



Stop It Now![®]

Together We Can Prevent the Sexual Abuse of Children

Have questions?

Need resources?

Get Help Now!

Online Help Center
<http://GetHelp.StopItNow.org>

Stop It Now![®] prevents the sexual abuse of children by mobilizing adults, families and communities to take actions that protect children before they are harmed.



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Twelve Questions About Your Behavior Only You Can Answer

DO YOU NEED HELP?

If you are wondering about your own sexual thoughts and behaviors toward children, we encourage you to answer these 12 questions honestly. They are designed to help you decide whether you may need help.

Answer YES or NO to the Following Questions:

1. Have you ever felt a sexual attraction to children or underage teenagers (a boy or girl 17 years old or younger)?
2. Have you kept secrets from others about your attractions to children or underage teens?
3. Have you looked at or purchased pornography that showed children or underage teens?
4. Have you ever secretly watched children or underage teens (window peeping or voyeurism) or exposed yourself (exhibitionism) to children or underage teens?
5. Have you bought children or underage teens gifts, offered favors, or given them money in order to get them to trust you and like you? If so, were you hopeful that you could touch them sexually, or get sexual good feelings from them?
6. Have you shown pornography (or material that is sexual in nature) to children or underage teens, or intentionally left it where they could find it?
7. Have you ever told yourself "age is just a number" or "he/she is mature for his/her age" or something similar to make yourself feel better about your sexual thoughts or behaviors toward children or underage teens?
8. Have you ever wanted to stop either looking at child pornography or sexually fantasizing about touching children or underage teens -- but did it again?
9. Do you find that romantic/sexual fantasies about, or sexual behavior toward, children or underage teens interfere with your relationships at home or work?
10. Does your sexual attraction to children or underage teens conflict with your spiritual beliefs or moral values?
11. Has your sexual attraction to children ever left you feeling worried, frightened, ashamed, hopeless, different, alienated from others, or suicidal?
12. Have you ever felt that your life would be better if you were not sexually attracted to children or underage teens?

If you answer 'yes' to more than one question, we encourage you to seek help from a professional. You can get a list of professional resources on Stop It Now!'s Online Help Center at <http://GetHelp.StopItNow.org>.