

Note to the Clinician

Previous editions of *Pathways* had an extensive Preface written for clinicians. We have decided to pull the Preface from the workbook and make a “Clinician's Guide” available as a free, downloadable PDF. You can find it at the Safer Society Press Webstore.

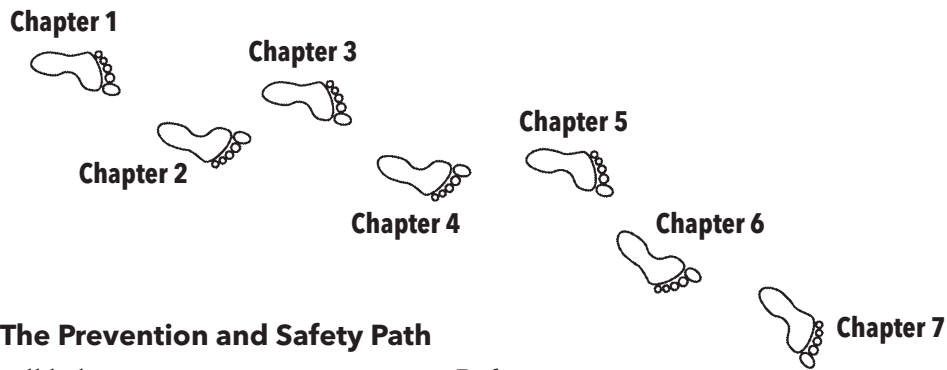
About Safer Society Press

Safer Society Press is the publishing arm of Safer Society Foundation, Inc., which was founded in 1985 and incorporated as a 501(c)3 nonprofit organization in 1995. Our mission is to provide services and resources for preventive and restorative responses to sexual and social violence.

Based on the vision of our founder, Fay “Honey” Knopp, our organization strives to achieve its mission through three major initiatives:

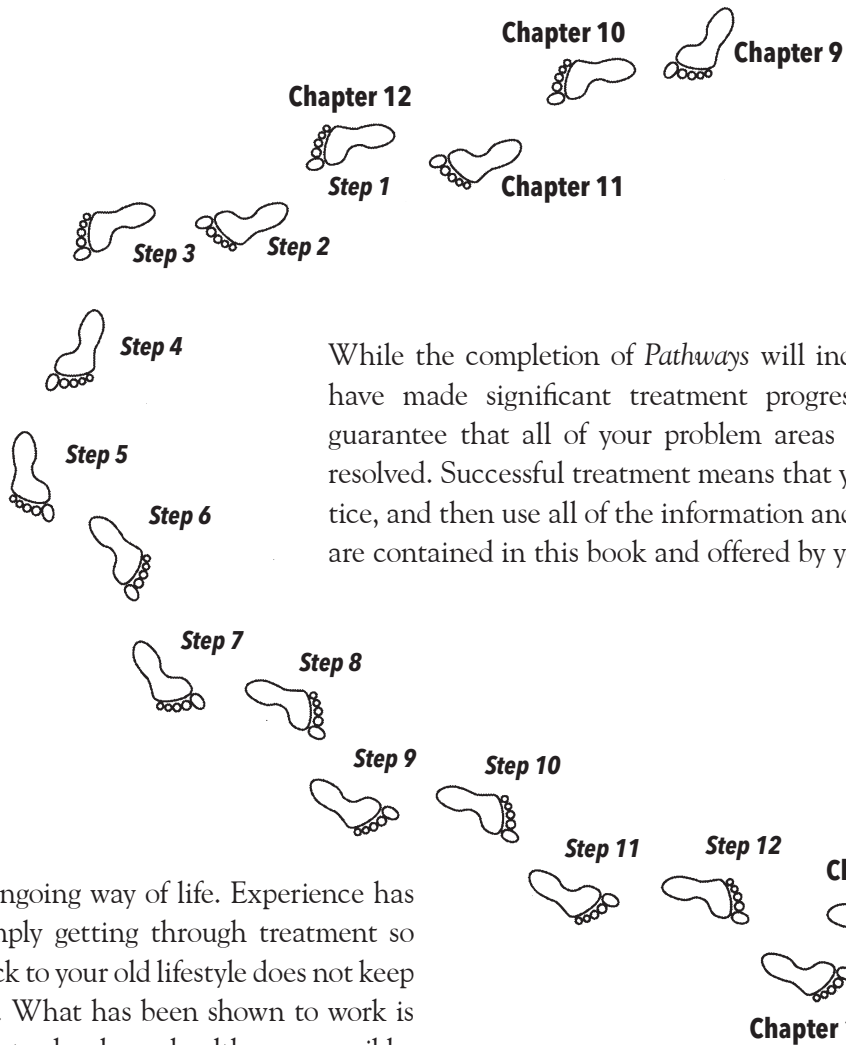
- **Safer Society Press**, a print and media conduit of knowledge for all professionals whose work parallels the mission of Safer Society Foundation.
- **Safer Society Continuing Education Center**, an online conduit of knowledge that produces webinars and trainings for all professionals whose work parallels the mission of Safer Society Foundation.
- **New Circle Mentoring**, a community-based mentoring program that provides at-risk children in Central Vermont the one-on-one support and encouragement of a caring adult to help them overcome the obstacles in their paths to healthy adulthood.

We invite clinicians to visit our website: www.safersociety.org to learn more about our services and resources.



The Prevention and Safety Path

This chart will help you monitor your progress in *Pathways*. As you progress through *Pathways*, you and your counselor will review, correct, and approve each chapter or assignment and then color or initial the matching footprint.

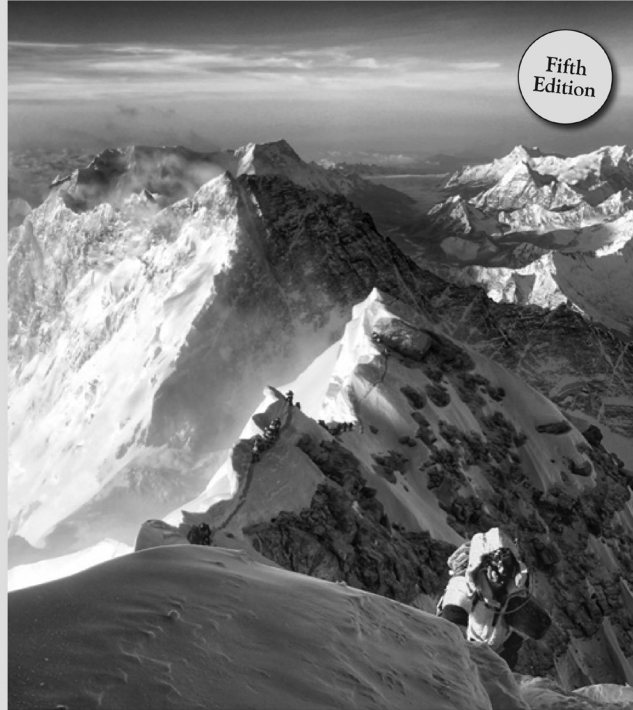


While the completion of *Pathways* will indicate that you have made significant treatment progress, it will not guarantee that all of your problem areas are completely resolved. Successful treatment means that you learn, practice, and then use all of the information and concepts that are contained in this book and offered by your therapist.

Prevention is an ongoing way of life. Experience has taught us that simply getting through treatment so that you can go back to your old lifestyle does not keep you out of trouble. What has been shown to work is when you are able to develop a healthy, responsible, and sensitive lifestyle that you can follow forever.

PATHWAYS

A Guided Workbook for Youth Beginning Treatment



TIMOTHY J. KAHN

The photo on the front cover was taken by Charlotte Austin during her 2019 climb of Mt. Everest. This picture was chosen for *Pathways*, Fifth Edition because it is a beautiful and inspiring image of climbers working together to get to the highest place on Earth, the summit of Mt. Everest. Without help from their team and other climbers, it would be almost impossible to get up the mountain. As a counselor who has worked with young people with sexual behavior problems for over 40 years, I continue to be impressed by the effort and work that young people go through as they climb up their own mountains to overcome their own personal challenges. It is my hope that his photo proves to be inspiring for all the young people who read this book. I also want to thank my close friend and neighbor, Charlotte Austin, for providing this picture, and for serving as an inspiration to young people around the world.

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Introduction

Welcome to the fifth edition of *Pathways*—you are not alone. It may help you to know that many other young people around the world are struggling with sexual behavior problems. Thousands of teenagers very much like you have abused someone sexually or have gotten into trouble for their sexual behavior. The good news is that this workbook will help you to understand and change your sexual behavior problems while also providing you with strong skills and knowledge for the rest of your life. It is up to you to remember the information you have gained from this book and to use the skills and treatment concepts as you move forward in life. You can use this step-by-step book from the first day that your sexual behavior is discovered all the way through to the end of your treatment. Your *Pathways* workbook is one tool in your toolbox—completing it does not mean that you are done with treatment.

In *Pathways* you are encouraged to work towards becoming a sensitive, honest, and responsible person *each* day, for the rest of your life. Another important goal is for you to develop integrity and make and follow through on a personal promise to never hurt anyone else ever again. Our world is now recognizing that consent is a very important part of our lives, and learning to practice consent every day is another important component of your *Pathways* experience.

Change is hard work, and successful completion of this workbook may take a very

long time. Your counselor and your treatment group, if you have one, will help you every step of the way. You will notice that there are two small check boxes at the top of every page in your *Pathways* workbook. You are asked to put your initials in the left-hand box after you have read the page and have done the assignments on that page. After your counselor has checked your work to make sure that you understood it, the counselor will put his or her initials in the right-hand box. Throughout your *Pathways* workbook you will be instructed to sign the small boxes in different ways, to make sure that you are reading every page in the workbook. The instruction to change the way you sign the boxes will appear at random times in the text of various chapters. When you find new instructions, you should sign the boxes according to those latest instructions. On that page and the pages that follow, change the way you sign the boxes until you come to a new set of instructions for signing boxes. It is a challenge to make sure that you find all the different instructions for how to sign the boxes, as you read through the book. You can start by putting your initials in the left-hand box at the top of this page after you finish reading it.

Pathways uses an educational and relapse prevention (RP) approach to treatment, but it also is designed to help you build onto your existing strengths and positive behaviors. This treatment approach has two main





parts. The first part is the internal one, teaching you about what goes on inside you as you learn how to apply self-control, how to make good decisions, and how to control and express your feelings in healthy ways. The second part is the external part, in which you will be learning to look for and accept help from other people in your support system throughout your treatment process. Young people dealing with the same issues you are facing have found that when they have good support systems, they are often more successful in treatment than others who go through treatment without support. Family involvement has also been found to be very important. A parent's guide for *Pathways*, called *Healthy Families*, is also available; your parents, foster parents, or group home staff will be encouraged to read that book so that they can support your work in this book.

A single book can't replace individual and group therapy by trained counselors, however, but it can be a very important addition to a counseling program. In *Pathways*, you will learn new and non-hurtful ways to deal with your past experiences, your feelings, your relationships, your thoughts, and your behavior patterns. In addition, by successfully practicing the skills you learn here, you will become a lifetime member of the Sexual Abuse Prevention and Safety Team so that you can actually help improve the lives of other people by helping to prevent more sexual violations from occurring.

Listen for a moment about some thoughts about guilt and shame. In *Pathways* you are encouraged to discuss your feelings of guilt, and hopefully you will be able to acknowledge the mistakes you have made and take steps to repair whatever harm you may have caused with your behavior. Guilt is a normal and positive feeling that most people have when they do something wrong that hurts someone

or something else. Guilt helps us learn from our mistakes, and guilt may motivate us to have more positive behavior in the future. Shame, on the other hand, is not something that *Pathways* wants to support. With guilt, a person feels bad about their behavior, and works to change it. With shame, a person feels bad about who they are, and that may contribute to depression, anxiety, and low motivation to do positive things. In *Pathways* you are encouraged to acknowledge your guilt, and work to repair the damage you have caused. You are also encouraged to work hard to eliminate your shame by learning new skills, building a positive support system, and living a healthy life! Building a positive sense of self and a positive self-image is one of the most important goals in *Pathways* Fifth Edition. Remember, your behavior is your behavior. Your behavior does not define you as a person. If you have committed a sexual offense and have a criminal record, that means that you have offended. Contrary to what some people may think, having a sexual offense on your record does not make you a sexual offender. It simply means that you have engaged in illegal behavior. In your *Pathways* workbook, you are encouraged to think of yourself in positive ways, as a person who has many strengths and goals, and to work every day towards healthy relationships and positive activities.

Pathways is written for boys and girls with many different types of sexual behavior problems. When you are in treatment, you may be called a *client*. Some clients who are using this book have touched younger children in sexual ways. Other clients have acted out in other sexual ways by exposing their private parts or by spying on other people. Some clients have been physically violent or forceful in making another person do sexual things. Other clients have gotten into trouble for sexual



harassment, or they have been too preoccupied with sex and pornography. Other clients have problems with stealing underwear, making obscene phone calls, or spending too much time doing sexual behaviors. Recently, many people have had problems with viewing or sharing illegal images of child sexual abuse, which is sometimes called child pornography (CSAM). *Pathways* also contains information and exercises that can be helpful with clients who have been viewing CSAM (Child Sexual Abuse Material).

Teenagers and young adults commit more than half of the child molestation cases that are reported to the police. Some abusers have also caused serious physical harm to victims. Some have even killed their victims. Even though we know that the harm caused by sexual abuse or sexual violence can run deep and can last a very long time, many teenagers with sexual behavior problems believe that what they did caused no real harm to the persons they abused. In *Pathways*, you are encouraged to begin to learn about how sexual behavior and sexual abuse can hurt other people. The purpose for showing you the harm that you have done is not to make you feel worse about what you have done, but to help you become a more sensitive, honest, and responsible person in all parts of your life.

On these pages, you will be taught about *direct* victims as well as about *indirect victims*. A *direct* victim is a person who has been abused or victimized in some direct way. For example, a child you've touched sexually while babysitting is a direct victim. A woman at home who looks out of her window and sees you spying on her by looking in her window is a direct victim. If you have broken into someone's house and taken some of their belongings, then they are direct victims, too. An *indirect* victim is any person who is hurt, distressed, or embarrassed by another person's

behavior, or who is impacted second-hand in any other way by the actions of another person. For example, the parent of a child who is abused is an indirect victim. Your own parents are also indirect victims because of the time, money, and shame that resulted when you were caught for sexual misconduct. Your brother or sister may also be indirect victims. For example, if you end up being listed on the Internet as a sexual offender and your siblings see the listing, it may cause them to feel deeply embarrassed. Some clients who have viewed images of child sexual abuse might think that they don't have any real victims. Actually, by viewing illegal pornography, a person is creating demand for that material, and in that way is contributing to the problem of child sexual abuse.

It is important to know that even the simple touching of a child's private parts can be very frightening and upsetting for the child and for the child's family. Going into somebody's house and taking items like underwear may seem like it doesn't hurt anyone, but it can be very upsetting and scary for many families, and especially so for the person whose personal items were stolen. No matter what your sexual problems might be, it is important to remember that most people consider sexual behavior problems to be a very serious matter.

It can be very frightening, embarrassing, and confusing to discuss or be confronted about your sexual behavior. Sometimes you might feel alone or feel as if you are the only person who has ever done these kinds of things. Remember, though, you are not alone, even though you might sometimes feel that way. Every single human being has sexual feelings, and as a result, many people find that they also have problems with sexual behaviors, especially when they are young.

The *Pathways* workbook is designed to help



you learn helpful tools that you can use every day to develop a healthy and offense-free lifestyle. By making these changes and by doing this work, you will earn the respect of your family and everyone else involved in your life.

Pathways was first published in 1990. Since that time, many thousands of young people have completed the workbook. All the stories you will read in *Pathways* are the experiences of real teenagers. Through their stories, you will be learning about their successes and mistakes as they worked to overcome their own sexual behavior problems. Hopefully, you will be able to learn from the mistakes that others have made. More boys than girls are in treatment for sexual behavior problems, just as more boys than girls are in detention centers and jails. While boys and girls with sexual behavior problems are different in some ways, the treatment process for both genders is often similar.

It is important to understand that studies have shown that teenagers with sexual behavior problems often have other problems as well. For example, one study showed that half of all teenagers with sexual behavior problems were arrested within two years for other criminal behavior that was not necessarily sexual behavior. For this reason, *Pathways* will ask you to focus on *all* your behavior patterns, and not just your sexual behavior.

Jenny, who is 14, started working in the *Pathways* workbook and then wrote the following words about her experiences a year later:

Pathways helped me learn to talk about what I had done to the kids I was babysitting. I was very scared when I went to talk with my counselor for the first time. He asked me very personal questions, and I was very scared that I would get taken away from my home and put in

detention. It helped me a lot to talk with some other teenagers who were already in treatment. They seemed like normal kids, and they convinced me that it was okay and important to learn to talk about what I had done. By the time I got to chapter 3 in *Pathways*, I decided to open up and write down what I had done. My counselor was very understanding and supportive. After I got more comfortable, he helped me to talk more fully with my parents about what I had done.

These comments came from Sam, who is 16:

I was kind of angry and scared when I first came to see my counselor. I had not yet gone to court, and I wasn't sure what was going to happen to me. I thought that the other kids in the treatment program would be strange, but they weren't. They seemed very normal. It was weird to hear them talk about what their sexual behavior problems were. After hearing them talk, it was much easier for me to admit to what I had done. They explained about denial, and I found out that most teenagers leave out details of their sexual behavior because they are afraid of getting caught or they are afraid of their parents rejecting them. After working in *Pathways* and starting my treatment group, I realized that I was not alone and that I could earn back the respect of my family by succeeding in this treatment program.

Pathways is designed to be used in individual therapy or in a therapy group with other young people. You might be able to read this workbook by yourself and complete the assignments on your own. If that's true, great!



If you are having trouble reading and understanding the words or assignments, ask for help from your counselor. There is another workbook called *Pathways: Base Camp*, that is designed for young people who have learning problems or have trouble reading and writing. Your counselor will help decide which workbook is best for you. To get the most benefit from *Pathways*, your counselor may give you additional assignments in some chapters. You will do well on the assignments if you read each chapter carefully and ask questions about anything you do not understand. Completing your *Pathways* workbook will not “cure” you of your problem—there is no cure—but the book will teach you how to recognize and control your problem behaviors. You can’t be cured because you don’t have a disease. Your sexual behavior resulted from choices and decisions that you made, not from a strange disease that took over your body.

Treatment has a lot in common with activities like dieting. All human beings have sexual feelings throughout their lives, just like everyone needs to eat food throughout their lives. Every person who has ever tried to lose weight knows that short-term diets do not work. What does allow dieting to be successful are the following four steps: 1) education about the nutritional value of different foods; 2) serious changes in the way you think about food and cope with the urges to eat; 3) the development and repeated practice of exercise routines; and 4) the establishment of a support system and a healthy environment. Treatment for sexual problems is similar. To make lasting changes in your lifestyle and behavior, you will need to learn about your sexual feelings, practice healthy control skills, and develop a support system of people who will help you make these positive changes in your life. Treatment for sexual behavior problems, however, is different than many

treatments for other addictive behaviors, like alcoholism. With alcoholism, many treatment programs teach clients to never drink again and to avoid places where people are drinking. With sexual behavior problems, it is accepted that clients will have sexual feelings throughout their lives, but it is also expected that healthy sexual behavior should be learned and practiced. For this reason, *Pathways* teaches about healthy and responsible sexuality while it also addresses unhealthy and inappropriate sexual behavior.

Later in *Pathways*, during Step 5 of chapter 12, you will practice changing irresponsible patterns of behavior into positive behaviors. You will learn about something called *delayed gratification* and will learn to do what you *need* to do rather than what you *want*. Teenagers with sexual behavior problems often act on impulse, without thinking about the consequences. In chapter 12, you will learn that impulsive behavior is called “Feeding your PIG.” A PIG is a “**P**roblem with what is known as **I**mmEDIATE **G**ratification” or “**I**nstant **G**ratification.” *Gratification* means to get what you want, and *instant gratification* means to get what you want immediately—as quickly as you can—which is often done without thinking about the consequences involved. Instant gratification is a very important treatment concept to master, and it will help you live a better life.

Since you are different from every other teenager with a sexual behavior problem and have a certain level of education and ability, some parts of the workbook may seem too hard or too easy for you. This is to be expected. In spite of these kinds of differences, it will be up to you to do your best in *Pathways* by asking for help from others or by even doing extra work, when necessary.

Since many of the assignments in this book involve writing, you may find it easier to do



the assignments on a computer, if there is one you can use. At the end of each chapter there are short quizzes that you will be also asked to complete. The quizzes are designed to be open book, meaning that you can look back through the chapter to find the answers. The purpose of the quizzes is to make sure that you are learning what is taught in each chapter, and to give you a sense of progress and achievement as you do all the work in this book. Each time you complete a quiz in *Path-*

ways, you are taking another step towards becoming a healthy, responsible, and sensitive person. Congratulate yourself as you work through this book.

Remember that it takes hard work and commitment to complete both your *Pathways* workbook and your overall treatment program. When you do succeed, you will be well on your way toward reaching that important goal of becoming a sensitive, honest, and responsible person with integrity. Good luck!

INTRODUCTION TO THE HEALTHY LIVING PROJECT

This edition of *Pathways* includes an expanded Healthy Living Project (HLP). It will be organized much like a scrapbook in a three-ring binder or in a PowerPoint or Google Slides presentation that you will work on as you move through the chapters,

and at the end of the book you will put it all together to share with your support team. The HLP is a way for you to review and document what you have learned in treatment, as well as set the stage for having a healthy life after treatment!