addictions," advises Dr. Kimball. "In these children, sexual addiction is one small part of the problem. The program should also address depression, anxiety and social skills."

Kimball cautions parents to realize there is a difference between experimenting with pornography and being addicted to it. "You don't just throw a child into an in-patient setting. Assess the problem and then address the level of care."

Lott says a teen that has crossed the line and gone from watching pornography to touching or abusing another person will require in-patient care in a highly specialized environment. "These kids have spent a lot of time and energy to keep this a secret," he says. "You need an environment where there are no secrets, no holding back, and where they are talking about it every day. That normalizes the behavior. Then they can talk about it without worry or anxiety or fear. We can identify triggers and skills to prevent it from happening again."

"We still have a long way to go when it comes to addiction treatment to increase the effectiveness," Dr. Kimball admits. "But there are many people in the community that you can reach out to and get help."

About the Author:
Jennifer Jones is freelance writer who resides in Layon, Utah. A former television news producer, her work has appeared in various magazines throughout the United States and Great Britain. RedCliff Ascent hired Jones to research and write this article.

All true educators since the time of Socrates and Pluto have agreed that the primary object of education is the attainment of inner harmony, or, to put it into more up-to-date language, the integration of the personality. Without such an integration, learning is no more than a collection of scrapes, and the accumulation of knowledge becomes a danger to mental health.

~Sir Alfred Zimmern

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