

Safety Planning and Boundary Setting in Family and School Settings

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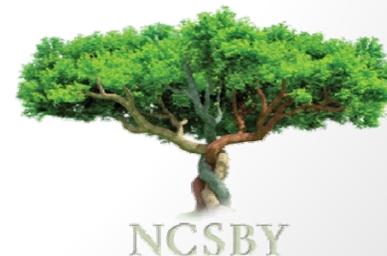
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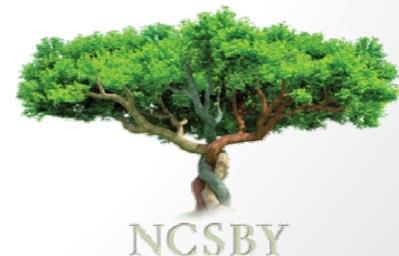
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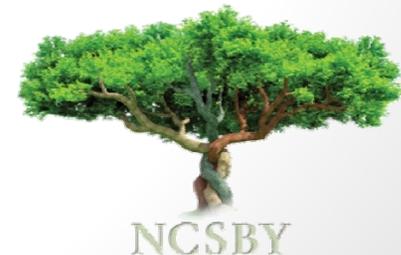
Presentation Overview

- Children with sexual behavior problems:
Definition and terminology
- PSB among siblings
- Placement decisions
- Safety planning: Visitation
- Safety planning: Reunification
- Safety planning: Schools



Presentation Objectives

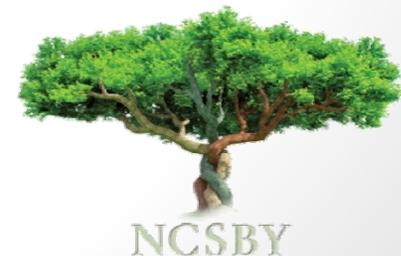
- Learn about factors that impact placement decisions for children who have sexual behavior problems
- Learn components of safety plans for children with sexual behavior problems and how to address safety planning with families
- Learn about strategies to enhance successful reunification of siblings.



Sibling Sexual Experiences

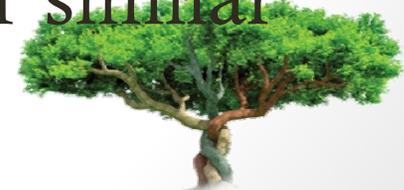
- Sibling system is thought to be most important and enduring relationship in the family
- Most common form of intrafamilial sexual experience
- Least reported, least investigated
- Limited research available

~Chaffin



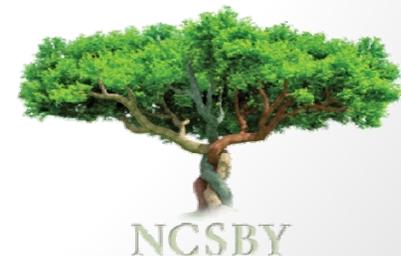
Conclusions of Retrospective Research on Siblings

- Not an uncommon experience, and involved all ages of children
- Not easily categorized as sexual play or abusive
- Females more vulnerable to exploitative sibling sexual experiences than males
- Adult sexual adjustment not effected (negatively or positively) by typical sibling sexual experiences with children of similar age



Effects of Having PSB on Children and Family

- Co-occurring behavior and emotional problems
- Increased risk of victimization
- Increased caregiver stress
- Increased risk of placement disruptions
- Social problems/ poor peer relationships
- Decrease in school performance



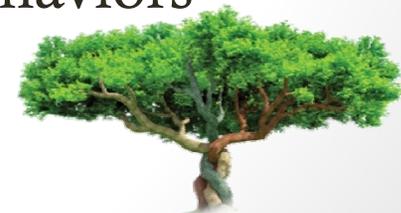
Effects of PSB on the Other Child

May depend on...

- How scary it was
- Type of PSB
- Age differences
- Severity and frequency
- Relationship
- How child has been functioning
- Support from caregivers
- Response from professionals

Effects may include...

- Confusion about appropriate peer interactions and sexuality
- Sexual behavior problems
- Anxiety/depressions symptoms; PTSD
- Peer problems
- Disruptive behaviors

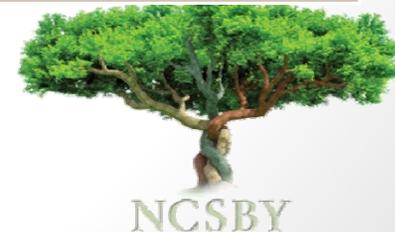


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Are the Sexual Behaviors a Problem?

Frequency	Developmental Considerations	Harm
High Frequency	Occurs between Youth of Significantly Divergent Ages/Developmental Abilities	Intrusive Behaviors
Excludes Normal Childhood Activities	Behaviors are Longer in Duration than Developmentally Expected	Includes Force, Intimidation, and/or Coercion
Unresponsive (i.e., does not decrease) to Typical Parenting Strategies	Behavior Interferes with Social Development	Elicits Fear & Anxiety in Other Children

Bonner, 1995; Davies, Glaser, & Kossoff, 2000; Friedrich, 1997; Johnson, 2004; Larsson & Svedin, 2001



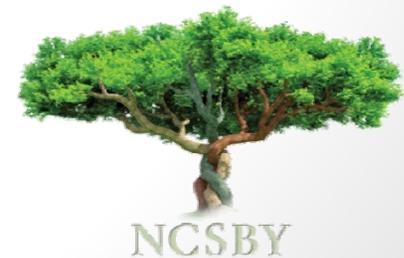
Case Examples



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Expected Sexual Play

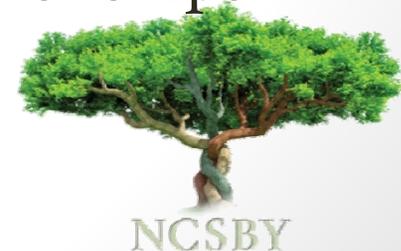
- Among siblings
- Parental responses
- Education of parent
- Supervision



Parental Responses to Typical Sexual Behavior

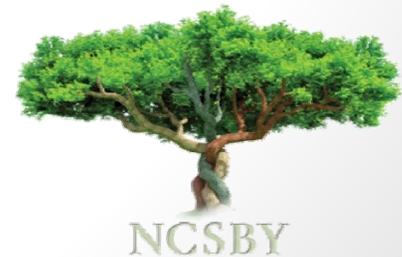
Calmly provide:

- Accurate education about names and functions of all body parts
- Developmentally appropriate sexual education
- Information about social rules of behavior and privacy,
- Information about respecting their own bodies, and
- Information about friendships and relationships with others



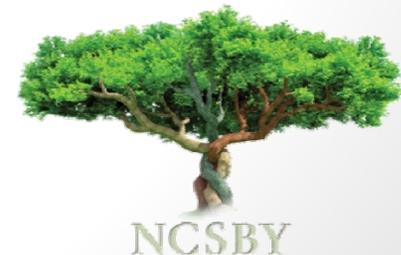
Inappropriate to Abusive Sexual Behavior Placement Protocol

Adapted from Barbara Bonner's and Mark Chaffin's work



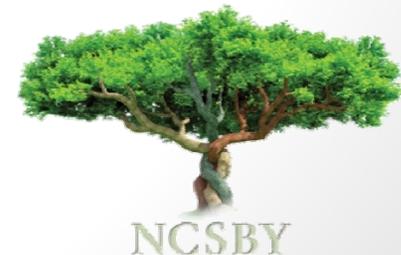
Sibling Sexual Behavior Treatment Protocol: Inappropriate Sexual Behavior

- Step 1: Determine need for removal – Rarely needed due to sexual behavior but happens more than rarely
 - Reaction of siblings
 - Ability of caregiver(s) to supervise
 - Responsiveness to parental intervention
 - Other risk factors (not just sexual behavior)
- Step 2: Establish a supervision plan



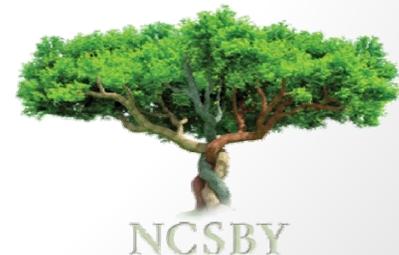
Inappropriate Sexual Behavior

- Step 3: Treatment Planning and Implementation
 - Child who initiated PSB – duration and focus
 - Severity and frequency of PSB
 - Other issues – trauma symptoms, behavior problems, etc.
- Caregivers
- Siblings



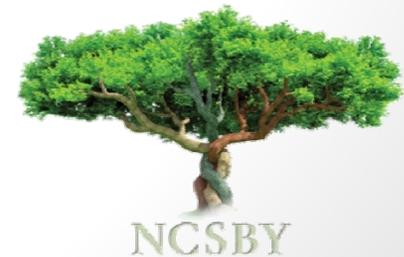
Characteristics of Effective Treatment for Child PSB

- Meta analyses results
- Outpatient, relatively short-term treatment improved PSB and general behavior problems
- Program characteristic have largest effect:
- **Parenting/Behavior Management Skills (BPT)**
 - Increased success when BPT co-occurred:
 - Rules about sexual behavior/boundaries
 - Sex education
 - Abuse prevention skills



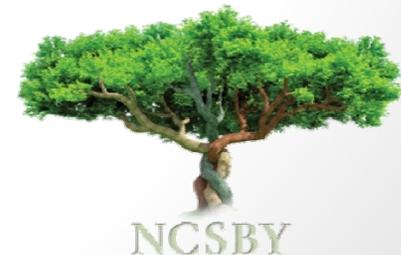
Characteristics of Effective Treatment for Child PSB

- PSB specific CBT Treatments and Trauma Focused-Cognitive Behavioral Treatments found effective
- In contrast, practice elements that evolved from Adult Sex Offender (ASO) treatments were not significant predictors
 - e.g., cycles of abuse, arousal, reconditioning



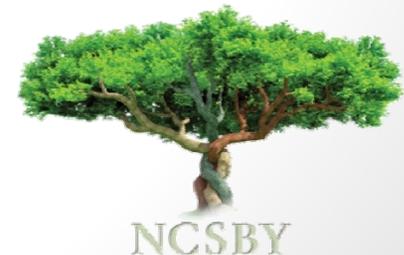
Caregivers' Treatment

- Safety/Supervision measures
- Sexual development in children
- Boundaries, modesty nonphysical forms of discipline, behavior management strategies
- Sexual rules in the home
- Abuse prevention skills
- Caregivers' emotional and behavioral reaction to PSBs
- Talking to child about sexuality



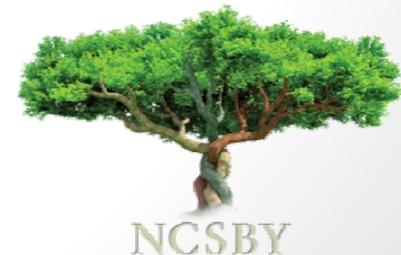
Inappropriate Sexual Behavior

- Step 4: Family Sessions
 - Safety planning
 - Promote clear boundaries
 - Focus on healthy aspects of sibling relationship
- Step 5: Increase involvement outside family
 - Social skills
 - Peer activities
- Step 6: Follow-up and monitoring



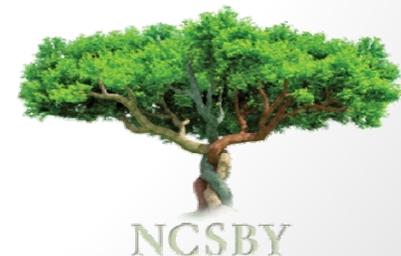
Sibling Sexual Behavior Treatment Protocol: Abusive Sexual Behavior

- Step 1: Determine need for removal
 - More likely to require separation
 - Preferable to remove child with abusive sexual behavior
 - Least restrictive environment that meets safety and treatment needs



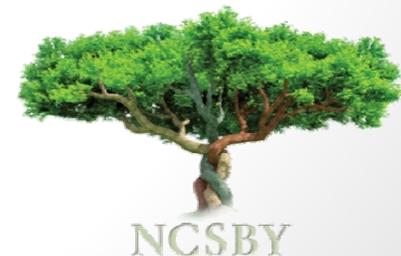
Abusive Sexual Behavior

- Factors to consider in removal and placement decision
 - Recognition of problem behavior
 - Responsiveness to parental intervention and child's level of impulse control
 - Reaction of the siblings
 - Parental supervision capacity
 - Degree of safety in the home
 - Risk to community
 - Effects of removal
 - Placement options



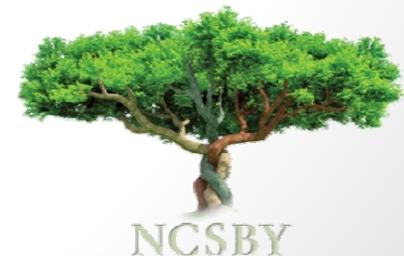
Abusive Sexual Behavior

- Step 2: Providing treatment for family
 - PSB specific treatment
 - Treatment of other concerns
 - Need for inpatient or residential placement
 - Caregiver involvement in treatment
 - Which caregiver? Impact of placement decision
 - Possible treatment for non-offending sibling(s)



Residential or Inpatient Treatment: Assess for...

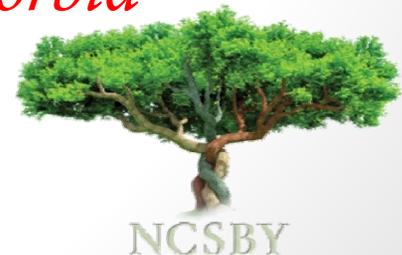
- Aggressive or intrusive sexual behavior problems which continue to re-occur despite adequate treatment and close supervision;
- When the child is actively suicidal;
- When the child is actively homicidal;



Residential or Inpatient Treatment: Assess for...

- When the child has such severe behavioral and emotional problems that they are unable to function in the community, even in a specialized school setting; or
- When the child has severe symptoms which have not responded to adequate medication, outpatient treatment or intensive in-home approaches

Children requiring this level of care may have more severe trauma history and more severe co-morbid emotional and behavioral problems



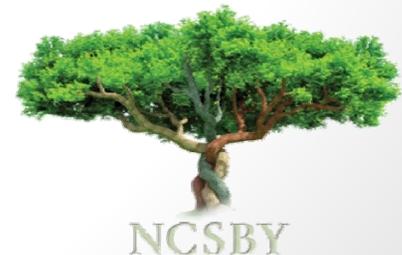
Residential or Inpatient Treatment

Reasons for:

- Controlled environment
- Daily treatment contacts
- High levels of community protection
- Safety of child

Concerns:

- Difficulties in obtaining parent/caretaker involvement
- Exposure to other children with severe behavior problems
- Disruption of social attachments and normal activities
- Labeling and stigma, potential for victimization
- Very high cost



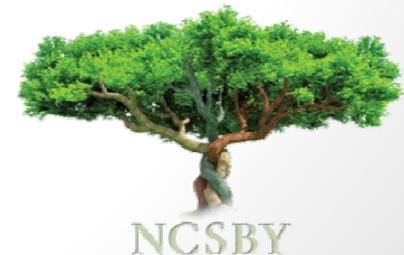
Abusive Sexual Behavior

- Step 3: Educate parents
 - Appropriate vs. inappropriate sexual behaviors
 - Warning behaviors or signs
 - Sex education discussion
 - Group support and education for parents
 - Establish appropriate supervision for youth
- Step 4: Determine appropriateness of reunification
 - Respect safety and welfare of sibling(s)
 - Conduct while youth still in treatment



Visitation and Reunification Decisions

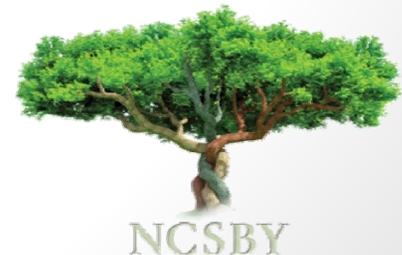
- Inappropriate but not abusive sexual behavior
 - Often removed initially for assessment of safety risk, but then visitation and reunification delayed for variety of reasons
- Following information based more on abusive sexual behavior extreme



Preconditions to Visitation and Reunification

Sibling Victim

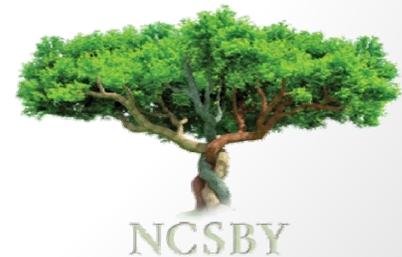
- Ready, interested in contact
- Few, if any, discrepancies between siblings' reports
- Progress in treatment if required
 - Reduced abuse-related symptoms
 - Clear about responsibility
 - Able to discuss behavior, thoughts, feelings with therapist, parent



Preconditions to Visitation and Reunification

Sibling with PSB

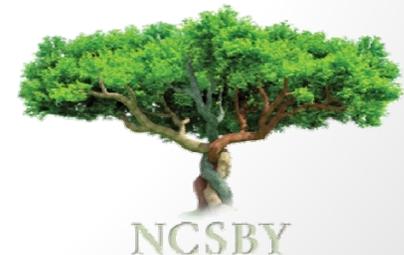
- Making consistent progress in treatment
 - Discuss PSB, willing to tell others
 - Acceptance of responsibility
 - Accepts rules, limits
 - Understands harm caused to family, sibling, self



Preconditions to Visitation and Reunification

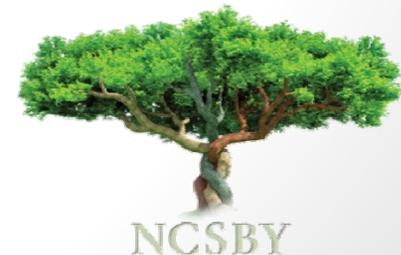
Parents/ Caregivers

- Clear about responsibility
- Know details about abuse, pattern, opportunities
- Supportive of both siblings
- Can discuss behavior with therapist, children
- Know supervision rules



Visitation and Reunification Process

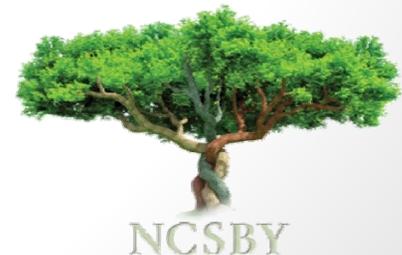
- Writing a letter (particularly for abusive sexual behavior)
- Dyad/Family sessions
- Safety plan
- Outings and home visits
 - Increasing in duration and frequency
- Returning home



Visitation Rules

During visitation, the child or adolescent will:

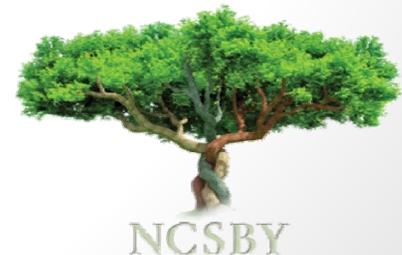
1. Not be alone at any time with any child under 12;
2. Not be in charge of any child or children for an activity;
3. Not discipline or correct children in the home;
4. Follow all household rules; and
5. Be respectful to all family members



Safety Plan

Children

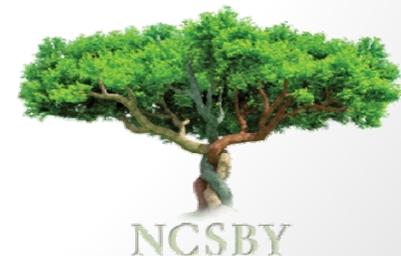
- Not allowed in other children's rooms
- Must leave if child comes in to his/her room
- Never involved in bathing, hygiene of children
- Uses separate bathroom, if possible
- Fully clothed at all times
- No horseplay, wrestling, tickling
- No sexual materials in the home
- Other adults told on a “need-to-know” basis



Family Meeting

Develop Safety Plan

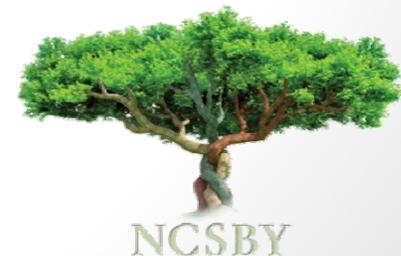
- Meet with parents/caregivers
 - Develop list of problematic activities
 - Develop list of appropriate sibling activities
 - Develop joint prevention plan



Family Meeting

Develop Safety Plan

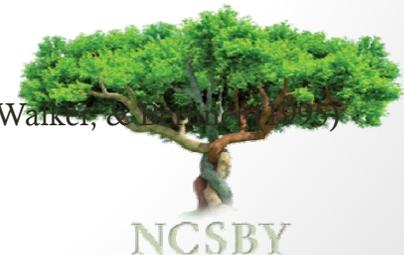
- Meet with family – children and parents/caregivers
- Apology letter read if appropriate
- Discuss Sexual Behavior Rules/Private Part Rules
- Discuss privacy/modesty rules in home
- Develop list of activities children can do together
- Plan first visit activities



Sexual Behavior Rules for School-Age Children

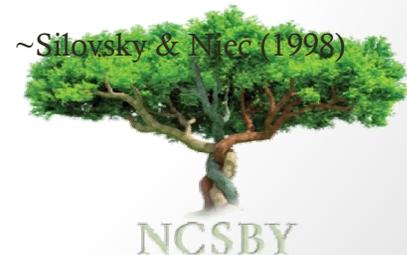
- It is not okay to look at other peoples' private parts.
- It is not okay to show your private parts to other people.
- It is not okay to touch other peoples' private parts.
- It is ok to touch your private parts as long as you are in private and do not take too much time.
- It is not okay to use sexual language or make other people uncomfortable with your behavior.

~Adapted from Bonner, Walker, & (1997)



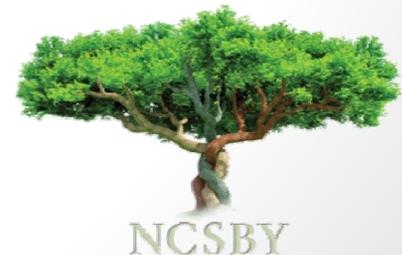
Private Parts Rules for Preschoolers

- No showing private parts to other people.
- No touching other people's private parts.
- No other people touching your private parts.
- No touching your own private parts when others are there.
- Touching your own private parts when you are alone is ok.



Abusive Sexual Behavior: Contradictions to Reunification

- Denial by youth with PSB/caregivers when abuse clearly occurred
- Significant negative responses by sibling(s)
- Sibling pressured to reunify
- Cases of severe abuse
- Recent history of severe violence by abuser
- Significant unresolved youth with PSB/caregiver issues



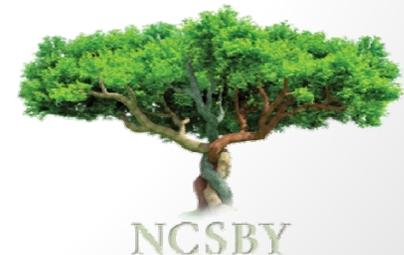
School-Related Safety Planning



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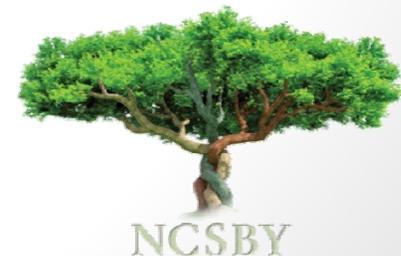
Can Children with PSB Attend School Safely?

- Most can attend school and participate in school activities without jeopardizing safety of others.
- Children with serious, aggressive PSB unresponsive to outpatient treatment and supervision may need more restrictive environment.



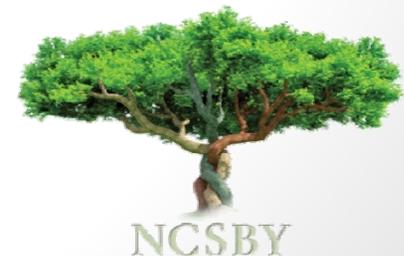
School Safety Planning

- School personnel may need to know information for safety and protection issues.
- Who to notify (if needed): school counselor, classroom teacher(s)
- A team meeting may be beneficial for structuring supervision/monitoring plan



School Safety Planning

- Uncommon, only needed if PSB occurred within the school and persists despite caregiver/teacher intervention.
- Be thoughtful on how to collaborate with school personnel so as not to bias attitudes towards the youth.



Questions?

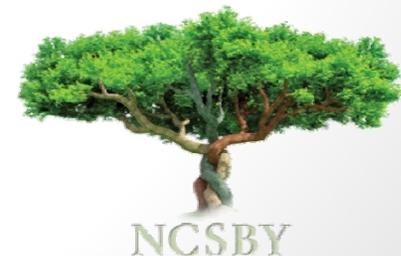


NCSBY

National Center on the Sexual Behavior of Youth

- Established in 2001 by OJJDP
- Develop and disseminate information and curricula on adolescent sex offenders and children with sexual behavior problems for multiple disciplines and the public

www.NCSBY.org



The National Child Traumatic Stress Network

- NCTSN Mission: To raise the standard of care and improve access to services for children, their families, and communities throughout the United States.
- Funded by SAMHSA
- Publications and other information for parents and caregivers as well as professionals on trauma
- Fact sheets on children with SBP collaboratively developed with NCSBY

www.nctsn.org

