

Cyber Times

Fall / Winter 2004

Official Newsletter of Internet Behavior Consulting

Did you know?

- There are approximately 250 million regular users of the Internet
- Pornographic websites represent about 12% of all websites.
- 25% of all Internet searches are related to Internet erotica
- 1 of 5 children report being sexually solicited on the Internet
- 10% of Internet sex users report feeling compulsive with their online sex use
- Cell phone pornography is estimated to be a \$1.5 billion industry
- 37% of clergy report online pornography is a current struggle

IBC Upcoming Events

In the Shadows of the Net:
Understanding Cybersex
September 15, 2004
Illinois Coalition Against Sexual Assault
(217) 753-4117

Cybersex and the Seminary
October 14, 2004
Bethany Lutheran Theological Seminary; Minneapolis, MN

Sex Offenders Online
October 27, 2004
ATSA
<http://www.atsa.com>

Internet Addictions
November 5, 2004
University of Pittsburgh
Tracy Soska; tsssw+@pitt.edu

Cybersex Offenders
November 19, 2004
PA Sex Offender Assess Bd.
ddombach@state.pa.us

Cybersex, HIV, & Adolescents
December 2004
University of Pittsburgh
avrami1@pitt.edu

IBC Launches Company Website

Internet Behavior Consulting (IBC) is committed to furthering the understanding, assessment, and intervention for problematic Internet behaviors. IBC accomplishes this goal through research, training, and consultation within a variety of settings. Seven years ago Dr. Delmonico & Elizabeth Griffin began consulting with various audiences regarding online behavior. As a result of an increasing need for their services, Internet Behavior Consulting was officially established in 2003.

Directors David Delmonico, Ph.D. and Elizabeth Griffin, MA, LMFT have over 25 years combined experience working with addictive, compulsive, and offense behaviors, both online and offline. IBC consultants and faculty are comprised of experts with a wide range of skills and backgrounds, including clergy, law enforcement, interventionists, and others. IBC faculty assists companies, churches,

schools, law enforcement, attorneys, as well as individuals and families in the recognition and interruption of problematic Internet behaviors.

Now you can visit the IBC website at <http://www.internetbehavior.com> to get details on services offered, obtain free resources, and access information regarding problematic online behavior. The website is constantly changed and updated, so visit often and register to receive e-newsletters and other informative mailings from IBC.



Cybersex Methods and Venues

Most people are familiar with the standard areas of the Internet: World Wide Web, email, and web-chat. However, there are other areas of the Internet where online problems abound. Below are two common areas of the Internet where individuals can easily get themselves into trouble on the Internet.

Newsgroups are electronic bulletin boards where users post and read text or multimedia (pictures, sounds, and video) messages. There are thousands of newsgroups dedicated to sexual content. Programs like

“Free Agent” make it easy to download and view pornography offline.

Peer to Peer Networks such as Kazaa, Morpheus, and Audiogalaxy connect users' hard drives together to create one VERY LARGE hard drive in order to share files, including hard core and child pornography.

The Internet is filled with many venues where clients can get themselves into trouble. The World Wide Web is only one small part of the Internet. The next issue will address *IRC* and *video-chats*.

Dear IBC...

Dear IBC,

I have a fourteen year old son who spends a great amount of time on the Internet. We have installed an Internet filter on the computer in his room. Is this enough to protect him from Internet dangers?

- Safe in New York?

Dear Safe,

Absolutely not. Although Internet filters can add a level of security to your computer, they cannot be relied upon completely. Kids are often tech savvy and can work-around online limits. Even in the best scenario, they can always access the information from an alternate computer.

Filter products are one tool among many that parents/schools should use to protect kids online. So what do we suggest in addition to filter software?

- Educate yourself about technology and the Internet. You can do this by attending seminars, asking questions of others, and even sitting with a teen and have them teach you about the Internet.
- Tell kids their online behavior will be monitored. Talk to them about any questionable material you find.
- Monitor their offline behavior to watch for any problem signs

(isolating, low social skills, etc.)

- Develop an "Acceptable Use Policy" that clearly defines your expectations and consequences for misuse, but don't overreact if something inappropriate is found. Be calm, but firm.
- Keep the computer in a high traffic area (living room, family room, etc.)
- Nothing is 100% failsafe. Be vigilant and involved.
- Seek help from professionals when the Internet is interfering with a child's life.



"Be vigilant and involved with your kids online."

Safe Surfing Resources

www.filterreview.com
healthymind.com/filters.pdf
www.safekids.com
www.safeteens.com
www.cybersmart.org
www.ncmec.org
www.fbi.gov/fbikids.htm
yahooligans.yahoo.com/parents
kids.getnetwise.org
www.wiredkids.org

IBC Forensic Services

Internet Behavior Consulting has expanded its services to include forensic consultation to attorneys in cyber-related cases. Services include researching technical aspects of the case, expert witness testimony, coordination of forensic evaluations, and case reviews. By far, the forensic case review can be the most useful tool for attorneys to assist their clients in cyber-related cases. The case review

includes an evaluation of all documents related to the case, any necessary research, and a case discussion outline that may include central issues (technological and psychological), point/counterpoint for defense and/or prosecution, overall impressions, recommendations, and resources. Please contact IBC for more information on how forensic services may be of use to your client.

**** FREE ****

IBC is pleased to announce that one of our most popular publications "Cybersex Unhooked" is now available for FREE! Cybersex Unhooked is a workbook clients can use to break free from compulsive online sexual behavior. The workbook will be sent free to anyone who orders "In the Shadows of the Net" from the IBC website:

<http://www.internetbehavior.com>

While supplies last

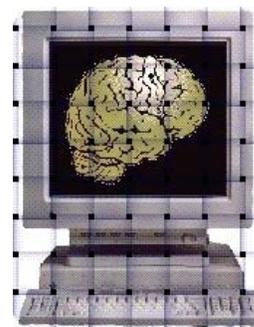
"By far, the forensic case review can be the most useful tool for attorneys to assist their clients in cyber-related cases."

Contacting IBC

Internet Behavior Consulting has two main offices located in the United States. Below is contact information for each office. You may also wish to visit the IBC website for more information on the company or a complete vita for David Delmonico and Elizabeth Griffin. IBC also maintains a network of experts across the country to assist in difficult cases. Visit the IBC website for a selected list of our consultant network.

IBC Pittsburgh Office
376 Temona Drive
Pittsburgh, PA 15236
(412) 396-4032
(412) 396-1340 (fax)

IBC Minneapolis Office
6542 Regency Lane - Suite 208
Eden Prairie, MN 55344
(952) 210-5778
(952) 903-9257 (fax)



<http://www.internetbehavior.com>
info@internetbehavior.com