

## Learning Objectives

- Need to be comfortable talking about sex, sexuality.
- Understand the culture today, what messages kids are receiving about sex.
- Understand what our clients have been exposed to. What they have and have not yet learned.
- Need to have a good understanding of what is normal, healthy, or of concern regarding sexuality in children and teenagers.

## Distinguishing Sexual Acting Out and Normal Sexual behavior

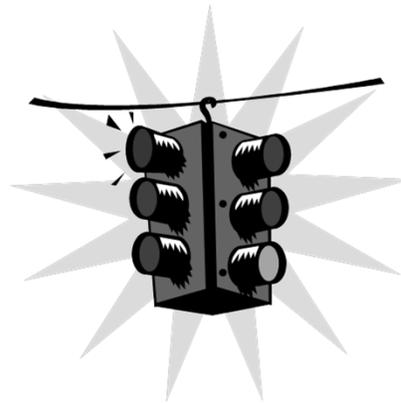
- Not all sexual behavior in children is sexual acting out
- masturbating openly or touching others' genitals normal for toddlers but not pre-teens
- intercourse discussion for teenagers unusual for pre-schoolers
- Important for foster parents and professionals to have knowledge of appropriate development.

## Natural and Healthy Sexual Behaviors

- 40-85% of children engage in sexual behavior before age 13
- Information gathering process - explore, curious, play doctor
- normal gender roles - playing house
- similar age, size, and developmental status
- voluntary and usually between friends
- embarrassment but no other strong feelings

## Sexually Acting Out vs. Normal Sexual Behavior

- Green light behavior
- Yellow light behavior
- Red light behavior



## Green Light Behavior

- Most involves periodic solitary activity
- Most involves similar age peers or sibs
- No coercion
- Occurring within the cultural norms of society

## Green light (continued)

- Playing doctor or house
- Occasional masturbation, no penetration
- Imitating adult seduction such as flirting or kissing
- Dirty words or jokes within cultural or peer group norm
- Mutual showing of body parts by peers
- Conversations with peers about reproduction and genitals

## Yellow Light (concern, possible intervention)

- Preoccupation with sexual themes, especially sexual aggression
- Sexually explicit conversation with peers
- Sexual innuendo/teasing/harassment/embarrassment of others
- Attempting to expose other's genitals (pulling up skirts, pulling down pants)
- Sexual graffiti (especially chronic or impacting others)

## Yellow Light (continued)

- Precocious sexual knowledge and/or activity
- Preoccupation with masturbation
- Mutual masturbation/group masturbation
- Simulating foreplay with dolls, toys, peer with clothing on (petting, french kissing)

## Red Light behavior

- Touching the genitals of others
- Using force to expose others genitals or body parts
- Sexually explicit proposals/threats including written notes
- Repeated or chronic peeping/exposing/pornographic interest
- Compulsive masturbation/interrupting tasks to masturbate

## Red Light continued

- Masturbation by girls that includes penetration
- Simulating intercourse with dolls, peers, or animals
- Oral, vaginal, anal penetration of children, animals, or dolls
- Forced touching of genitals, genital injury or bleeding without accidental cause
- Simulating intercourse with peers with clothing off

## When To Be Concerned

- Preoccupied with sexual themes and may be confused, anxious, or secretive about the behavior
- Angry or violent in sexual behavior - objects penetration etc.
- Compulsive about sexual activity - does not enjoy behavior but unable to stop
- Inappropriate age-related sexual activity
- Sexual activity & large age difference

## Pre-school children - Green Lights

- Touches/rubs own genitals when diapers changed, going to sleep, tense, excited or afraid.
- Touches private parts of "familiar" adults and children.
- Takes advantage of opportunity to look at nude people.
- Asks about genitals, breasts, intercourse, babies.
- Erections, likes to be nude, shows others their genitals.
- Interested in watching others go to the bathroom
- uses dirty words for bathroom and sexual functions
- Interested in own feces
- plays doctor by inspecting the bodies of others
- Puts something in genitals or rectum one time for curiosity or exploration
- plays house and role of mommy or daddy

## K-4th Grade Green Lights

- Asks about the genitals, breasts, intercourse, babies
- Interested in watching/peeking at people during bathroom functions
- Uses "dirty" words for bathroom functions, genitals, and sex
- Plays doctor, inspecting others' bodies
- Interested in having or birthing a baby
- Shows others his or her genitals
- Interests in urination and defecation
- Touches/rubs their own genitals when going to sleep, when tense, excited or afraid.
- Plays house and may simulate all roles of mommy and daddy
- Thinks other gender children are gross or have "cooties" Chases them.
- Talks about sex with friends. Talks about having a girl or boyfriend.

## Green lights K-4 continued

- Wants privacy when in bathroom or changing clothes
- likes to hear and tell "dirty" jokes
- Looks at nude pictures
- Plays games with same aged children related to sex and sexuality
- Draws genitals on human figures for artistic expression or because figure is being portrayed in the nude
- Takes advantage of opportunity to look at nude people.
- Pretends to be the opposite gender
- Wants to compare genitals with peer aged friends.
- Interest in touching genitals, breasts, buttocks, of other same age child or have child touch his/hers.
- Kisses familiar adults and children. Allows kisses by familiar adults and children.

## More green lights continued

- Looks at genitals buttocks, or breasts of others.
- Erections
- Puts something in own genitals, rectum for the physical sensation, curiosity or exploration.
- Interest in the breeding behavior of animals.

## Adolescent “Green Lights”

- Sexually explicit conversations with peers
- Jokes and obscenities within the cultural norm
- Sexual innuendo, flirting, courtship
- Interest in erotica
- Solitary masturbation
- Hugging, kissing, holding hands
- Foreplay (petting, making out, fondling)
- Mutual masturbation
- Monogamist intercourse (stable or serial)

## Yellow Light behaviors - Pre-school children

- Continues to touch/rub genitals in public after being told many times not to do this.
- Continuous questions about genital differences after all questions have been answered.
- Touches the private parts of adults not in the family, unknown child, or familiar people after being told "no." Asked to be touch himself.
- Stares at nude people even after having seen many people nude.
- Keeps asking people even after parent has answered all questions at age appropriate level.
- Continuous erections
- Wants to be nude in public after the parent repeatedly and consistently says "no."
- Boys interest does not wane after several days/weeks of play about babies
- Continues to use dirty words at home after parents say no.

## Yellow Light behaviors - Pre-school children - continued

- Smears feces on walls or floor more than one time.
- Frequently plays doctor after being repeatedly told "no."
- Puts something in genitals or rectum of self or other after being told "no."
- Humping other children with clothes on.

## Yellow Light behaviors - K-4th grade children

- Shows fear or anxiety about sexual topics.
- Keeps getting caught watching/peeking at others doing bathroom functions.
- Uses "dirty" words with adults after parent consistently says "no", punishes child, and uses healthy language themselves.
- Frequently plays doctor and gets caught after being told "no."
- Uses "dirty" language when other children really complain.
- Sex talk gets child in trouble. Romanticizes all relationships.
- Becomes very upset when observed changing clothes.
- Keeps getting caught telling "dirty" jokes. Makes sexual sounds, e.g., sighs, moans.
- Continuous fascination with nude pictures.
- Wants to play games with much younger/older children related to sex and sexuality.

## Yellow Light behaviors - K-4th grade children - continued

- Draws genitals on some nude figures but not others or on drawings of clothed people. Genitals disproportionate to size of body.
- Confused about male/female differences after all questions have been answered.
- Stares/sneaks to stare at nude people even after having seen many people nude.
- Wants to be opposite gender.
- Wants to compare genitals with much older or younger people.
- Continuously wants to touch genitals, breasts, buttocks of other children. Tries to engage in oral, anal, vaginal sex.
- French kissing - Talks in sexualized manner with others. Fearful of hugs and kisses by adults. Gets upset with public displays of affection. Kisses unfamiliar adult or child.

## Yellow Light behaviors - K-4th grade children - continued

- Touches/stares at the genitals, buttocks, breasts of others. Asks others to touch him/her on these parts.
- Continuous erections.
- Puts something in own genitals, rectum frequently or when it feels uncomfortable. Puts something in the genitals/rectum of other child.
- Touching genitals of animals.

## Adolescent "Yellow Lights"

- Sexual preoccupation/anxiety
- Intense interest in pornography
- Polygamist sexual intercourse (promiscuity)
- Sexually aggressive themes/obscenities
- Sexual graffiti (chronic, humiliating, threatening)
- Sexually embarrasses others
- Violates others' body space
- Pulling up skirts/pants down
- Single occurrences of peeping, exposing, frottage
- Mooning and obscene gestures

## Red Light Behaviors - preschool children - SEEK HELP

- Touches/rubs self to the exclusion of normal childhood activities. Hurts own genitals by touching or rubbing.
- Plays male or female roles in an angry, sad, or aggressive manner. Hates own/other sex.
- Sneakily touches adults. Makes others allow his/her touching, demands that others touch him/her.
- Asks people to take off their clothes. Tries to forcibly undress people.
- Asks unfamiliar people after parent has answered all questions. Sexual knowledge too great for age.
- Painful erections.
- Refuses to put on clothes. Secretly shows self in public after many scoldings.
- Refuses to leave people alone in bathroom, forces way into the bathroom.

## Red Light Behaviors - preschool children - SEEK HELP

- Displays fear or anger about babies, birthing, or intercourse.
- Uses "dirty" words in public and home after many scoldings.
- Repeatedly plays or smears feces after scolding.
- Forces child to play doctor, to take off clothes.
- Any coercion, force, pain in putting something in genitals or rectum of self or other child.
- Simulated or real intercourse without clothes, oral sex.

## Red Light Behaviors - K-4th grade - SEEK HELP

- Endless questions about sex after curiosity satisfied. Sexual knowledge too great for age.
- Refuses to leave people alone in bathroom.
- Continues use of "dirty" words even after exclusion from school and activities.
- Forces child to play doctor, to take off clothes.
- Child displays fear or anger about babies or intercourse.
- Refuses to put on clothes. Exposes self in public after many scoldings.
- Repeatedly plays with or smears feces. Purposely urinates on furniture.
- Touches/rubs self in public or private to the exclusion of normal childhood activities. Rubs genitals on people.
- Humping naked. Intercourse with another child. Forcing sex on other child.

## Red Light Behaviors - preschool children - SEEK HELP

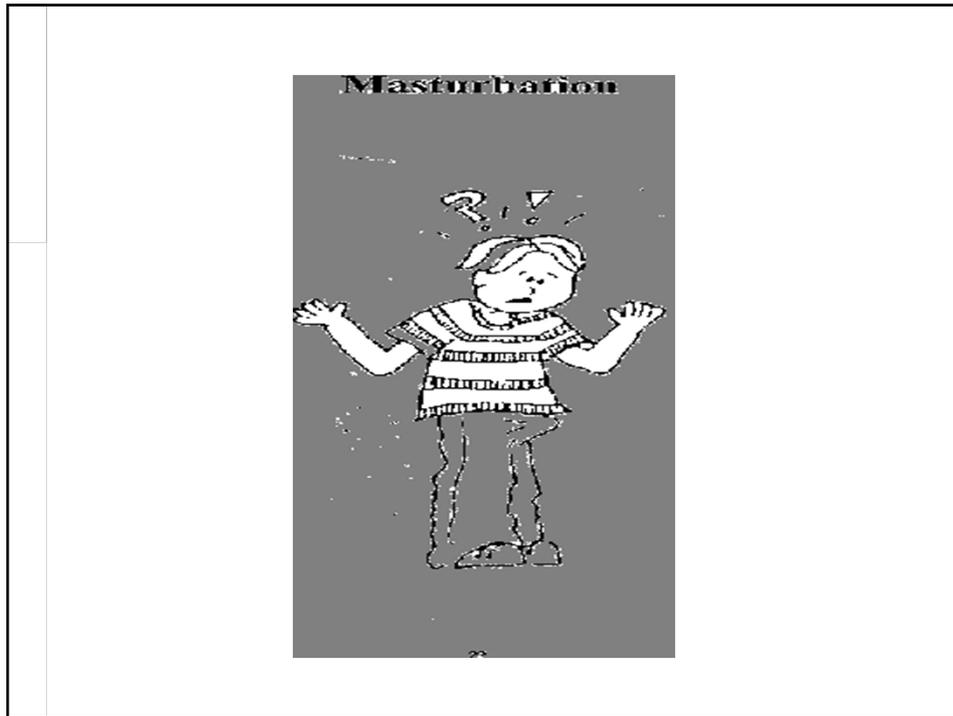
- Uses bad language against other child's family. Hurts other gender children.
- Talks about sex and sexual acts habitually. Repeatedly in trouble with regard to sexual talk.
- Aggressive or fearful in demand for privacy.
- Still tells "dirty" jokes even after exclusion from school and activities.
- Wants to masturbate to nude pictures or display them.
- Child or children force others to play sexual games.
- Genitals stand out as most prominent feature of drawing. Drawings of intercourse, group sex, sadism, masochism shown.
- Plays male or female roles in a sad, angry or aggressive manner. Hate own/other sex.
- Asks people to take off their clothes. Tries to forcibly undress people.
- Demands to see the genitals, breasts, buttocks of others.

## Red Light Behaviors - preschool children - SEEK HELP

- Manipulates or forces other child to allow touching of genitals, breasts, buttocks. Forced or mutual oral, anal, or vaginal sex.
- Overly familiar with strangers. Talks, acts in a sexualized manner with unknown adults. Physical contact with adult causes excessive agitation to child or adult.
- Sneakily or forcibly touches genitals, breasts etc. of others. Tries to manipulate others into touching him/her.
- Painful erections.
- Any coercion or force in putting something in genitals/rectum of other child. Causing harm to own/others genitals/rectum.
- Sexual behaviors with animals.

## Adolescent "Red Light" behaviors

- Compulsive masturbation
- Degrading, humiliating sexual themes
- Attempting to expose others' genitals
- Chronic preoccupation with sexually aggressive porn
- Sexually explicit conversations with younger peers
- Touching genitals of others without permission
- Sexually explicit threats (verbal or written)
- Sexual offenses (obscene phone calls, voyeurism, exhibitionism, frottage, child sexual abuse, forced sexual contact, bestiality etc.)



## Masturbation

- Approximately 20-30% of children aged 6-12 fondle their genitals
- generally used by children to soothe themselves
- should be confined to an "alone" place, such as bedroom or bathroom
- Children with sexual behavior problems do this to soothe self, reduce anxiety or because they are confused about theirs or others' bodies
- Masturbation is normal unless they would rather engage in this behavior than play in normal activities
- Intervention required if they are trying to forget their problems, or reduce unpleasant emotions
- Goal is to not have them masturbate to take care of their worries, problems, fears or anxieties

## The "M" word continued

- In most cases the optimal response to anxiety based masturbation is for the caregiver to say, "It seems you are scared (sad, lonely, etc.) and are trying to make the feelings go away by masturbating (rubbing yourself, pushing on your private parts, etc.), why don't we read (play a game, make a cake, etc.). There are many things which will make you feel better."

## Biblical references?

- Issue of masturbation is not directly addressed in scripture.
- Is it a sin?
- Habitual masturbation consistently creates distance from God.
- Jesus said that lusting after women in your heart is the same as doing it. Since most masturbation involves a lustful fantasy or pornography, we're certain that nearly all instances violate Scripture.

## Biblical cont.

- Pornography and fantasy that surround masturbation change the way we view women.
- Habitual masturbation is hard to stop.
- Masturbation is progressive. You're most likely to masturbate the day after you masturbate than you're likely to do it the day after you didn't. The pleasurable chemical reactions draw you to repeat the practice more and more. This is bondage, and God hates bondage in His sons.

## Continued

- "I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart." (Matthew 5:28)
- If Jesus defines simply looking lustfully at a woman as adultery for the married man, certainly looking lustfully at a woman *and* masturbating is adultery.

## More

- Pornography encourages its viewers to create an image in their minds. It also entices them to fantasize about it. Usually these fantasies involve an erotic act that can only be satisfied with someone else or by masturbation. Once an image develops in the mind, that picture creates a stronghold in the mind and becomes a trap.

## Safety Plans

- Safety plans vs. relapse plans
- supervision
- Implemented by the caregiver not child

## House Rules

- Bedrooms
- Supervision
- Horseplay
- Privacy
- Sexual Talk
- Personal Touch

## House Rules

- Avoid sharing bedrooms
- Talk to the other children
- Teach anxiety-reducing skills
- Rules about touch

## Safety Plan "checklist" example

- This is a safety plan developed for \_\_\_\_\_.
- \_\_\_\_Will not have a roommate
- \_\_\_\_Only use the rest room with the permission of the foster parent
- \_\_\_\_Will not be allowed to be unsupervised with young children
- \_\_\_\_Foster parents will assess for grooming behavior
- \_\_\_\_Will not sit on furniture with other peers

## Checklist continued:

- \_\_\_\_Will not be in room alone with only one peer
- \_\_\_\_Will be monitored as to television and reading material
- \_\_\_\_Will attend SO specific group
- \_\_\_\_Will not speak with sexualized innuendo
- \_\_\_\_Behavior at school will be monitored
- \_\_\_\_Will not be involved with rough housing

Checklist continued

- \_\_\_\_ Will not be allowed to have physical contact with other persons
- \_\_\_\_ Will be in eyesight of foster parent at all times except to use the bathroom or to go to bed
- \_\_\_\_ Phone restrictions will be in place due to the inappropriate use of the phone
- \_\_\_\_ Clothing will be monitored and selected by the foster parent
- \_\_\_\_ Will journal when assigned to do so
- \_\_\_\_ Will sit by the foster parents when in a vehicle
- \_\_\_\_ Conversations with boys/girls will be monitored

Checklist continued:

- \_\_\_\_ Extracurricular activities will be allowed only if he/she has demonstrated 3 months of appropriate behavior
- \_\_\_\_ Will have appropriate physical boundaries with girls/boys
- \_\_\_\_ Youth will not be allowed to be in the community where drugs and alcohol are available.
- \_\_\_\_ Youth will be supervised when in the community.
- \_\_\_\_ Youth will not associate with other sex offenders unless in a specific therapy group.

### Checklist continued

- \_\_\_\_ Youth will participate in activities that build character.
- \_\_\_\_ Youth will be monitored and supervised at all times when at home.
- \_\_\_\_ Youth will not be allowed to travel with individuals that have not been screened by the foster parent.

## Bibliography

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**BEHAVIORS RELATED TO SEX AND SEXUALITY IN PRESCHOOL CHILDREN**

<b>Natural and Healthy</b>	<b>Of Concern</b>	<b>Seek Professional Help</b>
Touches/rubs own genitals when diapers are being changed, when going to sleep, when tense, excited or afraid.	Continues to touch/rub genitals in public after being told many times not to do this.	Touches/rubs self to the exclusion of normal childhood activities. Hurts own genitals by touching/rubbing.
Explores differences between males and females, boys and girls.	Continuous questions about genital differences after all questions have been answered.	Plays male or female roles in an angry, sad or aggressive manner. Hates own/other sex.
Touches the "private parts" of familiar adults and children.	Touches the "private parts" of adult not in family, unknown child, or familiar people after being told "no." Asks to be touched himself/herself.	Sneakily touches adults. Makes others allow his/her touching, demands that others touch him/her.
Takes advantage of opportunity to look at nude people.	Stares at nude people even after having seen many people nude.	Asks people to take off their clothes. Tries to forcibly undress people.

<b>Natural and Healthy</b>	<b>Of Concern</b>	<b>Seek Professional Help</b>
Asks about the genitals, breasts, intercourse, babies.	Keeps asking people even after parent has answered all questions at age appropriate level.	Asks unfamiliar people after parent has answered all questions. Sexual knowledge too great for age.
Erections	Continuous erections	Painful erections
Likes to be nude. May show others his/her genitals.	Wants to be nude in public after the parent repeatedly and consistently says "no."	Refuses to put on clothes. Secretly shows self in public after many scoldings.
Interested in watching people doing bathroom functions.	Interest in watching bathroom functions does not wane in days/weeks.	Refuses to leave people alone in bathroom, forces way into bathroom.
Interested in having/ birthing a baby.	Boys interest does not wane after several days/ weeks of play about babies.	Displays fear or anger about babies, birthing or intercourse.
Uses "dirty" words for bathroom and sexual functions.	Continues to use "dirty" words at home after parent says "no."	Uses "dirty" words in public and at home after many scoldings.

<b>Natural and Healthy</b>	<b>Of Concern</b>	<b>Seek Professional Help</b>
Interested in own feces.	Smears feces on walls or floor more than one time.	Repeatedly plays or smears feces after scolding.
Plays doctor inspecting others' bodies.	Frequently plays doctor after being repeatedly told "no."	Forces child to play doctor, to take off clothes.
Puts something in own genitals or rectum one time for curiosity or exploration.	Puts something in genitals or rectum of self or other after being told "no."	Any coercion, force, pain in putting something in genitals or rectum of self or other child.
Plays house, acts out roles of Mommy and Daddy.	Humping other children with clothes on.	Simulated or real intercourse without clothes, oral sex.

**BEHAVIORS RELATED TO SEX AND SEXUALITY IN KINDERGARTEN THROUGH FOURTH GRADE CHILDREN**

<b>Natural and Healthy</b>	<b>Of Concern</b>	<b>Seek Professional Help</b>
Asks about the genitals, breasts, intercourse, babies	Shows fear or anxiety about sexual topics	Endless questions about sex after curiosity satisfied. Sexual knowledge too great for age.
Interested in watching/peeking at people doing bathroom functions.	Keeps getting caught watching/peeking at others doing bathroom functions.	Refuses to leave people alone in bathroom.
Uses "dirty" words for bathroom functions, genitals and sex.	Uses "dirty" words with adults after parent consistently says "no", punishes child, and uses healthy language themselves.	Continues use of "dirty" words even after exclusion from school and activities.
Plays doctor, inspecting others' bodies.	Frequently plays doctor and gets caught after being told "no".	Forces child to play doctor, to take off clothes.

Natural and Healthy	Of Concern	Seek Professional Help
Boys and girls are interested in having/ birthing a baby.	Boy keeps making believe he is having a baby after month/s.	Child displays fear or anger about babies or intercourse.
Show others his/her genitals.	Wants to be nude in public after the parent says "no" and punishes child.	Refuses to put on clothes. Exposes self in public after many scoldings.
Interest in urination and defecation.	Plays with feces. Purposely urinates outside of toilet bowl.	Repeatedly plays with or smears feces. Purposely urinates on furniture.
Touches/rubs own genitals when going to sleep, when tense, excited or afraid.	Continues to touch/rub genitals in public after being told "no". Rubs genitals on furniture or other objects.	Touches/ rubs self in public or in private to the exclusion of normal childhood activities. Rubes genitals on people.
Plays house, may simulate all roles of Mommy and Daddy.	Humping other children with clothes on. Imitates sexual behavior with dolls/stuffed toy.	Humping naked. Intercourse with another child. Forcing sex on other child.

Natural and Healthy	Of Concern	Seek Professional Help
Thinks other gender children are "gross" or have "cooties". Chases them.	Uses "dirty" language when other children <i>really</i> complain.	Uses bad language against other child's family. Hurts other gender children.
Talks about sex with friends. Talks about having a girl/boy friend.	Sex talk gets child in trouble. Romanticizes all relationships.	Talks about sex and sexual acts habitually. Repeatedly in trouble with regard to sexual talk.
Wants privacy when in bathroom or changing clothes.	Becomes very upset when observed changing clothes.	Aggressive or fearful in demand for privacy.
Likes to hear and tell "dirty" jokes.	Keeps getting caught telling "dirty" jokes. Makes sexual sounds, e.g. sighs, moans.	Still tells "dirty" jokes even after exclusion from school and activities.
Looks at nude pictures.	Continuous fascination with nude pictures.	Wants to masturbate to nude pictures or display them.
Plays games with same-aged children related to sex and sexuality.	Wants to play games with much younger/ older children related to sex and sexuality.	Child or children force others to play sexual games.

<b>Natural and Healthy</b>	<b>Of Concern</b>	<b>Seek Professional Help</b>
Draws genitals on human figures for artistic expression or because figure is being portrayed in the nude.	Draws genitals on some nude figures but not others or on drawings of clothed people. Genitals disproportionate to size of body.	Genitals stand out as most prominent feature of drawing. Drawings of intercourse, group sex, Sadism, masochism shown.
Explores differences between males and females, boys and girls.	Confused about male/female differences after all questions have been answered.	Plays male or female roles in a sad, angry or aggressive manner. Hates own/other sex.
Takes advantage of opportunity to look at nude people.	Stares/sneaks to stare at nude people even after having seen many people nude.	Asks people to take off their clothes. Tries to forcibly undress people.
Pretends to be opposite gender.	Wants to be opposite gender.	Hates being own gender. Hates own genitals.
Wants to compare genitals with peer-aged friends.	Wants to compare genitals with much older or much younger people.	Demands to see the genitals, breast, buttocks of others.

<b>Natural and Healthy</b>	<b>Of Concern</b>	<b>Seek Professional Help</b>
Interest in touching genitals, breasts, buttocks of other same-age child or have child touch his/ hers.	Continuously wants to touch genitals, breasts, buttocks of other child/ren. Tries to engage in oral, anal, vaginal sex.	Manipulates or forces other child to allow touching of genitals, breasts, buttocks. Forced or mutual oral, anal, or vaginal sex.
Kisses familiar adults and children. Allows kisses by familiar adults and children.	French kissing. Talks in sexualized manner with others. Fearful of hugs and kisses by adults. Gets upset with public displays of affection. Kisses unfamiliar adult or child.	Overly familiar with strangers. Talks/acts in a sexualized manner with unknown adults. Physical contact with adult causes excessive agitation to child or adult.
Looks at genitals, buttocks, breasts of others.	Touches/stares at the genitals, buttocks, breasts of others. Asks others to touch him/her on these parts.	Sneakily or forcibly touches genitals, breasts, buttocks of others. Tries to manipulate others into touching him/her.
Erections	Continuous erections	Painful erections

Natural and Healthy	Of Concern	Seek Professional Help
Puts something in own genitals/rectum for the physical sensation, curiosity or exploration.	Puts something in own genitals/rectum frequently or when it feels uncomfortable. Puts something in the genitals/rectum of other child.	Any coercion or force in putting something in genitals/rectum of other child. Causing harm to own/others genitals/rectum.
Interest in breeding behavior of animals.	Touching genitals of animals.	Sexual behaviors with animals.