

# Problematic Sexual Behavior in Children and Youth (PSB-CY)

**Ages 10-12 Years**



## Resources

### Bright Futures

[https://brightfutures.aap.org/Bright%20Futures%20Documents/BF4\\_HealthySexuality.pdf](https://brightfutures.aap.org/Bright%20Futures%20Documents/BF4_HealthySexuality.pdf)

### Military OneSource

<https://www.militaryonesource.mil/>



Scan for information on PSB-CY.



Learn about healthy sexual behaviors in children.

### National Children's Alliance

<https://www.nationalchildrensalliance.org/support-for-military-families/>

### National Center on the Sexual Behavior of Youth (NCSBY)

<https://ncsby.org/content/parents>

### The National Child Traumatic Stress Network (NCTSN)

<https://www.nctsn.org/resources/sexual-development-and-behavior-children-information-parents-and-caregivers>

### Zeiders - Microlearning

<https://ffsp.zeiders.refineddata.com/mod/page/view.php?id=37364>

**Your local FAP contact information**

## Family Advocacy Program (FAP) PSB-CY Services

PSB-CY is an expansion of – rather than a change to – FAP's scope in supporting the safety and resiliency of military families.

*Note: The response system for PSB-CY is different from how the Family Advocacy Program responds to child abuse and neglect and domestic abuse.*

Parents/caregivers of children involved in a PSB situation can experience a range of feelings, such as worry, confusion or even anger. We are here to help.

Most children and youth who demonstrate concerning sexual behaviors respond well to informed parent support, increased guidance, supervision, and evidence-based treatment programs. In fact, after these interventions, there are usually no further incidents.

Per Public Law 115-232, Section 1089, the military is mandated to increase awareness of healthy sexual development in children and youth family members by assisting parents with healthy discussions with their children.

### The Family Advocacy Program can provide or connect you to:

- Education for parents about what sexual behaviors are developmentally appropriate.
- Child-focused advocacy and support for parents.
- Safety and supervision planning.
- Clinical assessments, counseling and support.
- Case management.

## FAP Process for PSB-CY

Concerning sexual behavior is reported to the FAP.



Parents are notified of the referral.



The FAP engages with the Multidisciplinary Team if the incident is determined to be problematic in order to assess risk and safety needs, and to coordinate service and support for all children/family members involved.



A FAP representative will contact you to offer you and your child guidance and support for the next steps.



The FAP can offer you options for information, support and services to help you and your child access the care you need.

Your FAP representative and members of the Multidisciplinary Team are committed to supporting you and your child throughout this process.

# What is Problematic Sexual Behavior in Children and Youth?

PSB-CY includes behaviors initiated by children and youth under the age of 18 that involve sexual body parts (genitals, anus, buttocks or breasts) that are not typical sexual behaviors and are developmentally inappropriate, or potentially harmful to the individual(s) initiating the behaviors, the individual(s) impacted by the behaviors or others.

Children’s sexual behaviors are on a spectrum, as seen below.



**Normative (Common) Sexual Behaviors**  
Sexual behaviors are considered developmentally normative when they occur infrequently and are easily distractible (i.e., the child is responsive to redirection).

**Cautionary (Less Common) Sexual Behaviors**  
Cautionary behaviors are identified as those that are disruptive to others and only moderately responsive to distraction and redirection.

**Problematic (Uncommon) Sexual Behaviors**  
Problematic behaviors are frequently disruptive and persist after distraction/redirection. Redirection may be met with anger from the child. Children exhibiting these behaviors may cause harm to themselves or others.

# Sexual Behaviors Guide – Ages 10-12 Years

## Normative “Common” Sexual Behaviors

- ☐ Masturbating or touching their own genitalia, breasts, or buttocks in private
- ☐ Wanting privacy
- ☐ Kissing, holding hands, flirting
- ☐ Occasional flashing or mooning
- ☐ Using profanity
- ☐ Telling inappropriate jokes and/or uses sexually explicit gestures
- ☐ Discussing genitals or reproduction
- ☐ Plays games with same aged peers related to sex and sexuality (e.g., show me yours, I’ll show you mine behavior)
- ☐ Increases in sexual thoughts and feelings
- ☐ Observing sexual content through media (e.g., magazine or television)
- ☐ Having own social media accounts that are supervised by parents/caregivers
- ☐ Access to pornography

## Cautionary “Less Common” Sexual Behaviors

- ☐ Masturbates, touches/rubs, or exposes genitalia in public
- ☐ Occasional incidents of looking at others’ genitalia, breasts, or buttocks; showing their own genitalia, breasts, or buttocks; or rubbing their own genitalia, breasts, or buttocks on others, after adult redirection and beyond developmental age expectations
- ☐ Attempts to expose other’s genitals
- ☐ Simulating foreplay or intercourse with peers, clothed
- ☐ Discussing fear of getting pregnant or a sexually transmitted infection
- ☐ Taking nude, sexual images of themselves
- ☐ Voluntarily exchanges sexual content (text or images) via cell phone or internet
- ☐ Secretive about using the internet/social media (risk of being groomed or exploited)
- ☐ Seeking out pornography (e.g., non-accidental, finds ways to watch pornography)

## Problematic “Uncommon” Sexual Behaviors

- ☐ Compulsive masturbation in private or public
- ☐ Sexual play or masturbation with an object that involves anal or vaginal penetration
- ☐ Self-touch that causes harm or damage to genitalia, breasts, or buttocks
- ☐ Mutual masturbation with a peer or group
- ☐ Engages in unwanted touches of others’ genitalia, breasts, or buttocks
- ☐ Penetration of dolls, other children, or animals
- ☐ Engages in sexual behaviors with another child who is 2+ years younger or older in chronological age (special attention paid to 2+ year age differences and any developmental or power differential differences)
- ☐ Simulating intercourse or foreplay with peers, unclothed
- ☐ Repeatedly looks at others genitalia, breasts, or buttocks; shows their own genitalia, breasts, or buttocks; or rubs their own genitalia, breasts, or buttocks against others, after adult redirection and beyond developmental age expectations
- ☐ Forcing or coercing others to participate in any sexual behavior (e.g., physically holding the child or threatening to exclude the child if they don’t undress or expose their genitals)
- ☐ Making written or verbal sexually explicit threats
- ☐ Degrading/humiliation of themselves or others using sexual themes (e.g., offensive jokes, name calling, insults)
- ☐ Taking and/or sharing nude sexual images of themselves or others without their knowledge on social media, text, and/or internet
- ☐ Bullied or coerced others to send sexual content (text or images) via cell phone or internet (e.g., exclude the child or threatens to share a secret if the child does not participate)
- ☐ Repeatedly seeks out adult pornography (i.e., non-accidental, finds ways to watch pornography)
- ☐ Interest in child pornography (e.g., looking at images, watching videos)
- ☐ Forces or coerces others to watch pornography (e.g., refusing to leave until the child watches pornography or threatening to share a secret)
- ☐ Meets friends met online face to face (risk of sexual assault)