

Youth Pornography Addiction Screening Tool (YPAST) – 2025 Edition

Take a Brave Step: Understand Your Habits

This screening tool is designed to help you see how pornography might be affecting your life. There's no judgment here—just a safe space to be honest with yourself. Check the box that best matches your experience over the past few months, then share your results with a trusted adult (like a parent, therapist, or mentor) to talk about what's next. You've got this!

How to Use This Tool

- **Read Carefully:** Think about your habits over the past few months.
 - **Mark Your Answer:** Check one box per question—Never, 1-2 Times, Seldom, Sometimes, or Frequently.
 - **Score Your Answers:** Add up the numbers (Never=0, 1-2 Times=1, Seldom=2, Sometimes=3, Frequently=4) to get your total.
 - **Reflect & Act:** Use the scoring guide to understand your results and plan next steps with support.
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Screening Questions

#	Question	Never (0)	1-2 Times (1)	Seldom (2)	Sometimes (3)	Frequently (4)
1	Do you view pornography to avoid or escape your feelings, stress, or boredom?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	Have you hidden your pornography use from your parents or others?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	Do you think about sex more than you'd like to?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	Does it feel like a force inside you drives you to view pornography?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5	Do you feel empty or shameful after viewing pornography or masturbating?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	Have you promised yourself you'd stop viewing pornography or masturbating?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	Have you lied to parents, church leaders, or other adults about your pornography use?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	Would you rather view pornography or masturbate than spend time with others?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	Have you stayed up late or woken up at night to view pornography?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	Have you erased your computer history to "cover your tracks" and avoid being caught?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	Do you rationalize, justify, or make excuses about your pornography use?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	Do you end up looking at pornography nearly every time you're on the internet?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	Do you worry something is wrong with you because of your sexual thoughts and feelings?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	Have you participated in online sexual chats, emails, posts, or sexting?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	Have you lied, stolen, or manipulated others to access pornography?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16	Have you used someone else's computer or phone to view pornography without them knowing?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17	Do you find yourself needing more pornography to feel satisfied?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18	Do your sexual thoughts and feelings conflict with your religious beliefs or family values?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

19	Do your sexual thoughts and behaviors make you feel unclean or unworthy?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20	Do you browse newspapers, magazines, or TV channels to find sexually stimulating content?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21	Do you seek opportunities to be alone so you can view pornography or masturbate?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22	Do you masturbate while viewing pornography?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23	Do you use pornography or masturbation as a reward for accomplishing something?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24	Do you keep viewing pornography even after facing problems because of it?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25	Do you worry about being caught viewing pornography by your parents or others?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Total Score: ____ (Add the numbers from your checked boxes)

What Your Score Means

- 0-25: Healthy Curiosity**
Your habits seem within a normal range, but stay mindful. Talk openly with a trusted adult about safe online choices and the risks of pornography.
 - 26-49: Growing Concern**
You might be at risk of developing unhealthy habits. Monitor your online activity closely, and consider preventive steps like joining a support group or talking to a mentor about healthy sexuality.
 - 50-69: Emerging Challenges**
You may be developing a dependency on pornography. It's time to take action—seek support from a therapist or program like Star Guides to prevent deeper issues and build healthier coping skills.
 - 70-100: Significant Struggle**
Your pornography use may be a serious challenge. Professional help is recommended to break free and rebuild healthy habits. Reach out to a therapist or trusted adult to start your recovery journey.
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Important Note

This tool is for informational purposes only and is not a substitute for a professional evaluation. For support, contact the Youth Pornography Addiction Center:

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