



Twelve Questions Only You Can Answer

A private questionnaire for adults wondering about their own thoughts and behaviors

Some people struggle with sexual thoughts and behaviors towards children. Are you someone who wants to stop but doesn't know how? At Stop It Now! we understand the struggle. We are ready to help with confidential information and referrals. People who get specialized help can and do learn to control their behavior. No more secrets. No more lies.

If you are wondering about your own sexual thoughts and behaviors toward children, we encourage you to answer these 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, or given them money, in order to get them to trust you and like you so you can 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 fantasizing about or touching children or underage teens in a sexual way, or looking at child pornography, 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?

Did you answer YES to more than one question? If so, we encourage you to call Stop It Now!'s SAFE AND CONFIDENTIAL 1-888-PREVENT (1-888-773-8368) helpline. Understanding people at Stop It Now! Minnesota are available to provide information and resources to adults concerned about their own or someone else's sexualized behaviors towards children. *A non-profit program, not a law enforcement agency.*