



Exercise: Effects of activities that sexualise children on my life

Objective

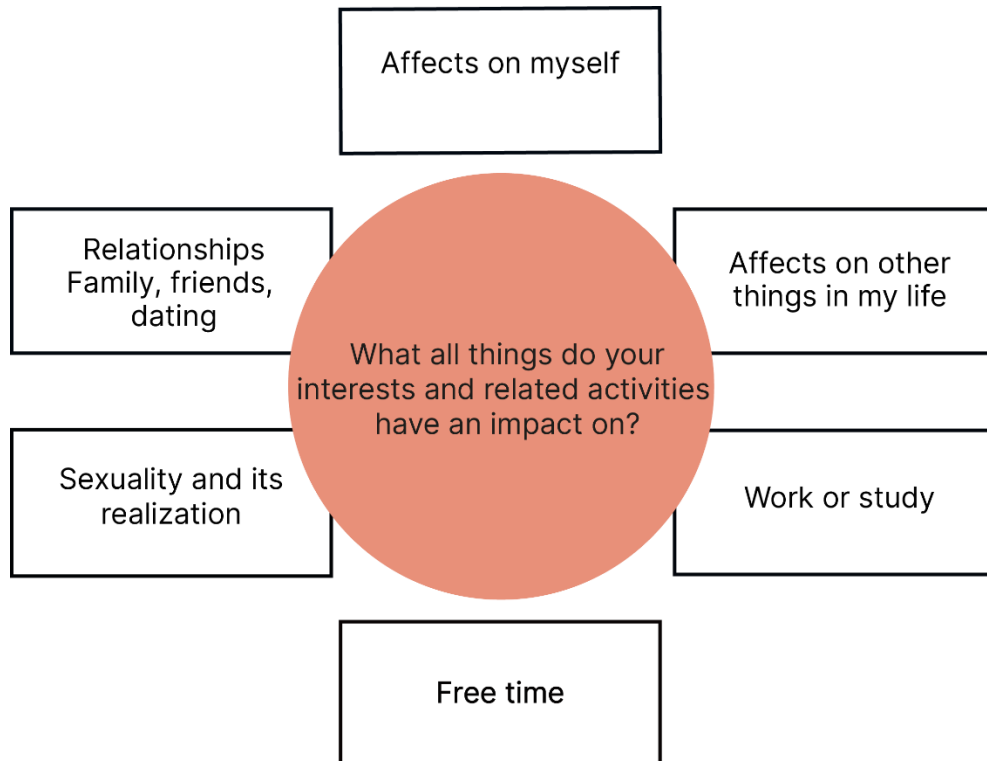
Understand the impact that child-sexualising actions have on your life.

Instructions

Using the below image, reflect on the different areas of your life. How has your interest and activity affected your life and you?

Either think of an answer to each point or write the answers in the boxes below.

- In addition, assess the effect on a scale from 0 to 100 (0 = no impact, 100 = impact has been very significant). You can reflect on factors such as what you have or have not been able to do because of your actions.
- Also assess if the impact has been positive or negative. Justify your assessment.
- Assess if your interest and activity increase or decrease your own wellbeing in the areas of life in question.
- Consider how you would like things to be in these areas of your life. What would it take for your goals and aspirations to come true?





What are all the things that my sexual interest in children and my actions have an impact on?

Leisure

Consider what the impact is like. What is the intensity of the effect on a scale of 0 to 100? What things have you not been able to do because of your interest or activity? What are your goals and aspirations in this area of your life?

Work or study

Consider what the impact is like. What is the intensity of the effect on a scale of 0 to 100? What things have you not been able to do because of your interest or activity? What are your goals and aspirations in this area of your life?

My relationships

Consider what the impact is like. What is the intensity of the effect on a scale of 0 to 100? What things have you not been able to do because of your interest or activity? What are your goals and aspirations in this area of your life?

Sexuality and expressing it



Consider what the impact is like. What is the intensity of the effect on a scale of 0 to 100? What things have you not been able to do because of your interest or activity? What are your goals and aspirations in this area of your life?

Impacts on myself

Consider what the impact is like. What is the intensity of the effect on a scale of 0 to 100? What things have you not been able to do because of your interest or activity? What are your goals and aspirations in this area of your life?

Impact on other issues

Consider what the impact is like. What is the intensity of the effect on a scale of 0 to 100? What things have you not been able to do because of your interest or activity? What are your goals and aspirations in this area of your life?