



## Exercise: Changing child-sexualising actions

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### Objective

You will learn to question the thoughts you have used to give yourself permission to engage in sexual actions towards children. You will learn how to replace them with alternative thoughts that can help you act more responsibly.

### Instructions

Make use of what was discussed in the previous exercise when completing this one.

Please read the questions below relating to explanations and justifications. Think about answers, either in your mind or by writing them in the boxes below.

Practice using alternative thoughts the next time you feel tempted to engage in child-related sexual activity.

After the exercise, think in your mind or write down how you succeeded in the exercise and what felt challenging.

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### **1. Start with a list of all the thoughts you use to give yourself permission to engage in sexual actions towards children**

For example, how do you justify viewing material that presents child sexual abuse?

List at least three key thoughts that you most often use to give yourself permission to act.

For example "Children under the age of 16 are fully prepared and willing to engage in sexual activity."



**2. Look at the list you made. For each of your explanations to justify your sexual activity towards children, consider the following questions:**

- Where do my thoughts come from? What makes me think this way?
- How do I know that what I am thinking is true?
- How does what I think about children sexually support children's wellbeing and rights?

For example "Children under the age of 16 share their own sexually suggestive pictures online."

**3. Also write down alternative thoughts after each justification you use. These are thoughts that would make you act in ways that are more responsible and respectful of children's rights**

List and write down any alternative thoughts that come to mind.

For example "The age limit for sexual relations with a child in Finland is 16 years. Sexual intercourse with a child under the age of 16 may constitute a criminal offence."