

**Are you troubled by your sexual feelings and behaviours?
(Do you know someone who needs help?)**

We are presuming that you are reading this information because you are troubled by your sexual feelings towards children or others in ways that are harmful or illegal and you wish to resolve the situation. There is very little literature available on this topic, but the key dynamic tends to be the need to experience power over another. It is acknowledged that it can be difficult to resist sexual desires over time and you may have already acted upon your feelings.

Recognising you need help is a positive step in the right direction.

If you are engaged in any sexually unlawful behaviour, including viewing child porn or other illegal internet use, it is possible that the police and other authorities have already identified your activity. If so, it is very likely that they will be initiating investigations. These procedures could result in consequences that have the potential to impact on all aspects of your life. This could include long term damage to your close personal relationships, your reputation and employment prospects.

Help is available, and there are organisations that can work with you.

Confidentiality.

It is generally agreed that the benefits to society of allowing people to work in a confidential setting outweighs the need to disclose, but there are exceptions:

The extent of confidentiality should be explained to you by the individuals you work with. If not, ask about their confidentiality policies and procedures. You are advised to refer to our Counselling Guidance documents when seeking help.

There are circumstances where confidentiality cannot be maintained, so our advice is to research these exceptions as they apply to the country where you live, the organisations that you may approach and the individuals you work with. Some individuals and organisations are willing to work with you anonymously.

We list the main charities, groups and organisations that you can turn to in a dedicated DABS Directory. Please click on the 'The Directories' Tab on our website.

<https://www.dabs.uk.com/the-directory-2>