

83% of youth report not talking to parents about sexual issues because they worry about their parents' reaction

TIPS FOR *Responding* TO PSB

- Don't shame or embarrass your child or label them as a "pervert" or "sex offender"
- Interrupt the behavior, redirect your child to more appropriate activities, and then discuss the behavior later
- Use correct names for body parts
- Support your child's ability to talk about body parts and sexual behavior without shame
- Supervise your child with other children
- Seek professional help if you are concerned your child is exhibiting problematic sexual behaviors



CONTACT *Us*

For more information about problematic sexual behavior (PSB) or to request a referral for treatment, please contact:

Joanne Szeto
Executive Director, Middlesex CAC
781-897-8400

Middlesex Children's Advocacy Center
www.middlesexcac.org

"When responding to kids with problematic sexual behaviors, CACs are the absolutely crucial link between how communities address the problems and the science on what works."

—Teresa Huizar, Executive Director, NCA



USING TEAMWORK TO MAKE A DIFFERENCE



PSB
**PROBLEMATIC SEXUAL
BEHAVIOR PROGRAM**

MIDDLESEX
**CHILDREN'S
ADVOCACY CENTER**

Sexual EXPLORATION AND PLAY ARE A NATURAL PART OF CHILD DEVELOPMENT



WHAT IS *PSB*

Sexual exploration and play are a natural part of child development. Some children's sexual behavior is developmentally appropriate, while other behavior is problematic and requires specialized intervention.

Sexual behaviors are problematic when they pose a risk to the safety or well-being of the child and other children

For example, they may involve the use of threats, force, or coercion; involve children of widely different ages or physical size/abilities; occur frequently and cannot be redirected; or simulate adult sexual acts or involve acts beyond a child's developmental stage.



1/3 OF ALL SEX OFFENSES AGAINST
CHILDREN ARE COMMITTED BY OTHER YOUTH

EVIDENCE-BASED *Treatment*

The Middlesex CAC provides referrals to programs offering the University of Oklahoma's evidence-based treatment model for **Problematic Sexual Behavior Cognitive Behavioral Therapy (PSB-CBT)**.

The program uses either an open-ended group treatment model or family treatment model that aims to reduce or eliminate PSB.

- For children ages 7-14
- Services offered on sliding scale
- Short-term, outpatient, community-based program
- Active involvement of a caregiver required
- Children placed in developmentally appropriate groups
- Services provided by licensed mental health clinicians

HOW WILL PSB-CBT *Help?*

Sessions address:

- Supervision and safety
- Dispelling misconceptions about problematic sexual behavior (PSB) and its implications for the child
- Safe and healthy relationships
- Rules about sexual behavior and boundaries
- Developmentally appropriate sexual education
- Abuse prevention skills
- Social skills and peer relationships
- Self-control and problem-solving strategies
- Empathy and impact of PSB on others



WHAT WE'VE *Learned*

- With appropriate treatment and careful supervision, most children with problematic sexual behavior (PSB) can live safely with other children
- Not all children with problematic sexual behavior were sexually abused
- Outpatient treatment can be successful for most children with PSB
- Most children with PSB do not continue these behaviors into adolescence and adulthood

Learn more at the *National Center on the Sexual Behavior of Youth* website www.ncsby.org



**SEXUAL
Exploration
AND PLAY ARE
A NATURAL
PART OF CHILD
DEVELOPMENT.**

WHAT IS *PSB*

Sexual exploration and play are a natural part of child development. Some children's sexual behavior is developmentally appropriate, while other behavior is problematic and requires specialized intervention.

Sexual behaviors are problematic when they pose a risk to the safety or well-being of the child and other children.

For example, they may involve the use of threats, force, or coercion; involve children of widely different ages or physical size/abilities; occur frequently and cannot be redirected; or simulate adult sexual acts or involve acts beyond a child's developmental stage.



**OF ALL SEX OFFENSES AGAINST CHILDREN
ARE COMMITTED BY OTHER YOUTH**

EVIDENCE-BASED *Treatment*

The Middlesex CAC provides referrals to programs offering the University of Oklahoma's evidence-based treatment model for **Problematic Sexual Behavior Cognitive Behavioral Therapy (PSB-CBT)**.

The program uses either an open-ended group treatment model or family treatment model that aims to reduce or eliminate PSB.

- For children ages 7-14
- Services offered on sliding scale
- Is a short-term, outpatient, community-based program
- Active involvement of a caregiver required
- Children placed in developmentally appropriate groups

HOW WILL PSB-CBT *Help?*

Sessions address:

- Supervision and safety
- Dispelling misconceptions about PSB and its implications for the child
- Safe and healthy relationships
- Rules about sexual behavior and boundaries
- Developmentally appropriate sexual education
- Abuse prevention skills
- Social skills and peer relationships
- Self-control and problem-solving strategies
- Empathy and impact of PSB on others

WHAT WE'VE *Learned*

- Not all children with problematic sexual behavior (PSB) were sexually abused.
- With appropriate treatment and careful supervision, most children with PSB can live safely with other children.
- Outpatient treatment can be successful for most children with PSB.
- Most children with PSB do not continue these behaviors into adolescence and adulthood.



Research has demonstrated that sexual recidivism decreases substantially when effective treatment is provided:

- Children who complete the PSB-CBT program have a low recidivism rate (2%).
- Children ages 7-12 years have a 98% long-term success rate;
- Youth ages 13-18 years have a 97% longterm success rate.

Learn more at the *National Center on the Sexual Behavior of Youth* website www.ncsby.org