Croga
UK

Type of intervention

Online

Target group/s, level/s of prevention and sub-group/s:

(Potential) Offenders

Tertiary prevention

Young Adults (18-20 Years), Adults (21 Years +) | Male & Female | Online |Internet Related Only | English

Target population

Adult men and women who have viewed indecent images of children online and who want to stop. They can access the materials regardless of whether or not they have been arrested, as the website asks for no contact details, thus enabling the user to remain anonymous.

Delivery organisation (e.g. LFF UK, Prison Service of England and Wales)

Child protection charity The Lucy Faithfull Foundation (UK). The website and its content was originally created as a Daphne (EU) programme, coordinated by Cork University (in Ireland) with information and support from non-governmental organisations and statutory agencies in the UK, Ireland, Spain, Poland and Italy.

Mode and context of delivery

Users access resources and complete 'self-exploration' exercises on the website. They do not routinely have any interaction via the website with anybody from LFF or other organisations. However, those who access the Stop it Now! UK and Ireland website may be recommended to visit the Croga website and can be 'accompanied' on their self-exploration by a helpline operator.

Level/Nature of staff expertise required (e.g. professional background)

Setting up and maintaining the Croga website requires considerable IT expertise. The website content involved input from professionals and academics with substantial knowledge and experience of child pornography offenders and offending; the assessment of their needs and risk and of delivery and evaluation of relevant intervention programmes.

Intensity/extent of engagement with target group(s)

The user engages with the website and its content as much as they need or want to. Some callers to the Stop it Now! UK and Ireland Helpline are directed to the website as a resource they may find useful. They can report on their progress to a helpline operator on a periodic basis. The online nature of the existing Croga materials means that they can be accessed from anywhere in the world.

Description of intervention

Croga provides free, anonymous self-help resources for people who are worried about downloading and using indecent images of children.

The aims of Croga are:

- to provide people with information relating to illegal images on the Internet and the law
- to help people to identify and explore their problematic internet use
- to help people learn techniques to cope with difficult emotions and thoughts and to change their problematic use of the Internet

The website is split into three main sections; education, exploration and self-help, each briefly described below.

Education:

- Online Resources
  - Provides several links to websites that Croga users might also find useful in aiding their understanding of their Internet and/or sexual behaviour.
- Offline Resources
  - A list of books is provided that website users might also find helpful in understanding of their behaviour.
- Legal Definitions
  - Definitions according to UK, Irish and Spanish law regarding the viewing of indecent images of children.

Exploration:

- Internet Dependency Checklist
  - 11 exploration questions in the form of yes/no answers.
- Online Cognition Scale
  - 36 statements designed to allow Croga users to understand their use of the Internet, asking them to rate from 1-7 whether they agree or disagree with the statements. Answers are divided into four scales (social comfort, lonely/depressed, impulsive, distraction) presented as a bar chart.
- Internet and Values
  - Questions designed to help the person identify the areas in life that they value and to let them see just how far they have tried to meet these values during the last year. Answers and overall average results are presented on a bar chart.
- Illegal Activities Matrix

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- ○ The Croga user is asked to tick boxes according to which statements apply to them regarding their involvement with child abuse images on the Internet in the following areas: sexual preferences, downloading, posting/trading other people's images, posting/trading own produced images, social contact, collection and sexual behaviour.

Self-help:

- Self-help homepage – the seven self-help modules described below use a Cognitive Behavioural Therapy (CBT) and Acceptance and Commitment Therapy (ACT) approach.
    - ○ Understanding How You Use Illegal Images
        - ▪ Aims to show the Croga user a simple model of how illegal images are used on the Internet, to help them to understand their own behaviour, and to introduce them to some exercises that will help them to understand how people become involved in viewing indecent images of children on the Internet.
    - ○ Images ARE Children
        - ▪ Designed to help the Croga user to confront the reality that indecent images of children are evidence of abuse, to help them to understand the experiences of such children, and to look at the offending process and how it relates to victimisation.
    - ○ The Internet And Fantasy
        - ▪ Designed to make the Croga user aware of the consequences to their daily life, as well as in intimate relationships, of accessing illegal images of children online, and to help them to develop self-help strategies to regulate their daily living in a healthier way.
    - ○ Dealing With Bad Feelings
        - ▪ Designed to help the Croga user to face and cope with difficult feelings, as well as to help them to highlight what really matters to them in the long term.
    - ○ Online Relationships
        - ▪ Looks at how the Internet can be used as a social outlet in the Croga user's life, the relationship between their online and offline social lives, and their problematic use of the Internet.
    - ○ Problematic Collecting
        - ▪ Designed to help the Croga user to understand the role that collecting may play in their offending and possible ways of meeting needs outside the context of collecting.
    - ○ Relapse Prevention
        - ▪ Provides advice on how the Croga user can anticipate online risks and prevent relapses.

Evaluation

No evaluation of the Croga website has been conducted, but usage levels have been tracked and indicate volumes of unique visitors are being maintained at 1500-2000 per annum in 2012-13.

References

There are no references to include at this time.

Contact details

The Lucy Faithfull Foundation   Telephone: 01372 847 160
Email: wolvercote@lucyfaithfull.org.uk