

Cyber Times

Spring/Summer 2006

Official Newsletter of Internet Behavior Consulting

Did you know?

- An estimated 2 to 6 percent of the online population is thought to experience online sexual problems.
- 60% of adolescents report giving personal information to an acquaintance online.
- 83% of child pornography images discovered on an offender's computer are of 6 to 12 year old children.
- Nearly 70% of adolescents said they rely on their parents or teacher for Internet safety information.
- In a 24 hour period, more than 60 Million people access the Internet.
- The average age of first online pornography exposure is 11 years old.

IBC Upcoming Events

Clergy and Internet Sexuality
January 16-17, 2006
St. John Vianney Center
San Diego, California

Pain & Addiction Conference
January 25, 2006
Guest House Treatment Centers
Savannah, Georgia

Online Problematic Sexual Behavior
February 7 -9, 2006
Nefesh Orthodox Jewish Professionals
Baltimore, Maryland

Recovery from Cybersex Compulsion
March 4, 2006
San Antonio, Texas

Sex Offenders Online
May 21 -23, 2006
Middle Atlantic States Correctional
Association (MASCA)
Baltimore, MD

Keeping Kids Safe Online
Pittsburgh, Pennsylvania
February 1, 2006
February 16, 2006

Keeping Kids Safe Online
New York, New York
March 21, 2006
March 22, 2006

Please visit our website for other events, registration, and contact information.

Cybersex Clinician Resource Kit Now Available



The question asked most by clinicians is "How do I conduct a complete assessment of Internet issues for my clients?" In the past, this was a difficult question to answer; however, *Internet Behavior Consulting* has recently released a new tool to help clinicians conduct a comprehensive, semi-structured interview. The **Internet Assessment** is a list of 45 questions to ask clients who are struggling with their online sexual behavior.

Questions on the assessment cover both technology related issues, as well as social, sexual, and psychological issues. Items are related to one of six themes: arousal, technical skills, risk taking behavior, illegal behavior, secrecy, and compulsivity. At the completion of the interview, clinicians will have a solid understanding of Internet related issues for their client, to assist in developing a well-defined treatment plan based on the newly gathered information.

The **Internet Assessment** is now included as part of a larger packet called the **Cybersex Clinician Resource Kit**. The kit contains a wealth of information, organized so clinicians can easily find information when faced with a client struggling with cybersex related issues. The kit is published in a three ring binder to allow easy removal of assessment and resource sheets.

In addition to the **Internet Assessment**, the **Cybersex Clinician Resource Kit** includes items such as: a cybersex glossary and bibliography, FAQ sheets for clients and clinicians, Cybersex User Category guide, CyberHex guide, and the Internet Sex Screening Test. The kit includes copies of our books (*In the Shadows of the Net*; *Cybersex Unhooked*), and a Hermes Web communication tool.

For more information on the **Cybersex Clinician Resource Kit**, visit the IBC Products page at:

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

Internet Issues in the Schools

Traveling the country and talking about Internet sexuality can be enlightening. What we learned is that schools are desperate to help keep kids safe and healthy online, but often lack the information and resources necessary to educate themselves, parents, and kids about safe Internet use.

Internet Behavior Consulting has worked with numerous schools in order to educate administrators, teachers, parents, and students about safe and healthy online interactions. Issues such as cyber-bullying and cyber-harassment run rampant in most middle and high schools across the country.

Many times, students are more informed than adults when it comes to using technology. The freedom kids experience can often be misused and abused. Instant messaging programs and websites like "MySpace" are wonderful virtual spaces designed for adolescents, but they can also create a hostile environment for kids to navigate.

If you would like more information about how IBC can help you or your school district in addressing cyber-issues, please contact us to discuss the options.



Dear IBC...

Dear IBC:

I am worried that my partner has a problem with their Internet use. How do I know and what can I do about it?

- Worried in Wisconsin

Dear Worried:

First, problems in relationships are only made worse by secrecy and a lack of communication. Consider having an honest, open conversation with your partner before anything else. See how your partner responds to your concerns after they are brought to their attention. Perhaps, having a conversation where you express your feelings and concerns will help your partner see that

their Internet use is more problematic than they were willing or able to admit. It is important to not be accusatory or blame your partner, but approach the situation out of genuine concern for him or her.

If the outcome of this conversation doesn't calm your concerns, consider seeking professional counseling services for yourself first, even before you suggest therapy for your partner. A professional trained in this area will see the problem in the proper context, and help you determine possible solutions, and the pros and cons of each. You will need this outside, objective individual to keep you realistic in your expectations and assist in develop-

ing solutions to your concerns about your partner.

Many times couples wait too long to seek individual and couples therapy for their concerns. They often believe they can handle the problem on their own, but issues such as cybersex compulsivity do not resolve themselves, and often require someone with knowledge of both the addict and partner issues.

You are not to blame for your partner's behavior; however, it is important for you to address your own issues to help heal the relationship. Recovery is far more successful for couples when both partners are involved.



"Recovery is far more successful when both partners are involved."

Partner Internet Resources

www.recovering-couples.org
www.sash.net
www.joekort.com
www.jenniferschneider.com
www.sarr.org/coaddicts
www.sexaddictionhelp.com
www.cosa-recovery.org
www.newlifepartners.org
www.sanon.org
www.faithfulandtrueministries.com

Traces and Trails

What are *cookies*? Not the ones you eat, but the ones left on your computer. Cookies are bits of information that websites write into a file on your hard drive (cookies.txt) to help keep track of who you are, when you visited last, etc. Cookies are not all bad. They can make web surfing easier since places like Amazon.com can remember your account information and the types of books you like to buy and read. In and of themselves, cookies cannot damage your computer or give you a virus. However, some unscrupulous vendors can sometimes access your cookie file and learn personal information about you and your web surfing activities. The information is often sold, along with your email address, to marketing companies in order to target their advertising based on your web surfing habits. Cookies can also be viewed to see what websites an individual has visited, and therefore serves as a trail history that can be monitored. Cookies can be disabled through your web browser, but since many sites require cookies to work, it makes web surfing much more difficult. If you want to see your cookies, do a search of your hard drive for "Cookies." You will find a folder that you can double click on to show you the many places you have visited with your web browser. Unlike history and cache, cookies are never deleted automatically, you must delete them manually. However, cookies are easily deleted in Internet Explorer. Simply click on "Tool" then "Internet Options" and finally, click on "Delete Cookies." It doesn't hurt to clean out the cookies once in a while, but don't be surprised if your favorite website doesn't recognize you when you return. **Next newsletter: Keyloggers**

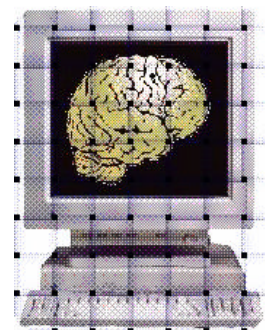
"Cookies are bits of information that websites write into a file on your hard drive...cookies are not all bad."

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
Pittsburgh, Pennsylvania
(412) 396-4032
(412) 396-1340 (fax)

IBC Minneapolis Office
15798 Venture Lane
Eden Prairie, MN 55344
(952) 210-5778
(952) 746-3895 (fax)



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