

Time and Place of Technology Use

1. How many hours per day is acceptable to use the Internet/ gaming/technology (may vary by individual; may vary on weekends vs. weekdays, etc.)?
2. Should the time of day one uses the Internet/technology be limited (e.g., cell phones off after 9:00 pm; no Internet use after 11:00 pm; xBox turned off during homework time/dinner, etc.)?
3. What are the expectations regarding the location for using the Internet/technology (e.g., unsupervised in bedroom; overnight at a friend's house; viewing pornography on a work computer, etc.)?

Privacy and Friends

4. What are the limits to providing personal information about oneself on the Internet (e.g., providing a cell phone number, address, password to accounts, etc.)?
5. Who are acceptable friends in social media such as Facebook (e.g., adding people you do not know; adding old romances from the past; using caution when adding non-peer aged individuals, etc.)?

Meeting Others Online and Offline

6. When is it appropriate to meet people offline (in person) that you only know through technology (e.g., someone you met on Facebook/Pinterest, online dating that moves offline, etc.)?

Unacceptable Activities

7. What online/technology behaviors are non-negotiable and forbidden (e.g., viewing CSAI; sexting/posting nude photos of self or others; communicating sexually with underage individuals, etc.)?

Blocking/Filtering/Monitoring

8. Would blocking/filtering Internet content create a more healthy online environment (e.g., prevent the viewing of pornography, including CSAI; blocking "Mature" rated games/movies, etc.)?
9. Is there a need for comprehensive monitoring of the Internet/technology (e.g., individuals crossing dangerous boundaries, including viewing CSAI); preventing cyberbullying, etc.)?

What To Do If...

10. If an individual violates one of the AUP guidelines, what is the expectation on how the boundary crossing should be handled (e.g., tell another adult; talk to therapist, etc.)?

Conclusions

The goal of the AUP is to get people discussing their current online behaviors, as well as anticipating online behaviors that may develop into problems. It is important to involve individuals in the creation of the AUP since they are familiar with their own behaviors and will be more invested in the boundaries if they helped create them. If the AUP is designed for youth, it is important to develop a list of possible consequences that may occur if the AUP is violated. Obviously, more serious infractions warrant more significant consequences since crossing one of the unacceptable activities could result in compromising the health and safety of the individuals involved. Finally, do not forget that most portable devices allow Internet access. When creating the AUP, do not forget to develop the rules with devices such as cell phones, gaming systems, iPads, etc. in mind.

Illegal Images

The recent printing of Illegal Images contained page title errors in Appendices D, E, and F. The text is completely accurate however, the following pages contain the correct layout. You can also print them for free in their entirety on the NEARI Press website at www.nearipress.org and look under Illegal Images in the bookstore. We at NEARI Press apologize for the error and for the inconvenience it may have caused.

Internet Sex Screening Test

Internet Sex Screening Test Scoring and Analysis

The Internet Sex Screening Test (ISST) was developed in 1999 by Dr. David Delmonico in an attempt to screen for problematic online sexual behavior. The instrument has been administered to over 5,000 individuals online and is currently being evaluated for validity and reliability. The most current information regarding the ISST may be found in the article by Delmonico and Miller (2003) in the journal *Sexual and Relationship Therapy*.

The Internet Sex Screening Test is currently undergoing revisions for a more precise measure of online sexual behavior. However, basic scoring directions for the current version are provided below.

The ISST is intended for general screening purposes and is not a diagnostic instrument. The ISST was intended to help individuals identify whether a further, more comprehensive evaluation was necessary.

Internet Sex Screening Test Scoring Directions

1. Sum the number of check marks placed in items 1 through 25. Use the following scale to interpret the final number.
1 to 8 = You may or may not have a problem with your sexual behavior on the Internet. You are in a low-risk group, but if the Internet is causing problems in your life, seek a professional who can conduct further assessment.
9 to 18 = You are “at-risk” for your sexual behavior to interfere with significant areas of your life. If you are concerned about your sexual behavior online, and you have noticed consequences as a result of your online behavior, it is suggested that you seek a professional who can further assess and help you with your concerns.
19 + = You are at highest risk for your behavior to interfere and jeopardize important areas of your life (social, occupational, educational, etc.). It is suggested that you discuss your online sexual behaviors with a professional who can further assess and assist you.
2. Items 26 through 34 are an abbreviated version of the Sexual Addiction Screening Test (SAST). These items should be reviewed for general sexual addiction behavior, not specifically for cybersex. Although there is no cutoff score calculated for these items, a high score on items 1 through 25 paired with a high number of items in 26 through 34 should be seen as an even greater risk for sexual acting out behavior on the Internet.
**** Please note:** Items 26 through 34 should not be calculated in the total score for part 1.
3. No item alone should be an indicator of problematic behavior. You are looking for a constellation of behaviors, including other data, that may indicate the client is struggling with their Internet sexuality. For example, it would not be unusual to have sexual sites bookmarked, or to have searched for something sexual online, but paired with other behaviors, it may be problematic.

Internet Health Plan Instructions

This exercise is designed to assist you in developing a healthy Internet plan. It is important for you to know exactly which of your Internet behaviors are unhealthy and which ones are healthy. You should review your Internet Health Plan at least every six months, or more often if necessary. This plan is designed to change and evolve over time as you learn more about yourself and effective Internet management skills.

In the inner circle, or the “red zone,” list all Internet behaviors which are **never** healthy for you. This may include items such as not going online past 10:00 pm or not looking at certain sexual images on the Internet.

The middle circle is the “yellow zone.” In the yellow zone you should list Internet behaviors for which you are uncertain about whether they are healthy or unhealthy for you. This circle may also include Internet behaviors that are **sometimes** healthy for you and sometimes are unhealthy. Examples include using the computer when you are alone, and/or going online when you are angry, tired, lonely, etc.

The outer circle is your “green zone.” In this circle list Internet behaviors that you know are **always** okay for you. The green zone illustrates those behaviors that indicate healthy use of the Internet for you. An example might be using the Internet in a high traffic area, or finding recovery resources/support while online.

Acceptable Use Policy Exercise

Introduction

Creating an Acceptable Use Policy (AUP) is not a “test” to see if individuals can determine the “right” answer. In this case, the right answer is the one that is best suited for each individual/family. As a prevention strategy, the AUP exercise is to help individuals anticipate potential hazards that may result from their use of technology. There may or may not be consequences associated with crossing the boundaries established, but in any case, crossing an established boundary causes individuals to pause and reflect on their online behavior. The AUP exercise can be helpful for individual adults, adolescents, and children. The AUP should be tailored to the needs of each individual, considering their age, maturity level, and ability to maintain boundaries. Adults often assume that technology rules do not apply to them; however, it is a lack of considering online boundaries that often leads to problematic online behavior for adults.

While the AUP is not focused on the viewing of CSAI, it provides a perfect opportunity to discuss the dangers and potential consequences of viewing online CSASI with both adults and adolescents. Many individuals do not comprehend that viewing a single CSAI could result in arrest, prosecution, and conviction carrying a sentence of multiple years of incarceration. Youth often do not realize that sending/receiving nude images of others their own age is illegal, and may result in arrest and prosecution. During the discussion of the AUP, it is important to weave in information regarding the legal and moral issues surrounding the viewing of CSAI.