Privacy and Consent Online - Concept brief

Understand the idea behind privacy and consent online and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Noah wants a clearer understanding of consent and privacy in digital spaces.

The idea

Digital sexual wellbeing includes consent, legality, privacy, and respect for others.

An ordinary example

Noah wants a clearer understanding of consent and privacy in digital spaces.

What this can look like

Prepare non-explicit questions about ethical media choices and personal privacy for a qualified educator; do not collect or share sexual material.

Check the fit

What boundary protects your rights and other people's rights? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A chosen change goal and a clinical diagnosis are different questions. Address functioning, control, consent, values, and distress without assuming that sexual expression itself is pathological.

Reflection

What boundary protects your rights and other people's rights?

Scope and adaptation

Adult-only, non-explicit educational resources. The searchable phrase pornography addiction is not used here as an established diagnosis. Frequency, high desire, or moral distress alone does not establish a disorder; assess impaired control, functioning, distress, consent, and context with a qualified clinician. Respect consensual sexuality and chosen goals; no explicit media, aversion exercises, forced disclosure, or coercive monitoring.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: AASECT Position on Sex Addiction. Full source links and scope: library.morethantherapy.org/recovery/resources/PPU-A17-1