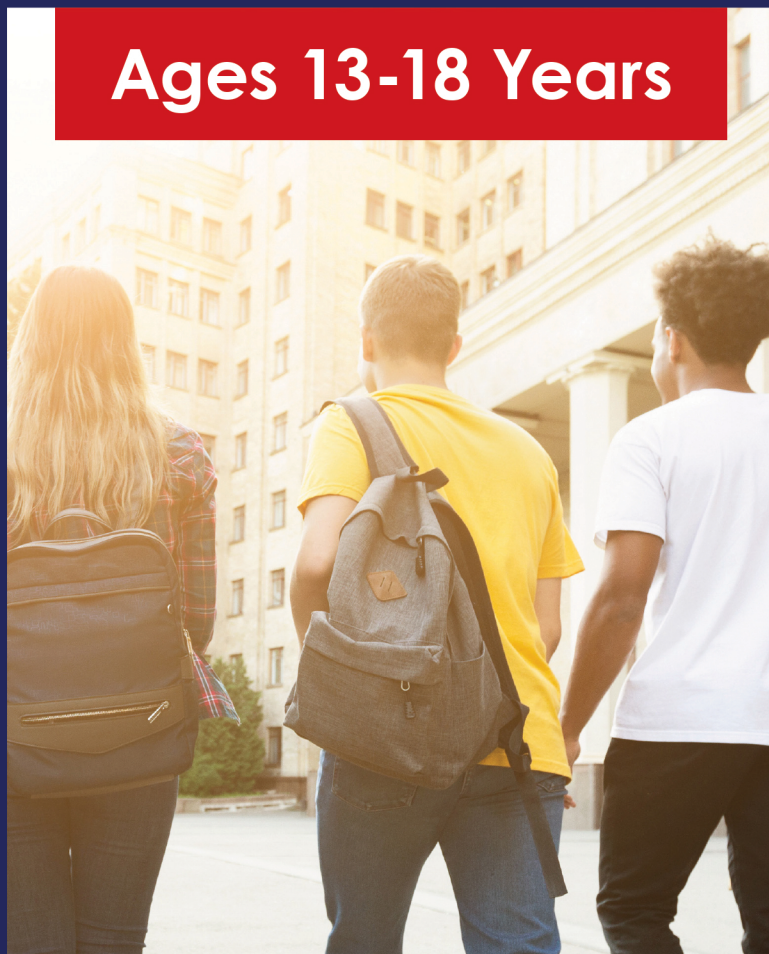


Problematic Sexual Behavior in Children and Youth (PSB-CY)

Ages 13-18 Years



Resources

Bright Futures

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 13-18 Years

Normative “Common” Sexual Behaviors

- ☐ Masturbating in private
- ☐ Need for privacy
- ☐ Kissing, hugging, holding hands
- ☐ Voluntarily shared engagement in sexual intercourse or sexual activity with a partner of similar developmental age
- ☐ Participating in sexually explicit conversations or obscenities with peers
- ☐ Telling inappropriate jokes
- ☐ Sexual teasing and flirting
- ☐ Sending/receiving sexual images of others or sexual material (e.g., pornography pictures, or movie/television clips) with their knowledge
- ☐ Viewing sexual content through media such as pornography, pictures, or television for arousal (e.g., viewing movies with sexual content)

Cautionary “Less Common” Sexual Behaviors

- ☐ Masturbates, touches/rubs, or exposes genitalia in public
- ☐ Engages in unsafe sexual behavior (e.g., multiple sexual partners)
- ☐ Preoccupied with or anxious about sex
- ☐ Spying on others who are nude or engaged in sexual activity
- ☐ Attempts to expose others' genitals
- ☐ Engages in frequent sexual relationships about which they feel uncomfortable
- ☐ Using themes or obscenities involving sexual aggression

Problematic “Uncommon” Sexual Behaviors

- ☐ Compulsive masturbation in private or public
- ☐ Self-touch that causes harm or damage to genitalia, breasts, or buttocks
- ☐ Engages in unwanted touching of others' genitals, breasts, or buttocks
- ☐ Forcing or coercing others to participate in any sexual behavior (e.g., physically holding the child/youth, engages in unwanted sexual penetration, or threatening to exclude the child if they don't undress or expose genitals)
- ☐ Penetrating another person forcefully (e.g., causing pain or injury)
- ☐ Engages in sexual behaviors with another child/youth who is much younger or older in chronological age (special attention paid to 2–5 year age differences and any developmental or power differential differences)
- ☐ Repeatedly looks at others' genitals, breasts, or buttocks; shows their own genitals, breasts, or buttocks; or rubs their own genitals, breasts, or buttocks against others, after adult redirection and beyond developmental expectations
- ☐ Sexual contact with animals
- ☐ Making written/verbal sexually explicit threats
- ☐ Making obscene sexual phone calls or texts
- ☐ Displaying exhibitionism or voyeurism or sexually harassing others
- ☐ Taking sexual images of others to exploit them, with or without their knowledge
- ☐ 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, videos, or images) via cell phone or internet
- ☐ Having nude images of others without their knowledge
- ☐ Accesses sexually aggressive/violent pornography and/or child pornography
- ☐ Forces or coerces others to watch pornography (e.g., refusing to leave until the child/youth watches pornography or threatening to share a secret)