



SPECIALIZED CARE COORDINATION

FOR YOUTH IMPACTED/INITIATING PROBLEMATIC SEXUAL BEHAVIOR



Contact:

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What is Problematic Sexual Behavior?

PSB in youth are actions that are developmentally rare, involve sexual body parts, and may be harmful to children or youth directly involved in incidents, as well as to others who may witness.

Typical (Ages 2-6)
Play: young children playing doctor, pulling down pants to look and compare. Touching or rubbing

Concerning (Ages 4-17)
Inappropriate: Touching private parts over clothes, telling sexual jokes, touching self in public

Problematic (Ages 4-17)
The use of coercion or aggression. Causing injury, repeated behavior and targeting younger children. Asking adults to engage in a sexual behavior.



Did You Know?

- PSB is harmful to those impacted by the behavior, as they can exhibit somatic and psychological symptoms, including feeling sick to their stomach, somatic pains, elevated anxiety, depression, and trauma symptoms
- 20-25% of cases handled by children's advocacy centers (CACs), youth or children under the age of 18 have acted out against another child.
- 98% of children that complete treatment do not engage in the problematic behavior again.
- Sexual behaviors are common in 40% - 85% of children under the age of 13.
- The internet is only one source of exposure to sexual content. A study showed that music contained the most sexual content (40%), followed by movies (12%) and television (11%).



Helpful Tips



- Do not force or guilt children to give hugs or kisses. Reinforce their body is theirs to control!
- Teach children it is ok to say no! Understanding boundaries for themselves and others.
- Avoid punishing your child for normative sexual behaviors. Instead, try gently distracting them.
- Teach the difference between appropriate vs inappropriate touch.
- Discuss internet safety and exposure to sexually explicit material.
- Remember, the child is not the problem, but the behavior.

Reporting & Treatment Information

To report PSB contact 1-877-NJABUSE and ask for the child on child PSB. Treatment consists of a medical evaluation with Dorothy B. Hirsch in New Brunswick, as well as PSB-CBT therapy.