


Slide 1




Dear Stop It Now! Helpline,
I know a young person who struggles with their sexual interests and behaviors

Jenny Coleman, MA, LMHC
Micah Waxman, MS


Content warning:
Child sexual abuse

With Guest Expert
David Prescott, LCSW, LICSW




© 2021

Slide 2




Objectives

- Recognize early primary prevention opportunities
- Share barriers that keep youth from seeking help
- Discuss questions youth are asking about their own behavior
- Identify resources and tools for youth




Slide 3



What We See


- Inquiries coming from youth have increased
- Anxious reaching out to our helpline
 - Barriers
 - lack of healthy sex ed.
 - lack of trustworthy resource.
 - media messages



Slide 4

Youth's Concerns

- Pornography or CSAM use/compulsion
- Found/stumbled upon CSAM
- Attraction to younger kids
- Harmed younger siblings
- Shame
- Guilt
- Fear
- Worries
 - About future – "normal" life?
 - Family finding out
 - Being seen as a monster
 - Being reported




Slide 5

WhatsOk

WhatsOk


What's up? I have questions about what I'm attracted to.


Did I cross a line? What is consent? What if I'm attracted to someone younger than me? Am I OK? Love them



Slide 6

Welcome David Prescott!






Slide 7

The Porn I'm Watching Confuses Me

I'm 17 years old and for a few years I've been going to a website that shows drawn pornography of children. I've never watched child porn or put my hands on a child, but I feel like a terrible person for masturbating to something so disgusting and twisted. I told my best friend and girlfriend and they said I'm making a big deal of something small. Am I a pedophile? I'd rather die or be locked up. I don't know why I'm turned on by this but I feel like scum.




Stop It Now!

Slide 8

I'm Addicted to Watching CSAM

I am reaching out because I'm really scared and ashamed. I'm addicted to watching child porn. It started after an older boy showed me porn and touched me, but now I can't stop. I have tried, but I keep falling. I don't know what to do and I can't tell anyone. I'm so ashamed and worried – I keep thinking that today is the day the police come to my door. I want to go to college and have a normal life, but it doesn't feel possible anymore. What do I do?



Stop It Now!

Slide 9

I'm Attracted to Younger Children




I'm currently 15 years old and I have sexual thoughts about young children. I know it's disgusting and why to have these thoughts and I would NEVER put my hands on a minor. EVER. I just want to be normal! I can't tell my mom – I don't ever want her finding out this side of me.

Stop It Now!

Slide 10

Ways to Ask for Support

- > I'm really having a difficult time, and though I'm not ready to share all that I'm going through yet, I'd like to talk to a counselor.
- > I've been struggling with my mental health and would like to talk with a therapist about what's coming up for me. I'm asking you to respect my privacy right now, but I will give you more details when I can.



Stop It Now!

Slide 11

I'm Worried I've Abused My Friends

I'm 18 and was sexually abused multiple times. I'm worried that I have abused friends and some younger family members. I have developed an addiction to porn and several bad habits that are sexual. I think these things have affected how I act with others. She's getting there and showing their porn on that they would get turned on - even when it made them want to think I persuaded my friends to give each other hickies. I've been doing this for about 7 years and I feel horrible, like I'm a sex abuse. My therapist is trying to help me and says I probably didn't sexually abuse anyone but that doesn't feel good enough and I want help. I want to do everything in my power to be safe. I don't want anyone to hate me but I'm terrified and dangerous. Is there help for me?



Stop It Now!

Slide 12

Looking Towards the Future



- Can I still do my dream job - be a teacher?
- Will I be able to go to college?
- Can I have kids? A family?
- Will I ever be happy?
- Will I ever have a relationship? Get married?
- Is a normal life possible?

Stop It Now!

Slide 13

Resources


- ATSA
- <https://www.atsa.com/referral>
- MAP Support Club
- <https://mapsupport.club/>
- Help Wanted
- <https://www.helpwantedprevention.org/>



 Stop It Now!


Slide 14

Questions?



Stay in touch:
stopitnow.org
info@stopitnow.org
jcoleman@stopitnow.org
mwaxman@stopitnow.org
Helpline: 1.888.PREVENT

Stay tuned for our next webinar!

 Stop It Now! © 2021
