

# **Impact of Child Sexual Abuse on Families: What Makes a Good Chaperone**

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# Philosophy

- Sexual victimization is a horrendous crime against adults and children. The Chaperone Program's primary focus is to stop further victimization of children.
- The Chaperone Training Program is an educational endeavor providing information about child neglect, physical, emotional, psychological and sexual abuse issues. Friends, partners, family members, and human service agencies will learn methods of intervention to support relapse prevention and meet the requirements of court ordered mandates regarding supervised visitation with minors. However, the sexual offender is ultimately responsible for her/his cycle. He/she must remain connected and honest with the chaperone for support and any necessary confrontation, to refocus cognitive distortions and interrupt the grooming process.
- Upon successful completion of the training program, each participant will be presented with a certificate of completion that will satisfy the courts order for supervision.

Mike Peters

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MY MOTHER FEELS MUCH SAFER NOW THAT WE'VE  
KICKED OUT THOSE GAY TEACHERS...

# Possible Long Term Effects of Child Sexual Abuse

- Low self-esteem
- Fearful abuse stimuli
- Emotional upset
- Nightmares/sleep disorders
- Repressed anger/hostility
- Depression
- Withdrawal from activities
- Academic problems
- Daydreaming, loss of memory, inability to concentrate
- Overly compliant, anxious to please
- Behavioral regression
- Aggressive behavior
- Generalized fear
- Psychosomatic complaints
- Non-academic behavior problems
- Inability to form or maintain relationships
- Body image problems
- Age-inappropriate sexual behavior
- Inappropriate/destructive peer relationships
- Suicidal thoughts/statements
- Indiscriminate affection giving or receiving
- Panic/anxiety attacks
- Obsessive or repetitive thoughts
- Places self in dangerous situations
- Excessive autonomic arousal
- Minor problems with police
- Drug/alcohol problems
- Shoplifting/stealing
- Violent fantasies
- Runs away/takes off
- Sexually victimizes others
- Suicidal attempts
- Hurts self physically
- Ritualistic behavior
- Prostitution
- Eating disorders
- Major problems with police

# Sexual Assault Has An Impact On:

- The victim
- Victim's family
- Victim's friends / acquaintances
- The offender
- Offender's family
- Offender's friends / acquaintances
- Employers / employees / peers / school personal
- Victim's immediate neighborhood
- Offender's immediate neighborhood
- Police officers and their families
- Corrections officers / Counselors and their families
- Judges and their families
- Stenographer / clerks and their families
- Bailiffs and their families
- Crime lab personnel and their families
- Hospital personnel and their families
- Newspaper and Media reporters and their families
- The economy

# Feelings Of Abuse Victims

- Suspicious, unable to trust
- Afraid, unable to stand up for own opinion
- Blames self for everything bad that happens
- Feels guilty and ashamed even when there is no reason
- Withdraws, doesn't want to spend time with others
- Feels "different" from others
- Feels hurt by others a lot of the time
- Lonely, bored, and empty inside
- Suicidal
- Feels like a perfectionist, can't tolerate mistakes
- Constantly feels sorry for self
- Feels angry all the time
- Closes off feelings, unable to tolerate pain
- Not caring about appearance
- Feels out of control of life
- Depressed and sad
- Afraid of change
- Feels trapped, like nobody understands
- Feels stupid, less capable than others
- Ashamed of sexual feelings

# Questions Victims of Sexual Abuse May Ask

- Why did you do those things to me?
- Why did you pick me, what did I do?
- Will you ever do those things to me again?
- Have you done that to anyone else?
- Are you getting counseling now?
- How has counseling helped you?
- Do you still love me?
- If you loved me, why did you do this to me?
- How will I know if you are about to hurt me again?
- Should I trust you anymore?

# Questions Victims of Sexual Abuse May Ask

- What can I do to protect myself if I feel you're about to do these things to me?
- How do you feel about my telling on you and you getting into trouble?
- Did anyone else know what you were doing when this was happening?
- What would have happened if you hadn't been caught?
- Are you going to come home?
- How will things be different when you come home?
- Will my friends be safe after you come home?
- Who needs to know about what you did?
- Who will know now about what you did?
- Tell me about your counseling.

# Reasons for Delay or Nondisclosure of Unwanted Sexual Experiences

- “I was scared.”
- “ I didn’t want to get in trouble.”
- “ No one would believe me.”
- “ I didn’t want to get anyone else in trouble.”
- “ I still love the other person.”
- “It was my fault as much as the other person’s.”

# Grooming

- Grooming is any activity that desensitizes the victim or significant others for the purpose of enabling a sexual offense to occur. Significant others can be a parent, neighbors, relatives, members of the church, and members of the community in general. Offenders groom themselves, the victim, and significant others.

# Grooming Cont.

- Offenders groom THEMSELVES, their mind, their body, and their behavior. They groom their mind by using thinking errors like rationalization and excuses to make the offending behavior OK. They groom their body and behavior in a variety of ways, for example, compulsive masturbation, deviant sexual fantasies, sexual jokes and remarks to others, and the use of pornography.

# Grooming Cont.

- Offenders groom the VICTIM. This includes many different kinds of activities. They use **PHYSICAL GROOMING**. This begins with behaviors that children and adults would consider appropriate like bathing, wrestling, and tickling. The contact becomes grooming behavior when it is used to accustom the victim to touching that can lead to sexual contact at a later time. Offenders use **PSYCHOLOGICAL GROOMING**. This can include giving the child special privileges, gaining the trust and confidence of the child, giving the child a sense of importance and maturity and/or creating a state of fear or uncertainty.

# Grooming Cont.

- Offenders groom **SIGNIFICANT OTHERS**. They do this to increase access to the victim and to create the opportunity to offend. They gain the trust and confidence of all around them. No one would suspect that they are a criminal capable of molesting a child. An offer to do special projects or activities creates the opportunity for the victim to be away from the home or away from the supervision of parents. No one is suspicious.

# A Victim Treatment Model

- Separation from the offender
- Trauma assessment(s)
- Individual and/or group trauma therapy
- Therapist and victim establish goals to reach
- Sessions with non-offending parent and siblings
- Work through the trauma of the offense(s)
- Learn and practice setting boundaries
- Develop trust in others (safe people of her/his choice)
- Learn and practice assertiveness and making healthy choices

# A Non-Offending Parent Treatment Model

- Separation from the offender
- Trauma assessment
- Participation in sessions with the victim and her/his therapist and with other children's therapists
- Participate in Chaperone Program
- Develop independent methods of living her/his life
- Learn and practice establishing boundaries
- Work through any of their own childhood traumas
- Recognize the victim's cognitive distortions and support her/his process of change
- Develop allegiance with victim and re-establish the relationship

# Indicators That Offenders May Be On Cycle 1-20

- Feeling nervous, anxious
- Worrying what others are thinking
- Engaging in negative self-talk
- Engaging in self “put-downs”
- Keeping secrets
- Stuffing feelings
- Not knowing what I’m feeling
- Sexualizing kids
- Engaging in deviant fantasies
- Feeling bored
- Feeling lonely
- Feeling depressed
- Feeling desperate
- Masturbating compulsively (Or not realizing I am)
- Masturbating to deviant fantasies
- Masturbating to relieve “horny” feelings or wet dreams
- Flirting with children
- Isolating
- Being alone with children
- Not acting my age

# Indicators That Offenders May Be On Cycle 21-40

- Buying, selling, possessing or using pornography (any and all forms)
- Buying, selling, possessing, or using drugs
- Buying, possessing, or using alcohol
- Feeling overwhelmed
- Feeling the need to be perfect (Perfectionist thinking)
- Using cognitive distortions to rationalize fantasizing and sexualizing others
- Engaging in “pity-parties”
- Thinking of “youthful sexuality”
- Being angry or rageful
- Feeling out of control
- Hanging out with old drinking or drugging buddies
- Going to houses where potential victims (children) are
- Not attending AA, NA, OA, or other self-help group meetings
- Having a poor attitude
- Feeling like a victim
- Feeling “stressed out”
- Not setting boundaries, having boundary violations
- Planning to do something “secret”
- Making plans to isolate
- Being excited about “closeness” with children or teens

# Indicators That Offenders May Be On Cycle 41-60

- Realizing, I once again, have a collection of pornography
- Looking in the newspapers, mail or catalogs for children's underwear ads
- Engaging in horseplay
- Creating an environment so I can victimize
- Thinking of sexual acts with kids
- Thinking about how I can make myself or the children happy by touching them
- Showing, giving, or exposing kids to pornography, drugs, or alcohol
- Losing my job or being unemployed
- Using cocaine
- Sleeping over at houses where potential victims are
- Taping / watching kids' shows
- Failing to use interventions
- Listening to music that invites old thinking patterns or feelings (unhealthy music)
- Viewing pornographic magazines in a regular bookstore
- Attending high school functions
- Going to malls where teenagers hang out
- Viewing sexually explicit movies/shows on TV or cable
- Being with people who use filthy, dirty or sexually explicit language
- Supervising / coaching youth activities
- Watching MTV, cable shows, or attending movies that have attractive youthful stars

# Indicators That Offenders May Be On Cycle 61-80

- Going to restaurants where teens hang out
- Working at high schools or colleges
- Living among people with young families
- Hanging out with dysfunctional people
- Failing to attend therapy / group sessions
- Having too much free, idle, or unstructured time
- Masturbating to change my mood
- Setting up a victim
- Approaching a potential victim
- Starting a conversation with a potential victim
- Care taking / rescuing
- Baby-sitting
- Being anywhere teens hang out
- Flirting with inappropriate (underage) people
- Acting childish
- Engaging in obsessive / compulsive behavior
- Inappropriate hugging / touching
- Abstinence violations
- Using “Stinking Thinking”
- Being stressed, feeling stressed, or in a continuous stressful environment

# Indicators That Offenders May Be On Cycle 81-100

- Not sharing or communicating
- Having unrealistic expectations of myself or other people
- Having unrealistic expectations of groups, institutions, the government, the legal system, lawyers, parole, etc.
- Bathing Children
- Being in children's bedrooms, bathrooms etc.
- Not being honest with myself or others
- Failing to confront or deal with problems
- Swimming with children or teens
- Letting myself go (Personal hygiene, etc.)
- Watching TV when I am bored
- Not being responsible, avoiding responsibilities
- Not getting enough sleep
- People pleasing
- Engaging in various (unhealthy) co-dependent behaviors
- Coping with stress or life in unhealthy ways
- Trying to control or manipulate others
- Letting problems build up
- Driving near schools or other places where kids are present
- Procrastinating
- Cursing or using profanity

# 1-20 Interventions

## Ideas on How to Get Off Cycle

- Refrain from isolating
- Don't initiate contact between myself and a child
- Exercise
- Don't volunteer for any youth activities
- Keep in mind interventions and timing of their use
- Use thought stopping techniques
- Stay healthy
- Don't drive around aimlessly
- Don't go places where there are children
- Use positive self talk
- Think of how pornography exploits others
- Remain open to new thoughts and ideas from others
- No baby-sitting
- Don't sexualize others
- Remember the price I had to pay for my deviant actions
- Leave a bad situation
- Identify compulsive behavior and the way change can be made
- Get involved in activities
- Learn a hobby
- Don't watch TV aimlessly

# 21-40 Interventions

## Ideas on How to Get Off Cycle

- Stay away from playgrounds and parks
- Don't get cocky, "I've learned my lesson"
- Stay away from teenage hang-outs
- Admit mistakes and take responsibility for them
- Get plenty of rest
- Stop pleasing people
- Don't hold resentments
- Maintain empathy for victims
- Dispute irrational beliefs
- Read appropriate literature
- Install bedroom door locks
- Wear pajamas while walking around the house
- Have partner discipline children
- Avoid negative self-talk
- Have separate bathrooms for children in the house
- Have more family interventions
- Set boundaries
- Be able to say no
- I will only control myself, not others
- Don't let problems build up

# 41-60 Interventions

## Ideas on How to Get Off Cycle

- Work on self esteem
- Call time out
- Avoid depressing music
- Avoid self pity
- Don't be co-dependent
- Change route to avoid high-risk areas
- Do not avoid responsibilities
- Keep a full time job
- Do not pick up hitchhikers
- Avoid using profanity
- Accept the things I cannot change
- Let others know my crime
- Avoid being overly generous
- Don't dwell on the past
- Have the courage to change the things I can
- Don't walk aimlessly
- Don't place high expectations on myself
- Don't masturbate to inappropriate fantasies
- Set realistic goals
- Don't be promiscuous

# 61-80 Interventions

## Ideas on How to Get Off Cycle

- Don't be alone with children
- No involvement with children's needs
- Stay out of children's bedrooms
- Think about the hurt look on my victim's faces
- Confront problems instead of masking them
- My bedroom is off limits
- No more pornographic material
- Be honest
- No alcohol or drugs
- Attend AA/OA meetings
- Attend NA/SLAA meetings
- Have an adult present at all times when children are around
- Remember the phrase, "I am capable of re-offending"
- Don't keep secrets, tell others how I feel
- Don't get involved in dysfunctional relationships
- Work only with adults
- Communicate, don't stuff feelings
- Structure my leisure time
- Stay in support groups
- Avoid public swimming pools

# 81-100 Interventions

## Ideas on How to Get Off Cycle

- Keep a positive attitude
- Don't compare myself with others
- Stay away from bars
- Be more patient
- Find time for yourself
- Avoid anger situations
- Avoid prostitutes
- Do 12 step work
- Set boundaries
- Follow parole restrictions
- Don't go to the movies alone
- Go work out at a gym
- Go to video stores that don't have porno flicks
- Say a silent prayer
- I am a good worthwhile person
- Who cares what other people think, say, or do. That is on them
- Be honest with others
- Avoid loose talk about sex with potential victims
- Think before you act
- 100. Make sure no one walks around the house half naked

# Rationalizations

1. I'll only do it one more time
2. I need to do this to reduce my tension
3. He/she likes it
4. She is too young to get pregnant
5. He/she won't remember
6. He/she won't realize what I am doing
7. Nobody will find out
8. It is okay, he/she is my child
9. He/she is better than no one at all
10. He/she wants love and affection

# Rationalizations Cont.

11. He/she loves me
12. He/she likes being with me
13. We are very close friends
14. He/she likes the attention
15. He/she did not tell me to stop
16. Someone had to teach her/him about sex
17. I am lonely
18. He/she wants me to do this
19. It makes me feel better
20. I need love and affection too

# Rationalizations Cont.

21. He/she puts her/his arm around me and sits on my lap
22. He/she says no, but really means yes
23. He/she looks older that he/she really is
24. He/she is very mature for her/his age
25. I'm in love
26. I deserve to feel good
27. No one will see me
28. I can't stop myself
29. I'm drunk
30. I'll only go so far, and then I'll stop

# Rationalizations Cont.

31. Hitchhikers should know what to expect
32. It's more exciting than sex with my partner
33. Why else would he/she leave her/his shades up
34. Why else would he/she want me to tuck her/him in
35. Why else does he/she sit on my lap
36. If I expose myself, maybe he/she will too
37. He/she hasn't told anyone yet, so he/she must like it
38. I'm not really hurting anyone
39. I won't do it anymore
40. He/she won't tell

# Rationalizations Cont.

41. He/she is not my real child
42. My partner does not love me
43. It is okay in some cultures
44. It is okay since he/she is asleep
45. I'm just going to look, I won't touch
46. In most ways I am a good parent
47. If he/she doesn't want me to, I won't
48. He/she is a lot like my partner
49. He/she leads me on
50. If not me it will be someone else

# Rationalizations Cont.

51. He/she will get to like it
52. I'm not the first, he/she is not a virgin
53. Others do it
54. Nobody would believe her/him
55. Some children like it
56. It happened to me at that age
57. He/she is doing it for the money
58. I'm just showing affection
59. He/she comes into our/my bed
60. Just look at how he/she dresses
61. He/she has seen naked women/men before

# Rationalizations Cont.

62. He/she is laughing/smiling

63. I am oversexed

64. What I do in my own car/house is my business

65. My sex life is nobody's business

66. I'm not using any force

67. Prayer did not work so nothing will

68. God wants me to do it

69. I'll go out on a binge, do it a lot, and get it out of my system

70. I'm just teaching her/him what he/she should not let a woman/man do to her/him

71. He/she does it with her/his partner

72. I need to clean her/his body

73. It's not like he/she is a baby or small child

# Chaperone Awareness List

The following list of behaviors or behavior changes are potential warning signs that there may be increased risk of re-offense. The offender list should be discussed with the offender and the most significant warning signs should be highlighted.

# Chaperone Awareness List Cont.

## The Offender: Change in Pattern

1. Abuse of alcohol and other drugs.
2. Loss of control over other behaviors, e.g. smoking, gambling, battering.
3. Sleep-last to bed, up at night, first to rise
4. Tucking victim into bed without being asked to do so.
5. Initiating - prolonging physical contact with target

# Chaperone Awareness List Cont.

6. Pornography
7. Sexual preoccupation
8. Difficulty accounting for time - unstructured time.
9. Cruise in car with no destination - unexplained mileage.
10. Discipline - favoritism, harsh, erratic.
11. Stated over-confidence regarding impossibility of re-offense.

# Chaperone Awareness List Cont.

12. Not attending counseling or completing assigned tasks (program graduates may attend at no additional charge.)
13. Assuming the role of “sex educator”.
14. Inappropriate apparel - robe only, no underwear, patches, broken zipper.
15. Leaving bedroom/bathroom door open.
16. Job stress: fired, laid off, change in job description.

# Chaperone Awareness List Cont.

17. Rapid religious conversion.
18. Involvement in youth programs.
19. Involvement in child's hygiene: bathe, massage, apparel, groom.
20. Selecting children's clothing: too small, adult, cosmetics.
21. Isolating the child.
22. Expressed (negative) interest in victim's social/sexual behavior.

## Chaperone Awareness List Cont.

23. Stated physical complaints in victim's presence.
24. Reluctance to be with extended family.
25. Not able to account for money, gifts, loans, purchase of drugs.
26. Anxiety, thin skinned, uptight.
27. Difficulty getting things done.
28. Passive-aggressive (non-assertive) style.

# Chaperone Awareness List Cont.

- 29. Shift in parental responsibility: return to school/work triggers “abandonment” and unsupervised time.
- 30. Return to offender following extended absence.
- 31. Offender retreats to childhood: clothing, language, cultivation of younger friends.
- 32. Unresolved marital conflicts - refuses to discuss problems.

# CHAPERONE CONTRACT

- I, \_\_\_\_\_, the undersigned, understand that my role as an Approved Chaperone requires utmost responsibility on my part to ensure the safety and protection of children that may come in contact with \_\_\_\_\_.
- Due to the knowledge I gained through participating in the Chaperone Training class, I am aware that there are several rules which I must follow in order to ensure the safety of children. These rules will be adhered to. These rules include the following:

# CHAPERONE CONTRACT Cont.

- I may never leave any child alone with an offender. I understand that this means not even for short durations.
- I agree to not allow any child who has been victimized by an offender to have contact with the offender, unless permission has been granted by the child's therapist, the offender's therapist, as well as the Probation/Parole department.

# CHAPERONE CONTRACT Cont.

- I understand that all physical contact is to be initiated by the child ONLY! No adult is to suggest physical contact, including myself.
- The offender will never be responsible for babysitting or supervising children.
- I understand that it is inappropriate for the offender to initiate/discuss issues related to sexuality or dating with any children.

# CHAPERONE CONTRACT Cont.

- The offender will not tickle or wrestle with a child. No tickling or wrestling is permitted between offender and children.
- I understand that it is inappropriate for children to be around the offender if the child is not dressed. All needed physical hygiene assistance will be provided by me, as is age-appropriate for the child.

# CHAPERONE CONTRACT Cont.

- I understand that the offender may never go into the child's bedroom unsupervised.
- I will not let a child sit next to the offender in the car, restaurant, church, etc., if I cannot maintain visual contact at all times.
- The offender will not have secrets with any child.
- I understand that I cannot allow a child to enter the offender's bedroom or the bathroom if he/she is occupying it.

# CHAPERONE CONTRACT Cont.

- I understand that all bathroom doors are to be equipped with locks. If the offender is residing the home, all bedroom doors are to be equipped with locks.
- The offender will not be primarily responsible for discipline of the child.
- I will address any persistent concerns I have about the offender's behavior with his/her therapist.

# CHAPERONE CONTRACT Cont.

- I agree to not be under the influence of ANY drug/alcohol while I am acting as a chaperone.
- There will be no pornography (magazines, books, internet, videos) in the home or other areas where the offender is in the presence of a child.
- I understand that I am not responsible for the offender's behavior. I can only be responsible for protection of children.

# CHAPERONE CONTRACT Cont.

- I agree to notify the appropriate authorities, (i.e. police, Department of Children and Youth Services, etc.) if a child discloses being abused or I suspect it.

# Sample Parole Conditions For Sex Offenders From NHDOC

- I agree to meaningfully participate in a New Hampshire Department of Corrections approved sex offender treatment program and abide by the sex offender treatment contract.
- I agree to submit to polygraph testing, at my expense, at the direction of the Probation / Parole Officer

# Sample Parole Conditions For Sex Offenders From NHDOC Cont.

- I agree not to have any contact with minors (male/female) unless approved by therapist and Probation / Parole Officer. Any approved contact with minors shall be supervised at all times by a trained Department of Corrections approved chaperone. I will remain in eyesight of the chaperone at all times. I will not discipline minors. I will not be around children when either party is in a state of undress. I will never be in a minor's bedroom. I will not discuss sexuality-related issues or dating with minors except within the treatment environment. I will not initiate, maintain or permit any physical contact with minors, and will not sit directly next to minors without the permission of the Probation / Parole Officer and therapist.

# Sample Parole Conditions For Sex Offenders From NHDOC Cont.

- I will not frequent places where minors congregate including, but not limited to parks, playgrounds, campgrounds, shopping malls, swimming pools, etc.
- I agree not to purchase, possess, or use any sexually stimulating materials as defined by sex offender treatment staff.
- I agree not to have any romantic involvement or living arrangement with any individual without the individual being informed of sexual deviancy and criminal offense, and only with the permission of the treatment staff and Probation / Parole Officer.

# Sample Parole Conditions For Sex Offenders From NHDOC Cont.

- I agree not to possess any Polaroid-type cameras, VCR or camcorder.
- I agree not to have access to or use on-line computer services and computer programs that access or contain sexually arousing contents.
- I agree to keep a daily activity log
- I agree not to pick up hitchhikers while driving or as a passenger, and I agree not to hitchhike.
- I agree to maintain a detailed daily destination and mileage log.

# Lifetime Rules for Sexual Offenders

- Don't be alone with any minors or victims
- Have and connect with your approved chaperones
- Don't initiate or maintain extensive physical contact
- Follow recommended guidelines regarding your disciplining of children – no physical discipline
- Do not discuss sex or dating with children – even your own
- Stay in compliance with your Behavioral Maintenance Contract

# A Non-Offending Parent Treatment Model

- Separation from the offender
- Trauma assessment
- Participation in sessions with the victim and her/his therapist and with other children's therapists
- Participate in Chaperone Program
- Develop independent methods of living her/his life
- Learn and practice establishing boundaries
- Work through any of their own childhood traumas
- Recognize the victim's cognitive distortions and support her/his process of change
- Develop allegiance with victim and re-establish the relationship

# A Sibling Treatment Model

- Separation or supervised visits with the offender
- Trauma assessment(s)
- Individual or group therapy
- Participate in sessions with the victim and therapist involved and non-offending parent
- Gain understanding of the victim's and her/his own trauma
- Learn and practice rebuilding trust with the non-offending parent and victim
- Learn methods of safe practices and boundaries in the household and for self

# Sample Parole Conditions For Sex Offenders From NHDOC

By order of the \_\_\_\_\_ Court or the Parole Board you have been placed on supervision with the Division of Field Services. In addition to the standard terms and conditions of probation / parole the following checked conditions shall apply:

1. I agree to meaningfully participate in a New Hampshire Department of Corrections approved sex offender treatment program and abide by the sex offender treatment contract.
2. I agree to submit to polygraph testing, at my expense, at the direction of the Probation / Parole Officer

# Sample Parole Conditions For Sex Offenders From NHDOC (cont.)

3. I agree not to have any contact with minors (male/female) unless approved by therapist and Probation / Parole Officer. Any approved contact with minors shall be supervised at all times by a trained Department of Corrections approved chaperone. I will remain in eyesight of the chaperone at all times. I will not discipline minors. I will not be around children when either party is in a state of undress. I will never be in a minor's bedroom. I will not discuss sexuality-related issues or dating with minors except within the treatment environment. I will not initiate, maintain or permit any physical contact with minors, and will not sit directly next to minors without the permission of the Probation / Parole Officer and therapist.

# Sample Parole Conditions For Sex Offenders From NHDOC (cont)

4. I will not frequent places where minors congregate including, but not limited to parks, playgrounds, campgrounds, shopping malls, swimming pools, etc.
5. I agree not to purchase, possess, or use any sexually stimulating materials as defined by sex offender treatment staff.
6. I agree not to have any romantic involvement or living arrangement with any individual without the individual being informed of sexual deviancy and criminal offense, and only with the permission of the treatment staff and Probation / Parole Officer.

# Sample Parole Conditions For Sex Offenders From NHDOC (cont)

7. I agree not to possess any Polaroid-type cameras, VCR or camcorder.
8. I agree not to have access to or use on-line computer services and computer programs that access or contain sexually arousing contents.
9. I agree to keep a daily activity log
10. I agree not to pick up hitchhikers while driving or as a passenger, and I agree not to hitchhike.
11. I agree to maintain a detailed daily destination and mileage log.

# Sample Parole Conditions For Sex Offenders From NHDOC (cont)

I understand that failure to abide by these conditions or the standard rules of probation / parole may result in my arrest and incarceration.

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Date

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Signature of probationer / parolee

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Date

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Signature of Probation / Parole Officer

# Chaperone Program Guidelines

- A chaperone training program is designed to keep society safer by providing the chaperone with an understanding of sexual offender behavior, traits and cycles. The chaperone will be required to sign a contract at the conclusion of the training and may have their rights to be a chaperone revoked if unable or unwilling to perform their responsibilities.

# Chaperone Training Guidelines cont.

The chaperone training program should include the following components:

- What treatment is and how it works.
- Motivation for deviant behavior-power and control issues.
- A supportive environment, encouraging chaperones to discuss the impact of perpetrators behavior on themselves, family and community.
- Participation by a volunteer perpetrator to disclose his layout, outlets, cycle, high risks, coping strategies and what treatment is to him and to answer questions from chaperones.

# Chaperone Training Guidelines cont.

In order to fully understand the individual offender, the chaperone must understand:

- The exact nature of the perpetrator's crime.
- “Homework” assignments for the chaperone to discuss and document with the perpetrator, including layout, outlets, high risks and coping strategies.

# Chaperone Training Guidelines cont.

- Rules for any contact between perpetrator and children or victim, which would include:
  - a. Never being alone with children.
  - b. Never initiating physical contact.
  - c. No discussions about sexuality between perpetrator and children.
  - d. No secret keeping.
  - e. If a perpetrator is going to live in a household with children there should be specific arrangements concerning a wide variety of issues, including locks on bathrooms and bedrooms, and not being alone with children.

# Chaperone Training Guidelines cont.

- Chaperones should contact the treating therapist to facilitate open communication.
- Chaperones should sign a contract which indicates they are aware of the expectations and rules that are inherent to being a chaperone, including the willingness to call the police, parole officer, therapist, if there is any behavior that jeopardizes the safety of the community.

(From Standards of Practice for Sex Offender Treatment Programs in NH)

# Chaperone Training Program Homework

## MY FEELINGS AND NEEDS

- 1. Name and discuss at least **5** feelings you have about being in this program. Also list **3** goals you have for attending this program. What do you hope to gain from participating in these classes?
- 2. Name and discuss at least **6** feelings you had in the days, weeks, and months after you learned that your child was sexually abused or since you learned that your partner, relative, or friend has committed a sexual offense.

# Chaperone Training Program

## Homework cont.

- 3. How do you feel about the offender in regards to her/his having sexually assaulted children?
- 4. What are your feelings about the victim?
- 5. What are your thoughts about how the authorities managed the case?
- 6. Name three things that help you relax.
- 7. What and from whom do you need to help support your efforts as a chaperone?
- 8. What do you need to do to gain this support that you must have?

# Offender Interview

Directions: Make an appointment to meet in person with the offender. Please obtain the following information.

- 1. How long has the offender been in treatment?
- 2. What is the name of the offender's therapist and of the treatment program he/she participates in? What is the phone number of the program?

# Offender Interview cont.

- 3. How many times have you met with or talked to the offender's therapist?
- 4. Has the offender ever been rejected or terminated from another treatment program?
- 5. What is the offense the offender is currently convicted and in treatment for? *Please fill out the attached form for the most recent victim.*
- 6. What other sexual offenses does the offender admit to committing as a juvenile? As an adult?

## Offender Interview cont.

- 7. How many victims (sexual abuse) is the offender acknowledging at this time?
- 8. Has the offender taken a polygraph?  
Results?
- 9. How old was the youngest person that he/she victimized?
- 10. What is the preferable age of a person he/she chooses to offend?

## Offender Interview cont.

- 11. What gender does the offender prefer to victimize?
- 12. How many of the offender's victims were outside of the above preferred victim pool?
- 13. What is the shortest period of time that the offender groomed a victim?
- 14. How long was the longest period of time the offender groomed a victim?

# Offender Interview cont.

- 15.Regarding the most recent offense, how long was the period of abuse?
- 16.What strategies did the offender use to groom or engage the most recent victim in the offense behavior? Please be specific, include thoughts, feelings and behavior situations.
- 17.What behaviors did the victim present in response to the offender's grooming patterns?

# Offender Interview cont.

- 18. How did the offender groom significant others to gain access to children?
- 19. Ask the offender how he/she would weaken your surveillance of her/him to gain access to children.
- 20. Ask the offender how he/she would manipulate you into not reporting a re-offence, a violation of a treatment contract, or any suspicions you might have of him/her.

# Offender Interview cont.

- 21. Please describe the four phases of the offender's cycle.

Pretend Normal Phase:

Build-Up Phase:

Sexual Acts:

Justification Phase:

# Offender Interview cont.

- 22. Please circle the types of sexual behavior that the offender has used in her/his lifetime. Describe the behavior and identify whether it was utilized as a juvenile or an adult.

Child Molesting

900 #s

Rape

Strip Bars

Pornography of any type

Massage Parlors

Online sexual discussions/chat rooms

Mate Swapping

Attempt to meet online child/adult

Group Sex

Prostitution

# Offender Interview cont.

(#22 cont.)

One Night Stands

Fetishism (a sexual interest in an object)

Voyeurism (peeping in on others)

Exhibitionism (exposing sexual parts of the body to others)

Frottage (rubbing sexual parts up against someone against their will)

Obscene Phone Calls (anonymous sexual phone calls)

Zoophilia (bestiality, having sexual contact with animals)

Transvestism (dressing up as the opposite sex)

Necrophilia (sex with a dead person)

Sexual Sadism (gaining sexual pleasure by inflicting pain on another)

# Offender Interview cont.

(#22 cont.)

Masochism (gaining sexual pleasure through suffering)

Pedophilia (desiring sex with children)

Coprophilia (use of feces for sexual excitement)

Urophilia (use of urine for sexual excitement)

Klismophilia (use of enemas for sexual excitement)

# Offender Interview cont.

- 23. What are the offender's treatment rules?
- 24. How many times have you (the chaperone) spoken to her/his P.O.?
- 25. What is the P.O.'s name and telephone number?
- 26. How did you (the Chaperone) feel about having contact with the P.O.?
- 27. Which forms of denial has your offender used? (Refer to page 8) List and explain each.

# Offender Interview cont.

- 28. Which forms of denial have your offender or others used since disclosure? List and explain who used it and how.
- 29. Which forms of denial did or do you (the Chaperone) use?
- 30. Which forms of denial did the victim use?
- 31. How did the offender intervene in her/his denial?
- 32. Review the attached Chaperone Awareness List with the Offender. Together, with the offender, mark those that apply to her/him. Ask the offender to add to the list.

# Relapse Prevention Plan

- Risk Factors / Triggers
- Preventions or Interventions
- Situations to Absolutely Avoid

# Research Findings

- Chaperone vs. non-chaperone recidivism rates
- Familial vs. non-familial chaperones
- Unrelated, professionally trained chaperones
- What other states are doing