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HEALTH SERVICES



MissionKids
CHILD ADVOCACY CENTER

Inclusive Youth Sex Education: Empowering Caregivers as Educators

February 26, 2025

Today's Presenters



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*greetings &
salutations!*



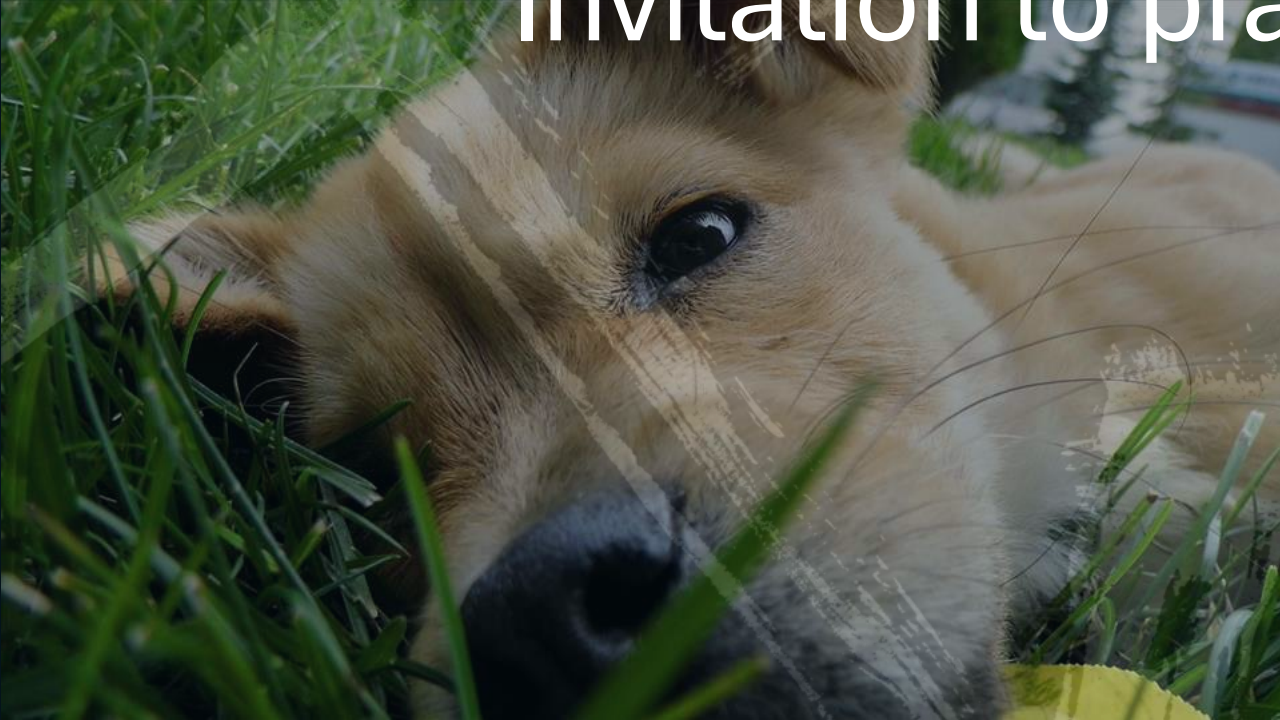
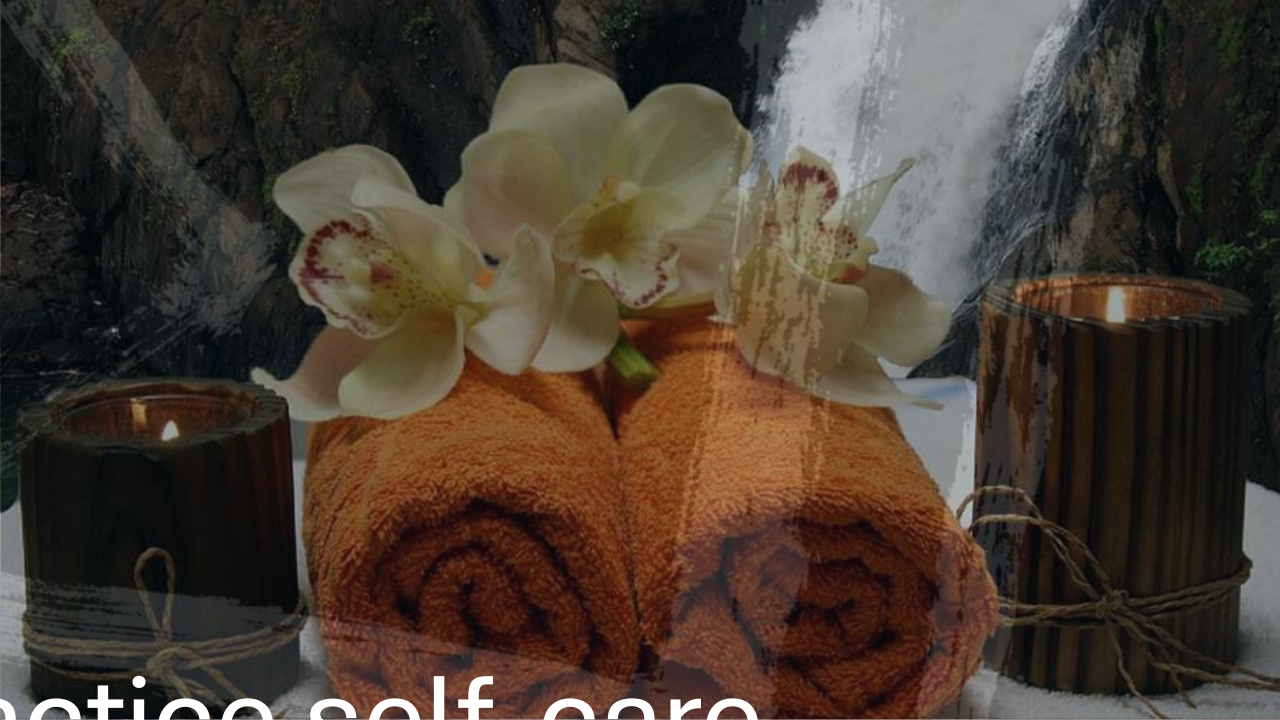
PROMOTING SAFE BEHAVIORS

Comprehensive Treatment Program for Youth with Problematic Sexual Behavior

The Promoting Safe Behaviors (PSB) Program is a grant-funded, evidence-based, collaborative approach that works with youth who have engaged in sexually acting out or sexually harmful behavior to provide education, consultation and support.



Disclosure Statement: Promoting Safe Behaviors Program (PSB) aims to support children and families through providing inclusive and evidence-based information. **We are committed to creating and maintaining an atmosphere of openness, trust, and safety where all attitudes, beliefs, values, and behaviors can be freely explored and discussed.** Discrimination based on race, color, religion, sex (including pregnancy, sexual orientation, or gender identity), national origin, disability, age or genetic information (including family medical history) will not be tolerated. **It is our shared belief that emotional and physical safety are necessary to create the most successful therapeutic learning environment.** The PSB team will work collaboratively with families to ensure that their experience remains safe, respectful and beneficial for caregivers and children.



Invitation to practice self-care



Goals

- Equip professionals with tools to support caregivers with the knowledge and skills to provide inclusive and comprehensive sex education that addresses the diverse needs of youth, including those from marginalized communities.
- Increase caregiver engagement in sex education by highlighting the importance of their role in promoting healthy sexual development and relationships among youth. Navigate best practices in teaching sex education while insuring aligning with family/cultural values.
- Enhance caregivers' communication skills to facilitate meaningful conversations about sexuality, consent, boundaries, and healthy relationships with youth.
- Create a foundation for lifelong learning and healthy decision-making by empowering caregivers and youth with the tools to navigate complex issues related to sexuality with confidence, respect and open dialogue

Let's talk about sex



~~Honesty~~ is the Best Policy
IGNORANCE

Knowledge is ~~Power~~
BAD

~~Always~~ be Prepared
NEVER



Sexual Development – Biological, Psychological, and Social Factors

Biological	Psychological	Social
<ul style="list-style-type: none">• Hormones• Puberty	<ul style="list-style-type: none">• Desire• Intimacy• View of self• Youth vulnerabilities: MH; differing abilities	<ul style="list-style-type: none">• Peers• Social media• Social messaging

Political, Legal, Philosophical, spiritual, ethical and moral values have significant influence on sexual development.

What We Know About Caregiver Engagement:

- Trauma Treatment: For most evidenced based intervention for trauma there is a caregiver component
 - Meta Analysis in 2022-Caregivers have significant role in effective treatment of PTSD. Also had a role in internalizing, externalizing , social and cognitive challenges

What We Know About Caregiver Engagement:

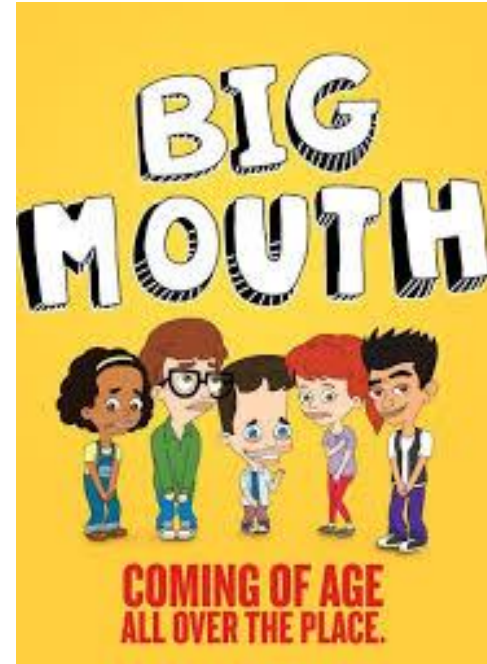
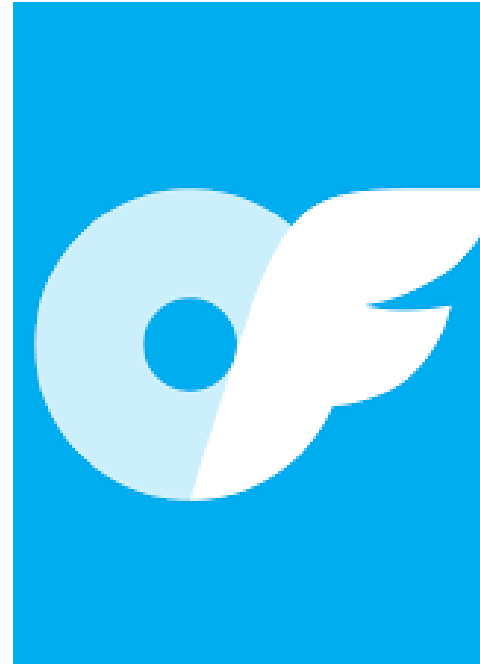
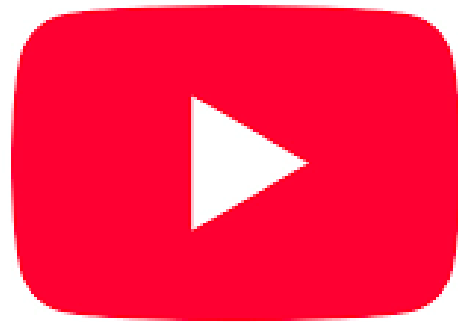
- Sexual health:
 - Communication is key. Research shows a healthier outcome in several areas including Social-Emotional (school readiness, long term behavior); Risk behaviors (decrease in substance use and fewer suicide attempts); Physical and Behavioral health (lower prevalence of negative health factors)
 - Communication about sex education with youth has shown delayed age in first sexual experience and less sexual partners over the life span
 - Comprehensive sex education has shown to lower teen pregnancy rate
 - Key Components of PSB-CBT-Caregiver components: Behavior Parent Training, rules about sexual health and boundaries, sex education, and abuse prevention skills



How has caregiver
involvement
supported your
work with kids?

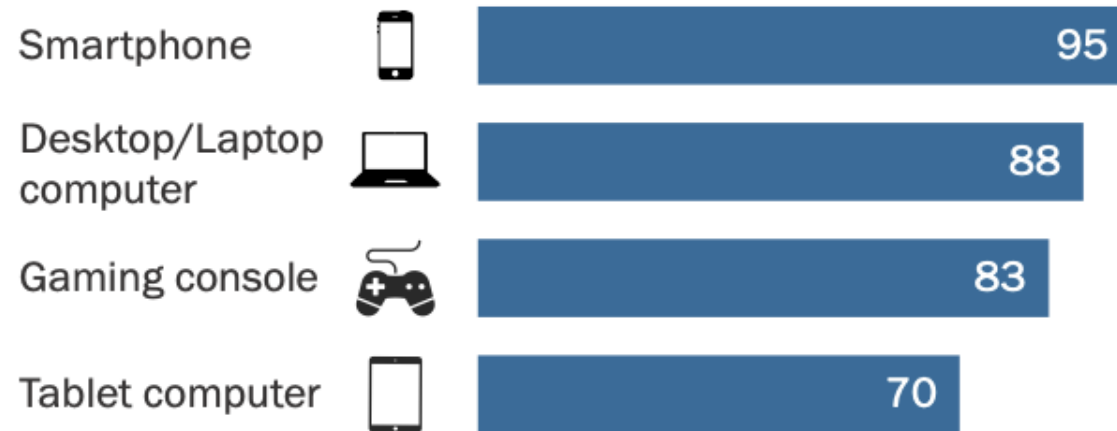
What have some of
the barriers been?

Where are youth learning about Sex?



Nearly all teens have access to a smartphone at home

% of U.S. teens ages 13 to 17 who say they have or have access to the following devices at home



Note: Those who did not give an answer are not shown.

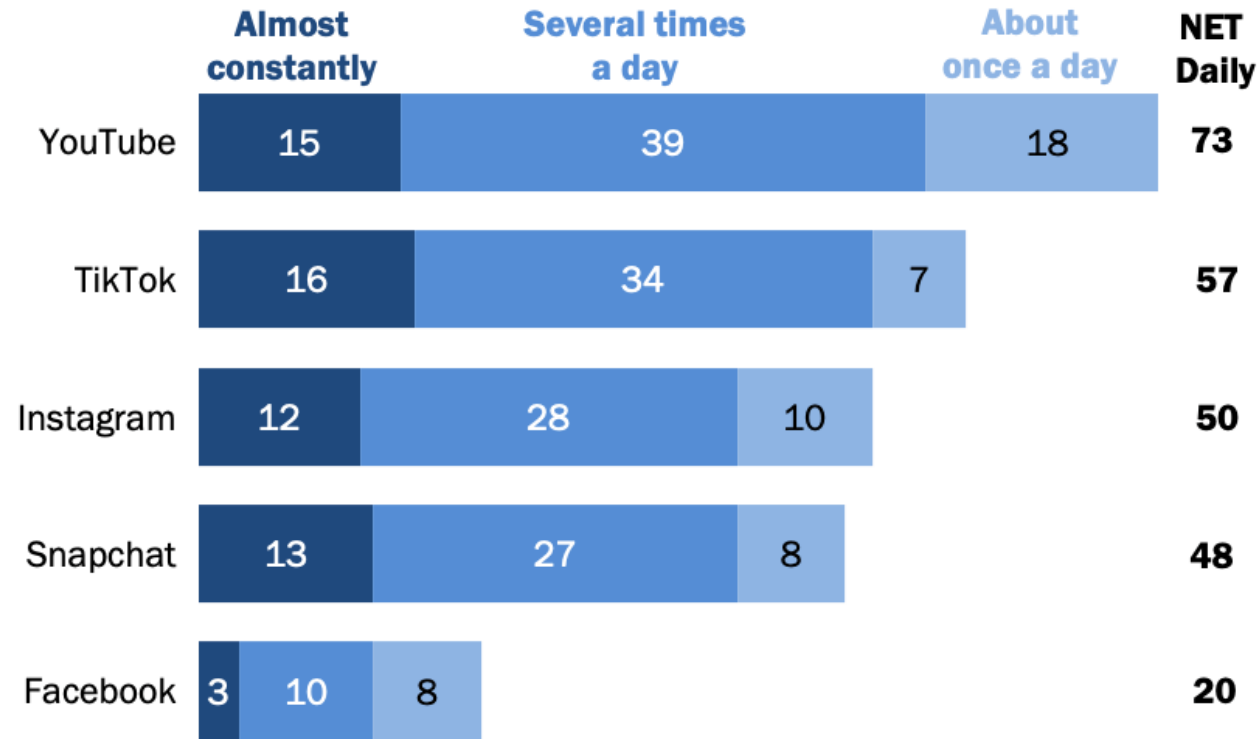
Source: Survey of U.S. teens conducted Sept. 18-Oct. 10, 2024.

"Teens, Social Media and Technology 2024"

PEW RESEARCH CENTER

Roughly three-quarters of teens visit YouTube daily, while around 6 in 10 say this about TikTok

% of U.S. teens ages 13 to 17 who say they visit or use the following apps or sites ...



Note: Figures may not add up to NET values due to rounding. Those who did not give an answer or gave other responses are not shown.

Source: Survey of U.S. teens conducted Sept. 18-Oct. 10, 2024.

“Teens, Social Media and Technology 2024”

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Pornography

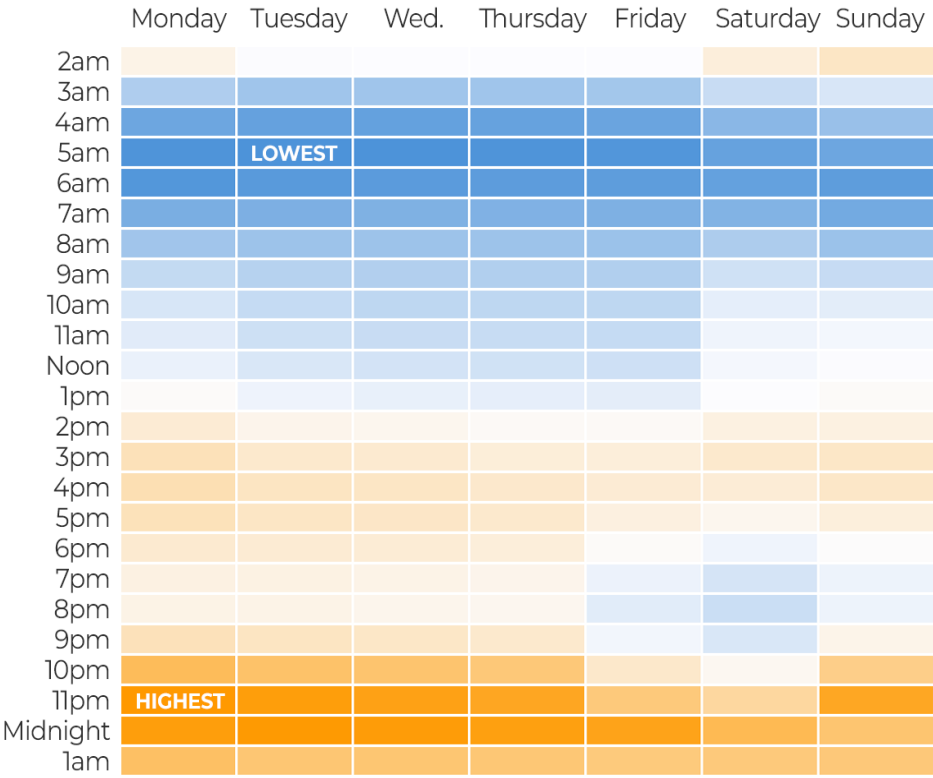
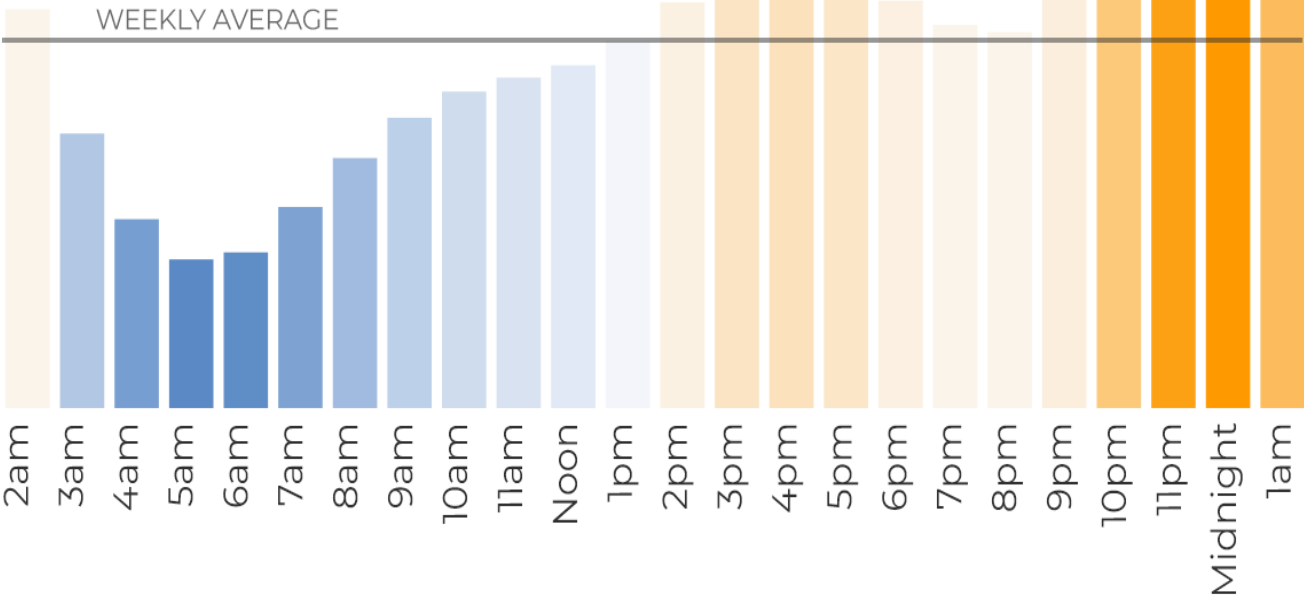
- 15% report viewing Porn before age 11
- 73% report viewing Porn before age 13
- 29% accidentally viewed; 44% intentionally
- 45% of teens who reported watching porn noted that it gave helpful information
 - Roughly 1/3 of porn shows consent

A smaller share (27%) agreed that sex in online pornography accurately shows the way most people have sex.

Center for Disease Control; National Institute of Health; Common sense Parenting

Favorite Times to Watch Porn

● Above Average ● Below Average



Least Popular Day: FRIDAY Most Popular Day: MONDAY

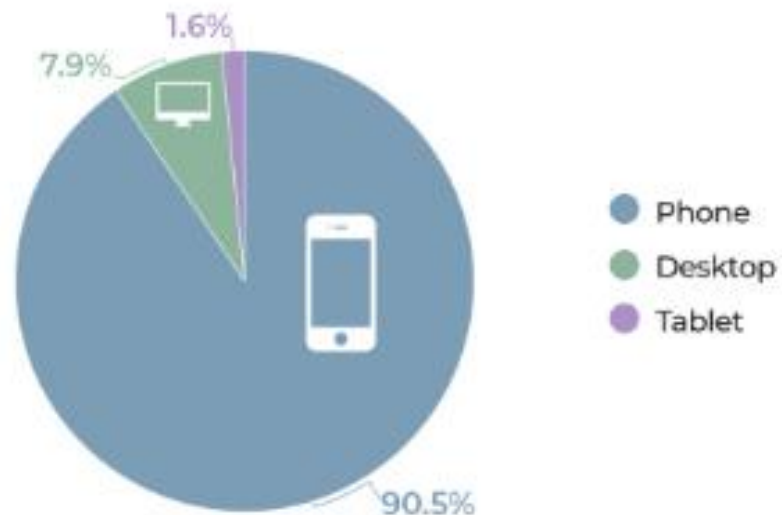


When the World Came Together:

10pm on August 27th (ET)

Pornhub's Highest Point of Traffic in 2024

Traffic by Phone, Desktop & Tablet



Change in Traffic Share from 2023 to 2024



Barriers for Professionals

- Own Discomfort
 - Values and beliefs about sex
 - Concern over boundaries with clients
- Lack of training
- Feeling outside of clinical scope
- Own trauma history

D'Arrigo, T. (2021). Treating Patients Means Talking About Sex. Psychiatric Online.



How professionals can find comfort and confidence in this topic

- Own education on sex education, body changes, sexual behavior
- Good supervision
- Practice of positive regard
- Challenging values around sex education and sexual behavior
 - Ex: from sex positive parents
 - Sexual Attitude Reassessment (SAR) training
 - Supervision/consultation

Barriers to caregivers engaging in the topic

- Education
- Sex health history
- Trauma
- Cultural/religious views
- Misconception about teaching sex education



According to a study reported by the National Campaign to Reduce Teen Pregnancy, nearly 90% of adults surveyed said that although they want to talk with their children about sex, they do not know what to say, how to say it, or when to start.



 **ALTERNATINO**

How are you already teaming up with
Caregivers?



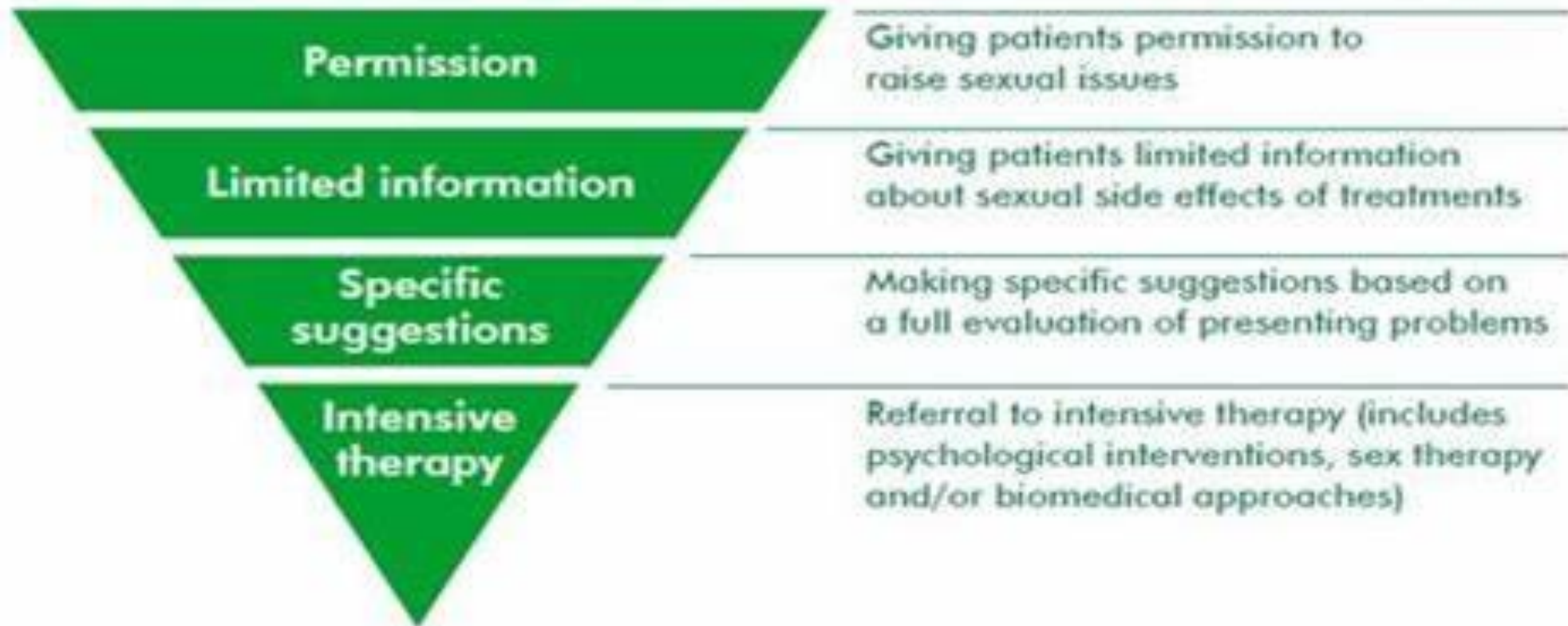
What are signs of a strong therapeutic
alliance with caregivers?

PLISSIT Model

- Model developed by Annon, J. 1976 (citation at bottom of page)
- Used to assess the level of intervention in therapy based on client need and comfort level discussing topics related to sexuality
- Some clients may only need permission while others may need more levels of intervention
- Ex-PLISSIT model developed by Davis & Taylor (2006) emphasizes the permission giving, and allows for more dialogue and discussion between practitioner and client
- Emphasis on psychoeducation, acknowledging sensitive nature of topic and that clinician is an appropriate and unbiased place to process questions and concerns

PLISSIT Model

PLISSIT Model of Addressing Sexual Functioning (Annon, 1974)



Teaming up with caregivers

- Curiosity and permission
 - Values and Beliefs
 - Their journey
 - Share resources
 - Barriers
- Reinforce expertise
- Continual conversation
- Therapeutic Rapport
 - Normalize the discomfort and create a safe space

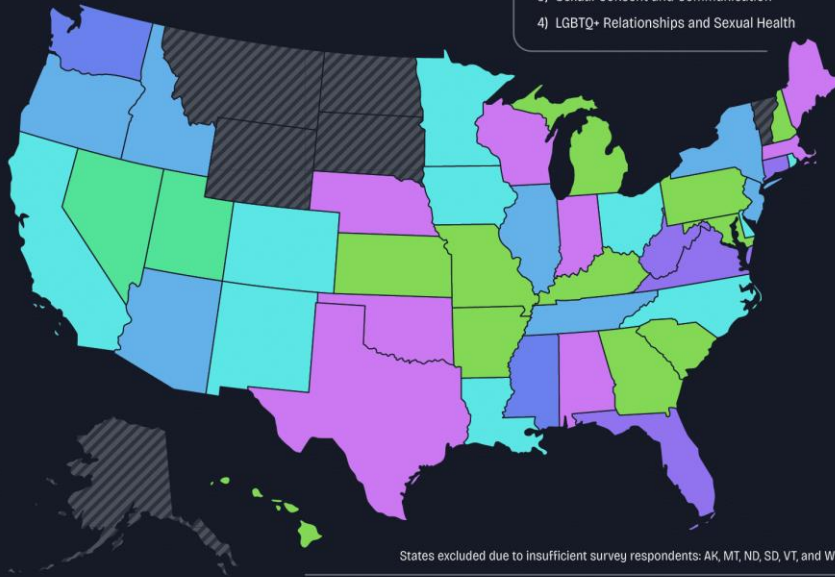


The Sex Ed Gap, or What Americans in Each State Wish They'd Learned in Sex Ed

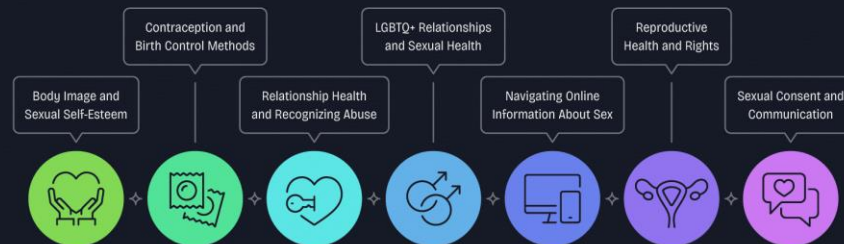
Based on Survey Responses from 3,100+ Americans

Respondents expressed their desire for sex education programs to prioritize the **emotional and psychological aspects** of sex, alongside the traditional focus on STDs, pregnancy prevention, and anatomy. **The 4 topics that respondents wished were included the most are:**

- 1) Body Image and Sexual Self-Esteem
- 2) Relationship Health and Recognizing Abuse
- 3) Sexual Consent and Communication
- 4) LGBTQ+ Relationships and Sexual Health



Which Topic Do You **Most Wish Had Been Covered** During Your Sex Education **That Wasn't?**





Teaching Inclusive and Comprehensive Sex Education

Goal: Youth to grow up to have a healthy outlook on sexual health, happy relationships and able to communicate about their bodies and needs.

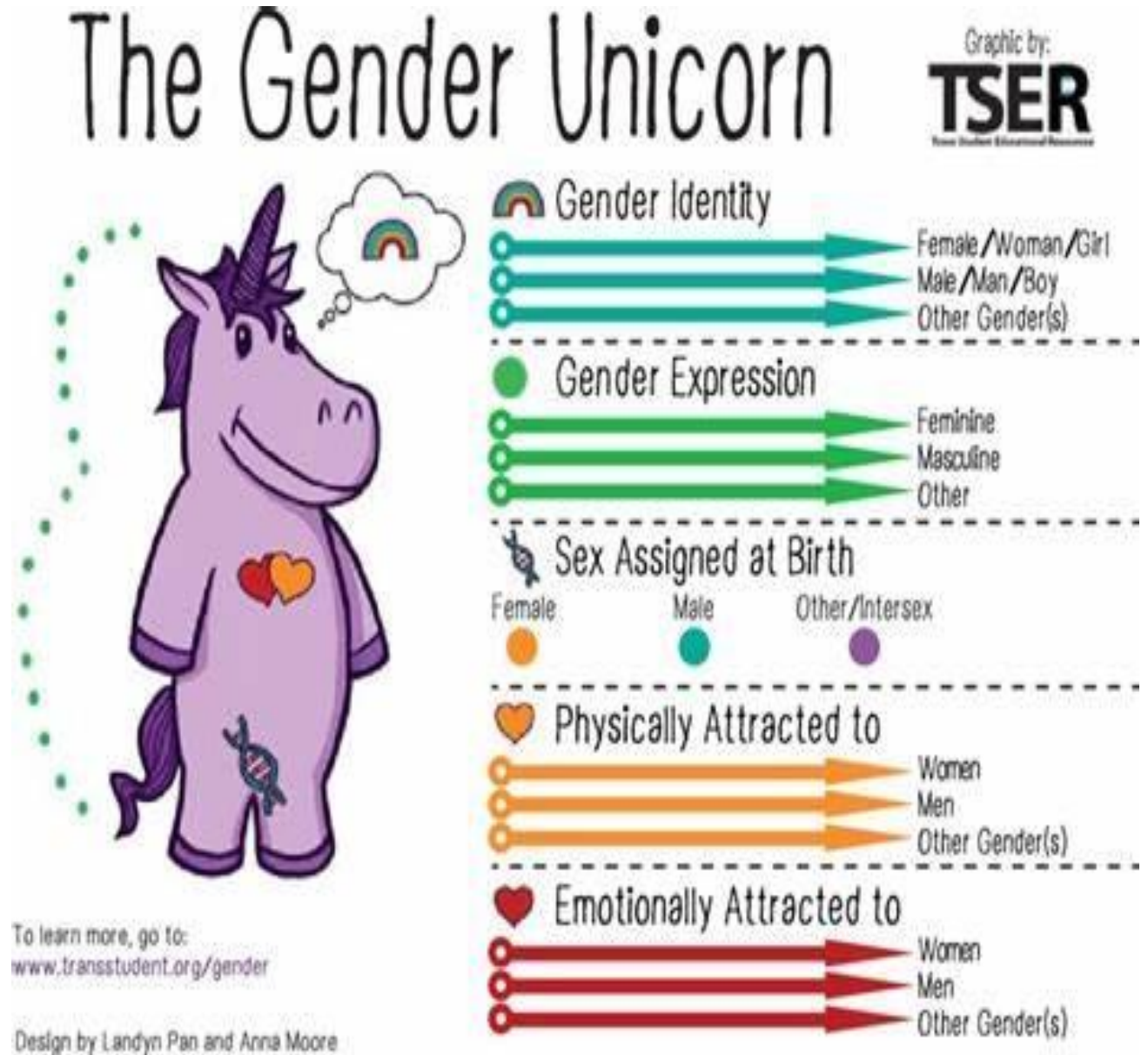
Inclusiveness

- Why do we need to help support caregivers in inclusive sex education?
- 55% of Americans report never having has the "talk" with caregivers (Siecus)
- Those who had the "talk" rated the effectiveness as 2.6/5
- The average age for discussing sex education with caregivers is 11



Inclusive Sex Education

- Gender neutral language
- Sex-positive, non-pathologizing language
- Exploration of all aspects of sex identity-Gender Unicorn, sex orientation, identity, abuse prevention
- Accounts for cultural and religious values
- Assesses for variations in comfort level
- Tailored to developmental level and cognitive ability



What comprehensive means

1. Relationships

2. Values, Rights, Culture and Sexuality

3. Understanding Gender

4. Violence and Staying Safe

5. Skills for Health and Well-being

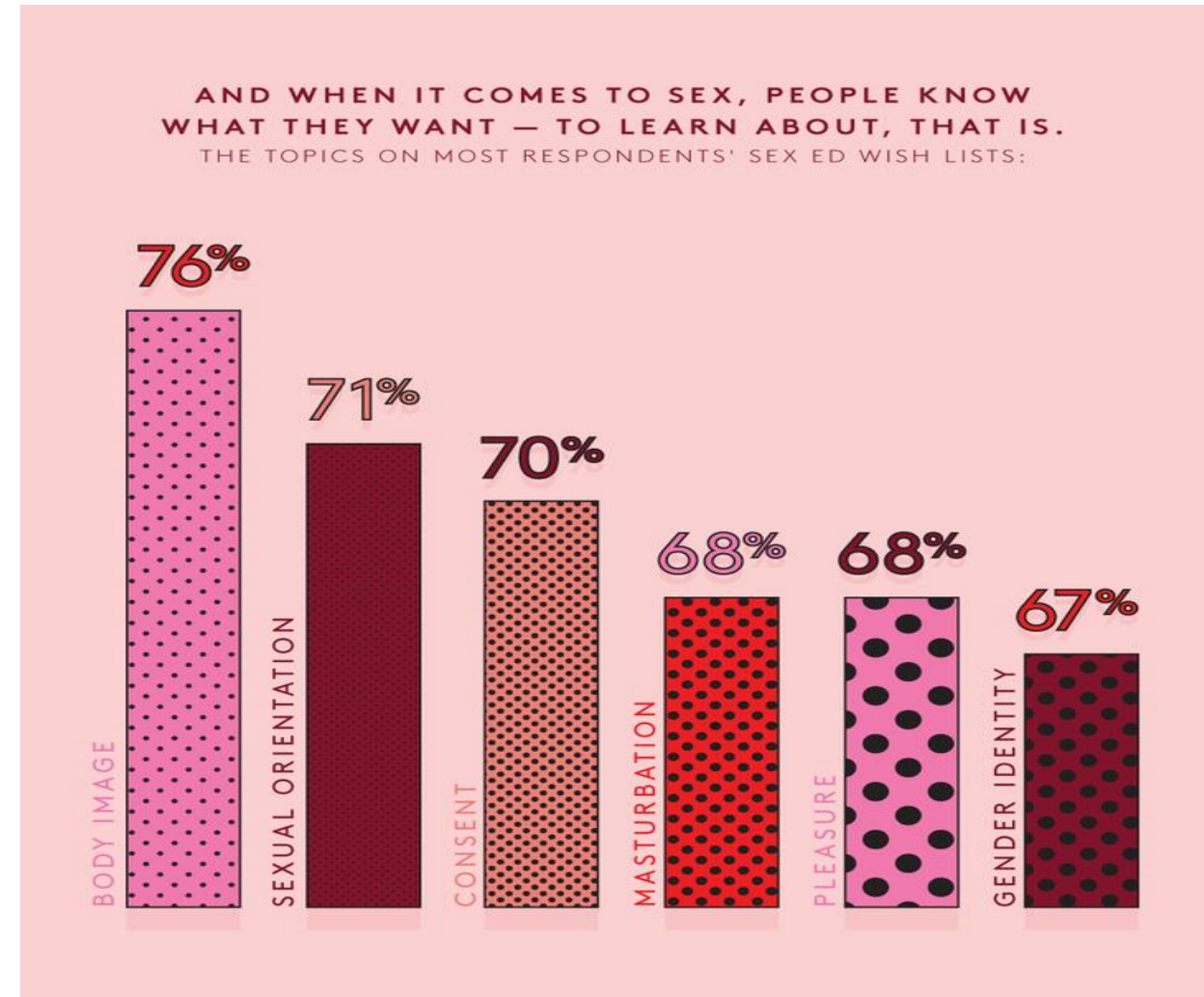
6. The Human Body and Development

7. Sexuality and Sexual Behaviour

8. Sexual and Reproductive Health

Comprehensive Sex Education

- Addresses all areas of sexual development
- Centered around consent, autonomy and choice
- Explores "sex" but also includes; relationship skills, social skills, boundaries, conception and fertilization,
- Grounded in scientific research but incorporates emotional, interpersonal and psychological factors
- Abuse prevention
- Sexual development
- Hygiene and puberty
- Address online safety and sexual behaviors



How to Share with Caregivers

- Bibliotherapy
- Media resources
- Language training
- Psycho-education and awareness
- Cultural awareness and sensitivity to caregiver's values

Fertilization

FERTILIZATION OF AN EGG CAN HAPPEN IN OR OUTSIDE OF THE HUMAN BODY!

Fertilization outside the body (*In Vitro Fertilization*): A process in which mature eggs are collected from ovaries and fertilized by sperm in a lab. Fertilized eggs can then be injected into the uterus or frozen for future transplants. (Cleveland Clinic)

Fertilization inside the body happens when the vagina and penis fit together. Sperm from the penis can swim up and join an egg that's been released from the ovary and the egg can become fertilized. (Raising Children.net)



When Caregivers are Challenging...

- What concerns have you encountered in work with caregivers?
- How to respond?



Responding to Caregiver Concerns

- Allow them time to share their concerns
- Ask what comes up for them and what would make them feel more comfortable
- Invite them into the conversation and highlight their role, expertise on their child (PLISSIT)
- Ask permission to share
- Respect cultural views
- Engage in a collaborative approach and team up with caregiver
- Let caregiver take the lead -they are the expert on their child/family

Curiosity and Attachment

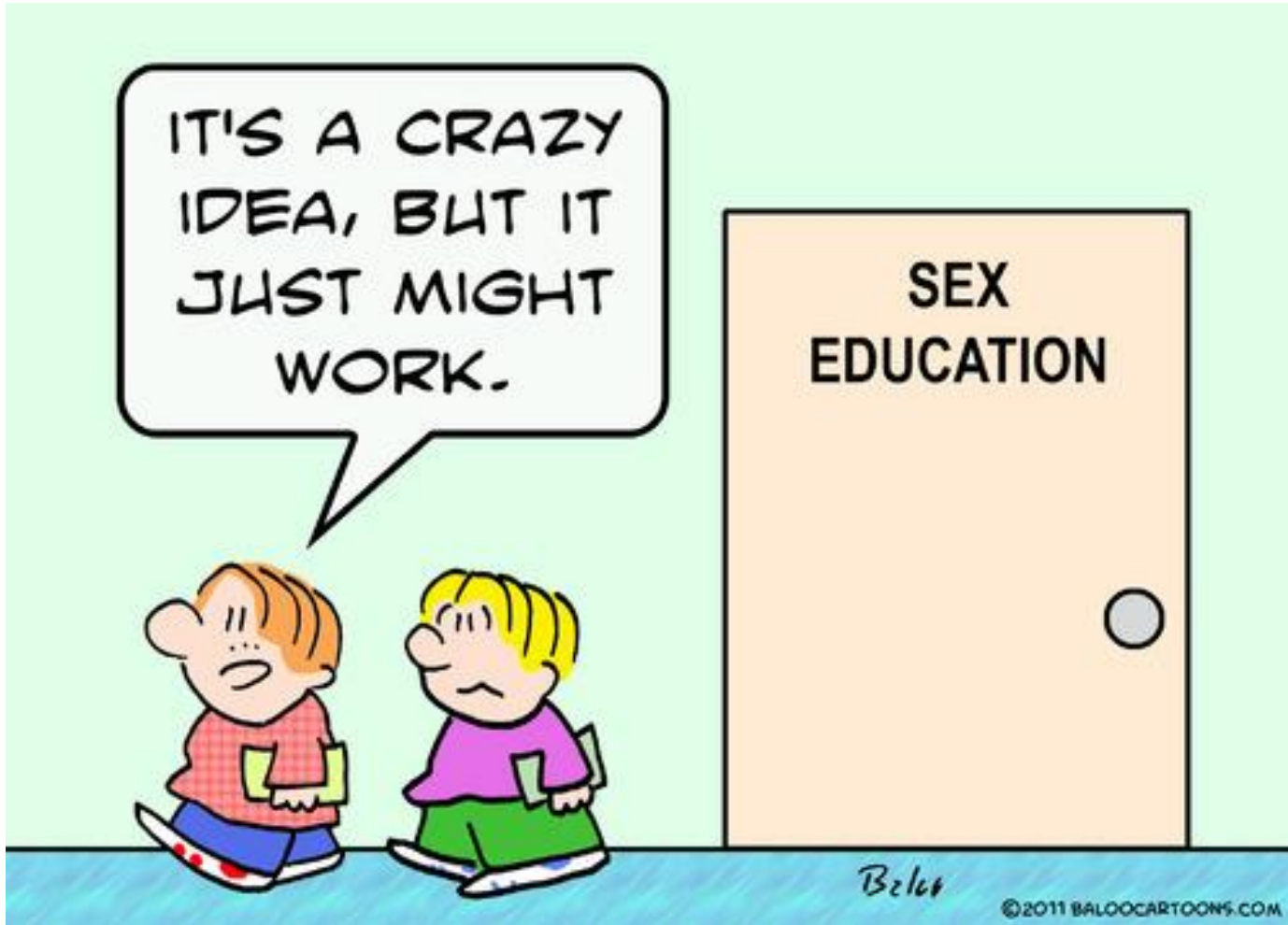
- Music
- TV
- Video Games
- Social Media
- Trends



Engaging Caregivers in Media

- Use messaging to start conversations
- Get curious about what kids and teens are intaking
- Utilize current news to highlight positive and negative messages
- Find variety of media to share





Supporting Caregivers: Sex Education

- Stay calm
- Validate feelings
- Family values
- Provide resources
- Psycho-education
- *PLISSIT!

Resources

- [Justine Ang Fonte Consulting \(justinefonte.com\)](http://justinefonte.com)
- Amaze.org
- Sexpositivefamilies.com
- SIECUS
- Sex Ed To Go
- LGBTQIA+ resources:
- PFLAG



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References

[Sex Statistics 2016 Sexual Education Infographic](#)

[2022-infographic-teens-and-pornography-research-eng-web](#)

Questions?



Contact Us:



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