You will complete the worksheet on the next page Accountability Partners for Homework.* Remember that   Accountability Partners are individuals who understand you risk, your offense history, and who can help you use the internet in a healthy way.

In an ideal world, our accountability partners would be family and friends in the community. These would be individuals whom we have know for a long-time, can trust to stand by us and to be honest with us through the really hard stuff and who have some general understand of technology and the internet.

Unfortunately, we don't all have people in our lives that fit those descriptions so we have to "make due" at first. But REMEMBER making due doesn't mean we let just anyone be an accountability partner. You will always have a Forensic Case Monitor (while you are on conditional release) who has a basic understanding of technology and internet monitoring and the access to experts if they need back-up.
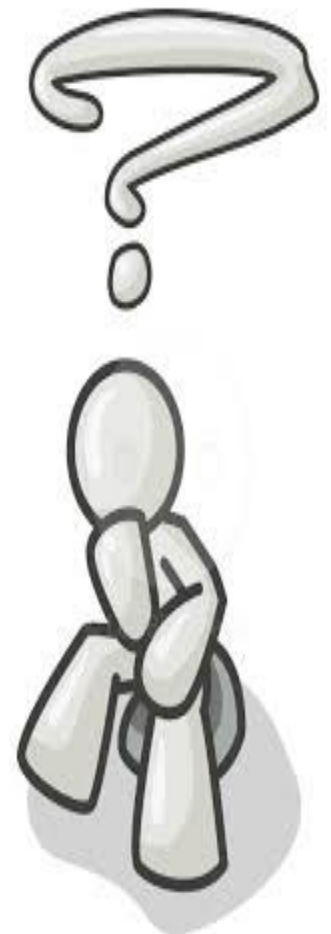
Accountability—Relationships:

As you move forward remember quality over quantity, when you are choosing your Accountability Partners. You probably don't want your plumber or mail carrier as an accountability partner (unless s/he is a family member or friend who really does know you well) but you may choose to include your therapist, your AA sponsor, or your clergyperson. You also don't want to choose your 89 year old grandmother who has never used a computer, but you might choose your 89 year old uncle who is a retired engineer and still rebuilds computers in his spare time.

Group Discussion: *What difficulties do you think you will have in identifying appropriate accountability partners?*

How will you address this?

I understand that I need to have trusted people around me who are aware of my internet use and will be able to hold me accountable to healthy me continue to engage in healthy behaviors. These persons my include therapists, probation/parole officers, and other community supports as well as my closest friends/family members. Sharing my internet use with these individuals is part of maintaining a healthy and open relationship.

My Accountability Partners Include (Name/Phone/Address)

Reflection Questions (Discussion Starters for Week 3):

- Who are your accountability partners? (From worksheet on previous page)

- How are you going to hold yourself accountable?

- Are you going to use monitoring software or hardware?

- What are your risk (this includes Dynamic Risk Factors) for getting on the internet?

- Do you have concerns with your Conditions of Release as it relates to Technology?

Lesson 3: Areas of Risk and Dynamic Risk

This week we will open with the discussion of the reflection questions:

- Who are your account ability partners?

- How are you going to hold yourself accountable

- What are your risk (this includes Dynamic Risk Factors) for getting on the internet?

- Do you have concerns with your Conditions of Release as it relates to Technology?

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Dynamic Risk Factors: With each zone of risk, you want to understand what risk factor is associated with it. For example, in the high-risk zone you put "web surfing" because it can lead to Impulsivity and Poor Problem Solving. If these Risk Factors were a problem for you in the past it will be important to apply how it could be a problem for you using the internet.

Revisiting Risk Factors: First thing to remember is that when we talk about risk, we're talking about *correlation*.

Correlation means two things are CO -RELATED or Related Together. In non-scientific terms when one changes so does the other. When we are discussing risk factors being correlated, what we are really talking about is factors (thought patterns, feelings, behaviors) that pile up in a person's life and when they increase so does the individual's risk (or the likelihood that he will cause sexual harm in the future).

Review of Dynamic Risk Factors Correlated with an Increase in Sexual Harm

Here is a (familiar) list of the Dynamic (changeable) Risk Factors that show up most often in the research.

- *Significant Social Influences*—Is your social support positive, negative or neutral? Will they help you live a healthy live or tempt you toward unhealthy behaviors and situations? Do they understand your history and risk factors?

- *Ability to maintain a long term relationship* in the community (more than 2 years)

- *Emotional Identification (Congruence) with Children* - Do you tend to see kids as "little adults" or do you typically get along better with kids than with your adult peers?

- *Hostility toward Women*—Do you feel like every woman you've ever met was untrustworthy, worthless, or deceitful and that women need to be kept in their place?

- *Poor Problem Solving*— Do you have trouble with decision making or just identifying the problems in front of you?

- *General Self-Regulation*—Are you a loner? Do you feel lonely and rejected (all the time)?

Review of Dynamic Risk Factors

- *Impulsivity*— Do you have a history of substance abuse? Reckless Spending? Reckless Sexual Behavior? Employment or Housing Instability?

- *Negative Emotionality (Grievance/Hostility)* - Do you feel like the world has   given you the short end of the stick and as a result you've got the right to take it out on others? Do you tend to blame others for things that go wrong in your life?

- *Sex Drive Preoccupation*— Do you spend <u>a lot </u>of time thinking about or trying <u>not to think </u>about sex?

- *Sex as Coping (Sexualized Coping)* - Do you use sex (masturbation, sexual fantasy, etc) to cope with intense or negative emotions (depression, anxiety, etc)?

- *Deviant Sexual Preference (Deviant Interest)* - These are sexual interests or behaviors that cause harm to others (forced sex, sex with children, sex with animals, etc).

- *Cooperation with Supervision*— Do you have a history of probation/parole violation/revocation or treatment refusal?

- *Offense Supportive Attitudes*— Do you find yourself making arguments to justify your offending or to explain it away?

Risk Zones: As in the community, there will be certain areas of the internet that will put more at risk to re-offend. In addition, there could be emotions that lead you into making poor decisions. It is vital that you know your Risk Management Plan as you will see similarities between both.

The following questions can be used as guidelines to determine the health of a particular sexual behavior and is relevant to the internet/technology activities.

Is it a Secret? Anything that you would not want others to know you are doing on the internet is solid indication that perhaps you should not engage that behavior.

Is it Abusive to self or others? Anything that is exploitive or harmful to others or degrades oneself is unhealthy and possibly illegal sexual behavior.

Is it Healthy? The internet is an amazing tool that can connect a person to host of information but this information can also be harmful or encourage deviant behavior. Ensure you always have a plan for using the internet and the follow that plan.

Next, we will need to look at the Risk Zones themselves. It is important to note that each person's risk zone will look different based off their needs and past behaviors.

<u>Low Risk Zones:</u> includes behaviors and websites that could be considered healthy for you. This could be using bill pay, communicating with health care   providers, or using the internet to locate community resources.

<u>Medium Risk Zone:</u> includes behaviors/websites that are sometimes healthy, but not always. Majority of websites fall into this websites as many contain triggering material and you must be ready with your coping skills if you become triggered/aroused.

- Some examples of these websites are shopping sites such as amazon.com due containing under clothes that you or may not find sexual stimulating, streaming video sites such as youtube.com as it may contain sexual stimulating or deviant material, search engines such as google.com as they may bring up topics unrelated to what you searched for, etc.

- It is also important to understand how your emotions play a part in this zone. You may want to consider what level of tired, angry, happy, stressed, etc. that it is best for you not to be on the internet.

Next, we will need to look at the Risk Zones themselves. It is important to note that each person's risk zone will look different based off their needs and past behaviors.

High Risk Zone: includes behaviors and websites that are never healthy for the individual client. When thinking about this zone consider your Conditions of Release, as they will outline areas that you could be violated for. These areas could include:

- Casual internet browsing/Web Surfing
- Going online after 10PM or when tired/fatigued
- Looking up staff
- Social Media (Facebook, Twitter, Snap Chat)
- Dating Websites
- Pornography

Coping Skills: At this point in your treatment, it is expected that you have developed coping skills. Therefore, it is important for each zone that you have coping skills at the ready for when you are triggered. Below is an example of what these zones may look like:

	What I will Do	Coping Skills I May Need	Connection to Risk
Low Risk Zone	Job Hunting Apartment Hunting Ordering Take Out Emailing Social Support	Staying focused on the task at hand	Poor Problem Solving Impulsivity
Medium Risk Zone	Online Shopping (WalMart or Amazon) Watching YouTube	Being Mindful of my activity by making a list before I engage in online shopping. Setting a time limit for how long I will spend watching videos. Not engaging in these behaviors when feeling strong emotions (angry, lonely, exhausted)	Impulsivity Negative Emotionality Sex Preoccupation
High Risk Zone	Casual Browsing/ Web Surfing Random Clicking on New Stories or Ads Browsing women's fashion websites	Being mindful and avoiding these behaviors that are likely to become unhealthy	Impulsivity Poor Problem Solving Sex Preoccupation

What are my Risk Zones: Use this Worksheet to Identify Your Risk Zones, Coping Skills Available to you, and connection to (Dynamic) Risk

	What I Will Do	Coping Skills I May Need	Connection to Risk
Low Risk Zone			
Medium Risk Zone			
High Risk Zone			

Week 4: Healthy Internet Use

List of Technologies: Now it is time to think about the specific type of technologies you will use and where be using. It is understandable that you might not know all the technology you will use in the future but this plan is a living document and you change it as your needs adjust. It should also be noted that you may need to give all your user names and passwords to your Probation and Parole officer (if applicable), Forensic Case Monitor, or other Accountability Partners.

For example, you might list the following:

- Smartphone on self
- Intranet at work
- Computer on ward
- Internet on ward
- Possible smart television
- Currently the Digital Monitor Coordinator, Forensic Monitor, Probation Officer have my usernames and passwords.

If they were to change, I will update them.

Healthy Use of the Internet Examples:

Job/Resume: In today's job search the internet is a needed and often a preferred tool. The internet is useful in job searches, researching companies and job openings. Some employers only accept online applications, while others prefer that resumes and cover letters be e-mailed. There are several free job search websites, such as monster.com. The internet also allows you to view local newspapers online and the local chamber of commerce. Discuss the following tips one can use prior to starting a job search:

Discuss the above introduction with clients.

Ask the clients if they have ever searched or applied for employment on-line.

Use a projector to show the clients how to get onto a specific job website (Indeed.com) and search for job openings.

Explain to the clients how to narrow the search based on job skills, qualifications, preferred location and travel distance. Ask a client to volunteer the information so this can be demonstrated.

Discuss how resumes can be saved and sent,

Using the Projector show, the clients the Missouri Career Center site https://jobs.mo.gov/ and demonstrate how to locate a center in a different area of the state.
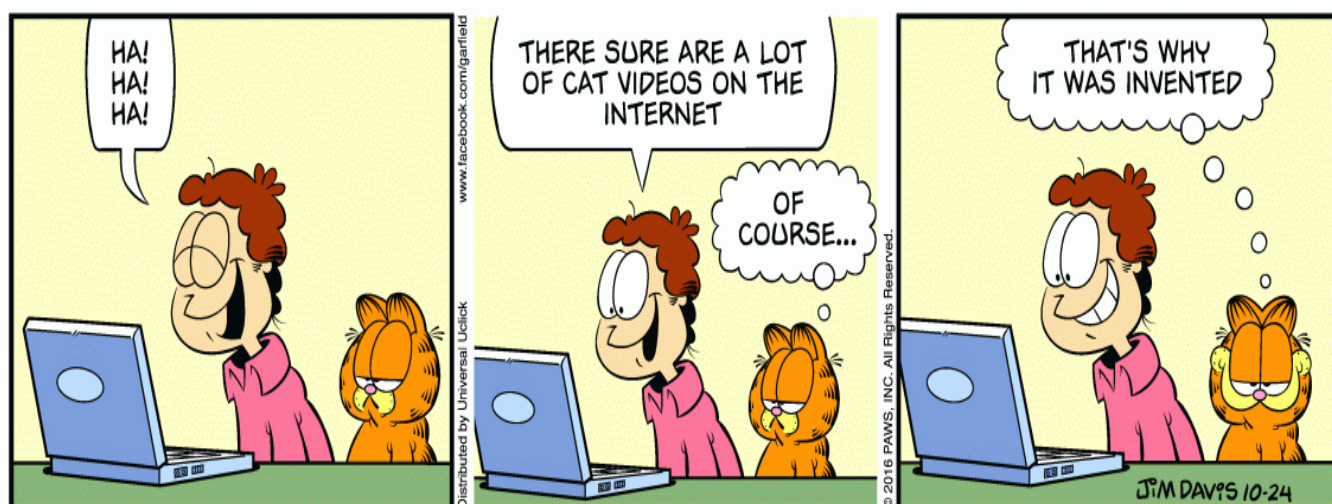
Use this worksheet to Identify the Healthy Internet sites that you will routinely use versus the Unhealthy sites (or types of sites) that you will stay away from.

Healthy vs. Unhealthy Internet Sites Worksheet	
Healthy Internet Sites	**Unhealthy Internet Sites**

Lesson 5: Coping Skills and Triggers

Everyone has their favorite "go to" coping skills, whether it's reading a book, talking to a friend, or engaging in mindfulness activities. We've spent a lot of time in our SO Specific Groups talking about coping skills. The reason for this is that having healthy coping skills is one of the best ways to keep yourself and those around you safe and healthy as you (re)integrate to the community.

HEALTHY COPING SKILLS

BREATH
Take a walk
Journal
Listen to music
Draw
Write a poem
GO TO SLEEP
Change your thoughts

STRETCH
Exercise
Watch a movie
Call a friend
Join a club/group
aSK FOR HeLP
Positive Affirmations
Meditation

Group Discussion Questions:
What coping skills do you use to manage day to day stress?

What coping skills do you use when things get really hard?

Triggers can be a variety of things but may fall into these common themes:

Relationships
- Misses or Ignores social cues related to other people's boundaries—including their   sexual boundaries
- Has a special friend who is a child.
- Encourages silence and secrets in children
- Seems to prefer spending time with children and engaging in child-like activities rather than age appropriate activities.

Sexual Interactions
- Excessive masturbation or excessive viewing of porn that gets in the way of other activities
- Asks adult partners to dress or act like children during sexual activity
- Makes fun of children's body parts using words like study or sex when talking to children/teens

Personal Safety/Responsibility
- Excessive Drug/Alcohol Use
- Justifying Poor Choices or Harmful Behavior
- Blaming others for poor decisions

My Primary Triggers Related to Sexual Violence/Harm are
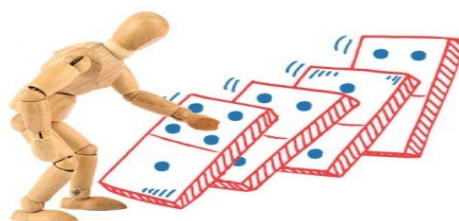
Coping Skills & Triggers: The next step of safety planning is being able to identify when things are NOT on track. Review the notes you made regarding the thoughts, behaviors, and emotions you had at the time of your offending and use that information to fill out the table below, which will help you recognize when things are "off track."

How I will know I am experiencing Triggers/Risk Factors

Coping Skills & Triggers: Now consider the signs/symptoms and changes in your emotions, behaviors, and thought patterns that will become visible to your accountability partners fi you are struggling with Triggers/Risk Factors.

How Others will know I am Experiencing Triggers/Risk Factors

Coping Skills & Triggers: Fortunately, you wouldn't be at this point in your community (re)integration process if you didn't have some coping skills in place to assist you in adequately managing risk factors and triggers as they occur. Use the table below to make a list of the Coping Skills that you can rely on to get yourself back on track.

I Can Use these Coping Skills if I Experience Triggers/Risk Factors

Lesson 6: In's and Out's of Social Media

Social Media is tricky business and can come with a lot of risk. Depending on how your crime was adjudicated you may or may not be completely restricted from access to social media.

Even if you are completely restricted it is useful to be able to recognize the Icons and Logos associated with various social media sites so that you can avoid "accidental clicks" on these sites, which will cause a lot of headache and explaining. Below are some examples. However, the are just a few of the MANY social media sites on the

Social Media Application Examples
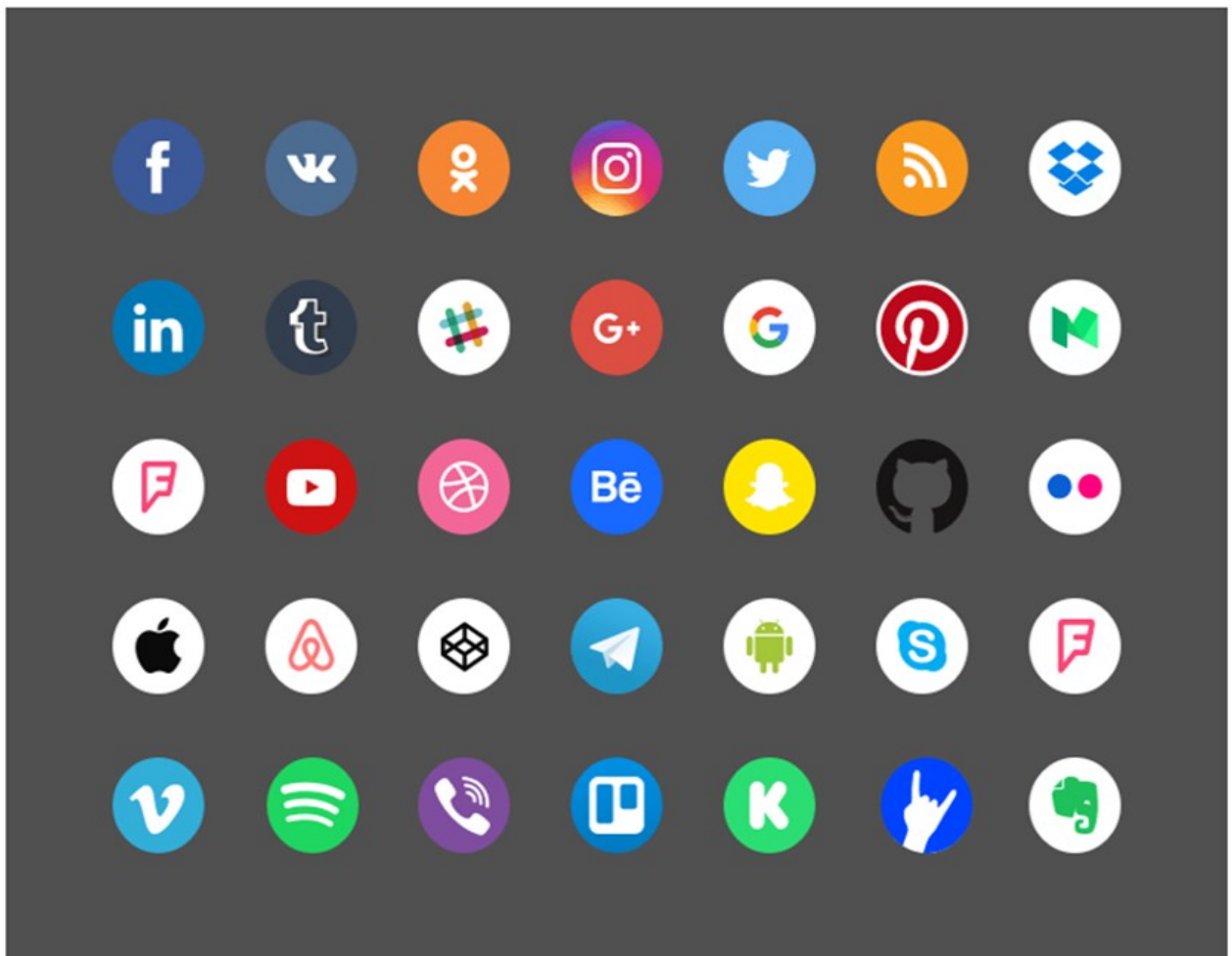
Social Media Safety: For those of you who will not be "banned" from social media let's discuss a few basic tips to keep yourself safe (emotionally and legally) when using social media.

1.) **Be Your Own Person**: There is only one of you. BE YOU. You don't need to fake being anyone else in order to have 20,000 friends that you will never meet in real life. (Also, remember to live real life.

Always be
YOURSELF
Unless you can be
BATMAN
Then always be
BATMAN

Social Media Safety:

2.) **Have Respect for Others and Yourself:**

- Practice Healthy Social Interaction

  - Be Kind
  - Be Courteous
  - Don't Use the Anonymity of the Internet as an Excuse for Unhealthy Social Behavior.

- When We spend too much time on line we are at risk to become self-absorbed and lose sign of the importance of empathy and caring for those around us.

  - Internet Bullying has serious emotional consequences
  - Cases involving internet bullying have been prosecuted
  - If you are a victim of internet bullying or harassment (sexual or otherwise) Tell Someone!
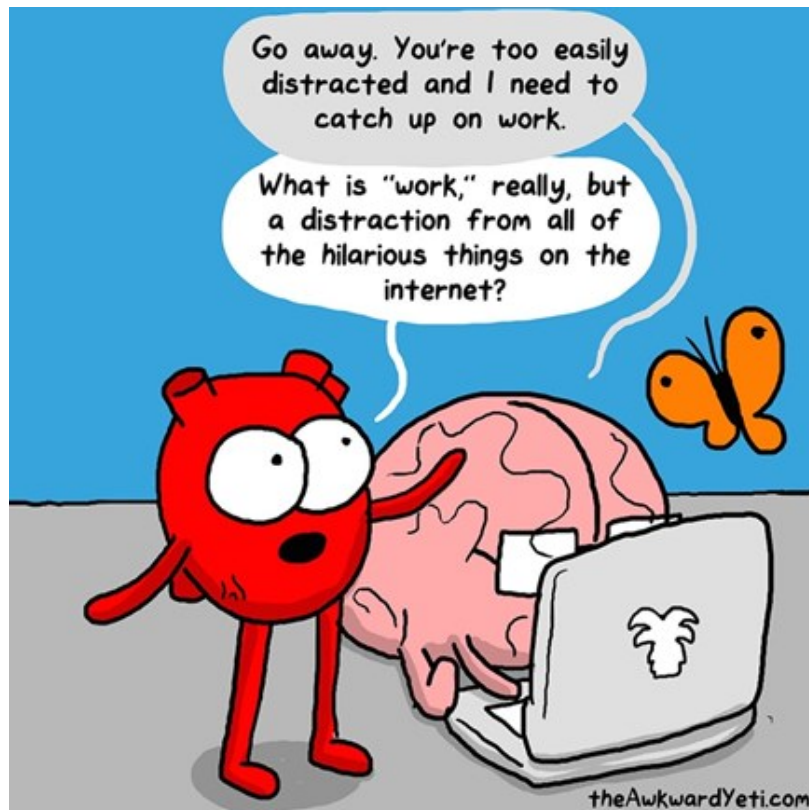
Social Media Safety:

3.) **Post Mindfully**: Don't make impulsive posts just to upset or anger someone else. This is never helpful and only   causes problems.

Live your life so that people cannot accuse you of Anything

Think about your online reputation and how your post could affect a future relationship or a job/college application.

Social Media Safety:

4.) **Keep Your Passwords Private:** Don't ever share passwords unless it's a required part of treatment.

Protecting passwords and paying attention to your security settings in general is another way to protect your online reputation

5.) **Read Between the Lines**: Remember that some people are "nice" or "friendly" online because they want something—often money.

Don't send money to someone you've never met who tells you a story about the awful crisis they are experiencing. This is a common social media scam.

Social Media Safety:

6.) **Don't Talk about Sex with Strangers**: Just DON'T!

Don't share anything online that you don't want to have to explain to a future partner or spouse.

Don't set yourself up for the possibility of revenge porn (e.g. just because the relationship is flowers and chocolate today doesn't meet it will be forever so don't take the risk).

7.) **Don't Judge Your Life Based on How well someone else can filter their Pics**

Most people use social media to display the best parts of their lives. However, we know that we all have problems, we all have "bad hair days" and times when everything goes wrong.

Don't try to measure yourself by an artificial image that someone else has created. Be your own person.

Don't get selfie obsessed—stop and smell the roses or enjoy the sunset. Don't just take a picture of yourself in front of it.

Don't become so concerned about recording every moment of your life that you forget to enjoy it.

Social Media Safety:

8.) **Click with Caution**: Social Media accounts are often and   easily hacked.

Don't click   every link you see or receive. Make sure it's reliable.

Did it come front someone you know? Is it even a real person?

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"Of course this website is safe. As an extra measure of security, they make you sign in with your Social Security number, mother's name, your bank account, home address, phone number and date of birth."
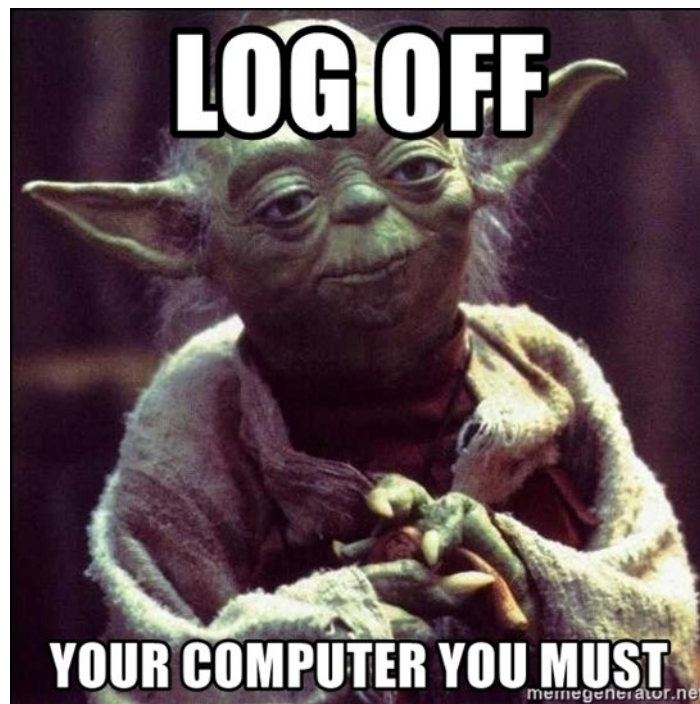
Social Media Safety:

9.) Always Log Off When Using a Public Computer:

Protect your data!

It doesn't take much to find out where you work and live and who you are connected to if you allow someone to access your unlocked computer or smart phone.

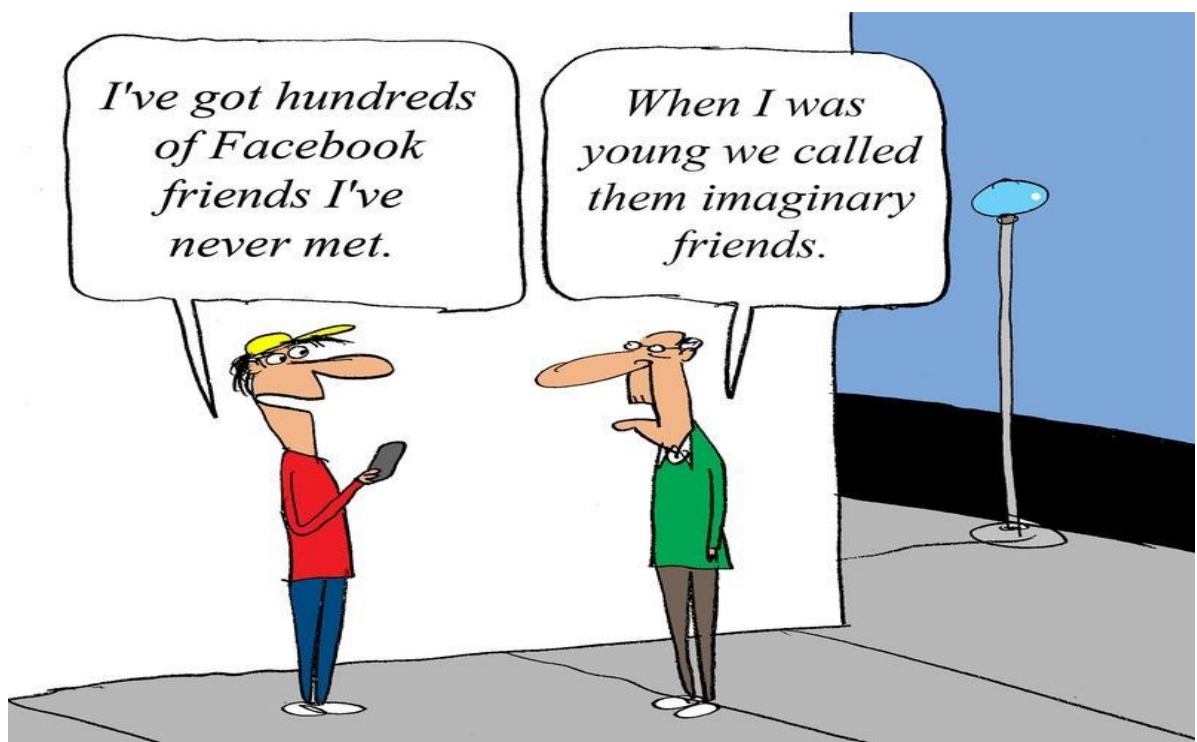Be smart and always keep your phone locked.

Log off when leaving a shared computer.

Social Media Safety:

10.) **Don't Accept EVERY Friend Request**:

   If you don't really know the person don't accept the request.
   It could be a scam or a fake account!

Lesson 7: Community Resources

Banking in a Modern World

The Internet is an efficient machine that can manage many different things. Some of these are accounts, such as bank accounts, credit card accounts, etc. Discuss that most lenders, credit card companies and some utility companies offer the option to pay your bills online. Discuss how this could be helpful. Discuss identity theft and how to protect yourself. Practice creating strong passwords and provide education. Use the following link to materials to assist in teaching this session. Discuss websites that can be used to check credit scores and how to find reviews on banking institutions so they can make informed decisions.

https://www.youtube.com/watch?v=dXHP3qYS-dw
(Online Banking video)

https://www.youtube.com/watch?v=DuhjKasJA04
(Online Banking and Shopping security)

Housing in today's World

In today's world, finding housing can be a difficult task. In the past, it could be as simple as picking up a newspaper and going to the classifieds. It is no longer that simple, especially if you are expecting to live hundreds of miles away. The internet can be an amazing tool to find housing. You can find pricing, get virtual tours, and find out what kind of locations are near the location you are expecting to live.

Keep in mind you may be tempted to look up past victims or staff while look up housing but this will violate your Acceptable Use Policy and Agreement and you will be ask to leave the class (Please see statement at the beginning of this curriculum).

The internet is useful in locating apartment, mobile home, and homes for rent. There are specific websites such as realtor.com, but these are more geared toward consumers who are looking to purchase a home. Using websites of local newspapers, community action agencies, and chambers of commerce may prove to be more useful for those looking to rent. The internet is also useful in finding renter's insurance and housing assistance programs.

Demonstrate on the projector screen how to search for local rent ads, community action agencies, and chambers of commerce.

The following websites can be used:
Zillow.com
http://www.jfcac.org/housing.html
http://www.slha.org/
https://corizonreentry.com/missouri

Of course this should not be considered the only websites that you can find that have housing information but these are the more known.

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"The usual stuff — a new virus from the Joker, spyware from the Penguin, malicious code from Cat Woman, another phishing scheme from the Riddler."

Additional Community Resources

Aside from the resources discussed in previous sessions, the internet can be used to find a plethora of community resources. It can be used to locate mental and medical healthcare providers, financial aid for higher education, free educational courses, pharmacies and discount pharmacy cards, health department offices, food and rental assistance programs, health and car insurance and local community events. One can also use the internet to pursue pro-social hobbies and interests such as horticulture, wood working, shopping, and on-line college education courses.

http://www.aastl.org
http://www.mo.gov/health/mental-health/
https://www.healthcare.gov/
http://www.stlreentry.org/
https://corizonreentry.com/missouri
http://www.startherestl.org/re-entry.html
http://www.diynetwork.com/?c1=GA_DGTL_DIYBrand&c2=Google&c3=Fire-
   Pit&c4=diy%20diy
http://www.mshp.dps.mo.gov/MSHPWeb/PatrolDivisions/CRID/SOR/factsheet.html
https://dmh.mo.gov/contact/

Internet Safety and Q & A's

As we are nearing the end of this portion of the group what questions do you still have?

What technologies are you comfortable using?

What do you feel you need to learn?

Reflection Questions:

As we are nearing the end of this portion of the group what questions do you still have?

What technologies are you comfortable using?
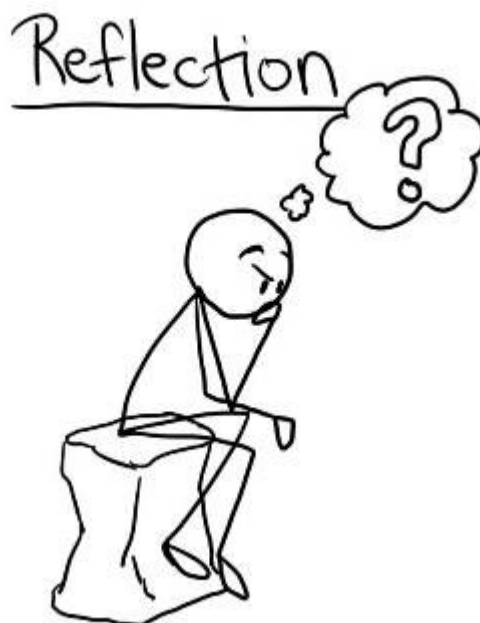
What do you feel you need to learn?

Lesson 8: Technology Safety

Remember our guidelines for determining whether or not an internet activity is healthy. These 3 questions will serve as a guide to all of your online activity and help to keep you and the community safe.

Is it a Secret? Anything that you would not want others to know you are doing on the Internet is a solid indication that you should not engage that behavior.

Is it Abusive to self or others? Anything that is exploitive or harmful to others or degrades oneself is unhealthy and possibly illegal sexual behavior.

Is it Healthy? The Internet is an amazing tool that can connect a person to a host of information; however, this information can also be harmful or encourage deviant behavior. Ensure you always have a plan for using the Internet and always follow that plan.

Reflection Questions:

What did you get out of this group?

What would you have changed in this group?

What could have the group leaders done differently?

OUR COMPUTERS ARE DOWN, SO WE HAVE TO DO EVERYTHING MANUALLY...

Use this worksheet to help you stay focused each time you use the internet:

Internet Usage Worksheet
Purpose for Getting Online:
Time I will Spend on this Task:
I Will Not:
Skills I Can Use When I Get Distracted:

Lesson 9: My Internet Safety Plan

Internet Safety Planning: Using the internet without a clear plan can be like going to the   Supermarket without a shopping list. It's easy to find yourself being impulsive or picking up things that you don't really want or need. Having a plan is necessary to keep yourself focused and on task and to ensure that you are engaging in behaviors that will maintain your safety and the safety of the community.

My Internet Enabled Devices Include

Use this table to list the ways that you will access the internet that have been **APPROVED** by your Treatment Providers or Supervising Officer.

I Will Routinely Use the Internet For the Following

Consider and list Internet Sites that are Healthy for you and Internet Sites that are Not Healthy for you

Healthy Internet Sides (No Problem for Me)	Unhealthy Internet Sides (I Should Never Visit)

I understand that I need to have trusted people around me who are aware of my internet use and will be able to hold me accountable to healthy me continue to engage in healthy behaviors. These persons my include therapists, probation/parole officers, and other community supports as well as my closest friends/family members. Sharing my internet use with these individuals is part of maintaining a healthy and open relationship.

My Accountability Partners Include (Name/Phone/Address)

Use this Table to Provide an Outline of Your History of Unhealthy Online Behaviors
If you need a refresher regarding Risk Factor you will find that on the next page.

My Age	Type of Victim (Adult/Child, Related/Unrelated/Stranger)	Type of Technology Used (Child Abuse Images, File Sharing, Etc)	Behaviors	Thought Processes	Emotions	Related Risk Factors

Review of Dynamic Risk Factors Correlated with an Increase in Sexual Harm

Here is a (familiar) list of the Dynamic (changeable) Risk Factors that show up most often in the research.

Significant Social Influences—Is your social support positive, negative or neutral?

Ability to maintain a long term relationship in the Community (more than 2 years living with a romantic partner after age 18)

Emotional Identification (Congruence) with Children - Do you tend to see kids as "little adults" or do you typically get along better with kids than with your adult peers?

Hostility toward Women—Do you feel like every woman you've ever met was untrustworthy, worthless, or deceitful and that women need to be kept in their place?

Poor Problem Solving— Do you have trouble with decision making or just identifying the problems in front of you?

Impulsivity— Do you have a history of substance abuse? Reckless Spending? Reckless Sexual Behavior? Employment or Housing Instability?

Review of Dynamic Risk Factors Correlated with an Increase in Sexual Harm

Negative Emotionality (Grievance/Hostility) - Do you feel like the world has given you the short end of the stick and as a result you've got the right to take it out on others? Do you tend to blame others for things that go wrong in your life?

Sex Drive Preoccupation— Do you spend <u>a lot </u>of time thinking about or trying not to think about sex?

Sex as Coping (Sexualized Coping) - Do you use sex (masturbation, sexual fantasy, etc) to cope with intense or negative emotions (depression, anxiety, etc)?

Deviant Sexual Preference (Deviant Interest *)* - These are sexual interests or behaviors that cause harm to others (forced sex, sex with children, sex with animals, etc).

Cooperation with Supervision— Do you have a history of probation/parole violation/revocation or treatment refusal?

Offense Supportive Attitudes— Do you find yourself making arguments to justify your offending or to explain it away?

By my choice or by requirements of my supervision, I may be subject to external methods of accountability, such as digital forensic monitoring, blocking and filtering software, or routine polygraph. (Remember that it's okay if you don't know the answer to these questions. Like the treatment plan, the Internet Safety Plan is a "living document" that you will add to as you go."

My Internet Use will Be Monitored By

Having an Awareness of Triggers is an important part of prevention of future sexual harm. Consider your history and list your triggers related to Sexual Harm or Violence.

My Primary Triggers Related to Sexual Violence/Harm are

The internet is its own virtual community and just like activities in the "real world" activities online pose varying levels of risk. I understand that some online activities may be low risk for me, whereas others may be high risk and should be avoided.

The following question can be used as guidelines to determine the health of a particular sexual behavior and is relevant to the internet/technology activities.

Is it a Secret? Anything that you would not want others to know you are doing on the internet is solid indication that perhaps you should not engage that behavior.

Is it Abusive to self or others? Anything that is exploitive or harmful to others or degrades oneself is unhealthy and possibly illegal sexual behavior.

Is it Healthy? The internet is an amazing tool that can connect a person to host of information but this information can also be harmful or encourage deviant behavior. Ensure you always have a plan for using the internet and the follow that plan.

Consider this sample before you start identifying your own Risk Zones.

	What I will Do	Coping Skills I May Need	Connection to Risk
Low Risk Zone	Job Hunting Apartment Hunting Ordering Take Out Emailing Social Support	Staying focused on the task at hand	Poor Problem Solving Impulsivity
Medium Risk Zone	Online Shopping (WalMart or Amazon) Watching YouTube	Being Mindful of my activity by making a list before I engage in online shopping. Setting a time limit for how long I will spend watching videos. Not engaging in these behaviors when feeling strong emotions (angry, lonely, exhausted)	Impulsivity Negative Emotionality Sex Preoccupation
High Risk Zone	Casual Browsing/ Web Surfing Random Clicking on New Stories or Ads Browsing women's fashion websites	Being mindful and avoiding these behaviors that are likely to become unhealthy	Impulsivity Poor Problem Solving Sex Preoccupation

Zones of Risk

Use this table to identify your zones of risk related to internet use.

	What I Will Do	Coping Skills I May Need	Connection to Risk
Low Risk Zone			
Medium Risk Zone			
High Risk Zone			

The next step of safety planning is being able to identify when things are NOT on track. Review the notes you made regarding the thoughts, behaviors, and emotions you had at the time of your offending and use that information to fill out the table below, which will help you recognize when things are "off track."

How I will know I am experiencing Triggers/Risk Factors

Now consider the signs/symptoms and changes in your emotions, behaviors, and thought patterns that will become visible to your accountability partners fi you are struggling with Triggers/Risk Factors.

How Others will know I am Experiencing Triggers/Risk Factors

Fortunately, you wouldn't be at this point in your community (re)integration process if you didn't have some coping skills in place to assist you in adequately managing risk factors and triggers as they occur. Use the table below to make a list of the Coping Skills that you can rely on to get yourself back on track.

I Can Use these Coping Skills if I Experience Triggers/Risk Factors

I agree to follow my Internet Safety Plan, to use the coping skills I have identified (and the additional ones I will learn as I continue to self-improve), to seek assistance from my accountability partners as needed, and to comply with any additional requirements that my treatment team or providers my determine are necessary to assist me in engaging in healthy and appropriate use of the internet and internet connected devices. I will update my internet Safety Plan on a regular basis and use the worksheets attached to help me stay focused and provide accountability for my internet use.

_____

Patient Signature/Date

_____   _____

Therapist Signature/Date   Treatment Team Signature/Date

Use this worksheet to help you stay focused each time you use the internet:

Internet Usage Worksheet
Purpose for Getting Online:
Time I will Spend on this Task:
I Will Not:
Skills I Can Use When I Get Distracted:

Internet Tracking Log: (Use this Log for Accountability to Track Each Time You Are Online)

Time	Date	Website	Purpose	Emotions
10am	2/21/19	Amazon.Com	Shopping for Shoes	Eager, Excited

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