



TRAUMATIC STRESS
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Leading Sexuality Education Groups with Sexually Abusive Youth: Streetwise to Sex- wise – NEW Third Edition



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Implicit Beliefs About Sexuality in Treatment Models for Sexual Abusive Youth

TRADITIONAL MODEL

- Problem sexual behavior primarily about power and control
- Emphasis on providers control of problem sexual behavior
- Sexuality regarded with seriousness and gravity (erotophobia)
- Education about sexuality focus on consequences and dangers

NEWER MODELS

- Problem sexual behavior often about relational needs and attachment
- Balance focus on problem sexual behavior and promoting social and sexual competencies
- Sexuality associated with seriousness and things fun, light, and humorous. (erotophilia)
- Education about sexuality balances focus on consequences/dangers with benefits/pleasures



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Messages Youth Often Internalized About Sexuality from Traditional Treatment

- All sexual feelings are dangerous
- Sexual feelings should be avoided
- Treatment success = eliminating sexual feelings
- Sexual arousal is warning sign of relapse
- I am bad if I have sexual feelings



Program Elements that Promote Healthy Sexuality - Examples

- Recognize the importance of attachment
- Talk about pleasures of sexuality
- Reduce shame about sexuality
- Staff training on comfort talking about healthy sexuality
- Opportunities for clients to learn healthy relationship/courtship skills.
- Formal sexuality education groups



Settings Where Streetwise is Often Taught

- Foster care
- Programs for runaway and homeless youth
- Substance abuse programs
- Alternative schools
- Special ed programs
- Juvenile detention and corrections
- Teen parent programs
- Residential treatment
- After school programs
- Sexual abuse survivor groups
- Programs for sexually abusive youth
- Inpatient and outpatient psychiatric programs.
- Programs for GLBTQ youth



Overview of Third Edition

- A Healthy Sexuality Mindset for Working with High-Risk Youth
- What is Meant by High-Risk Youth?
- Why a Manual on Sexuality Education for High-Risk Youth?
- How to Use This Manual
- Circle of Sexuality Framework (Dailey)
- Profiles of Selected Youth Populations

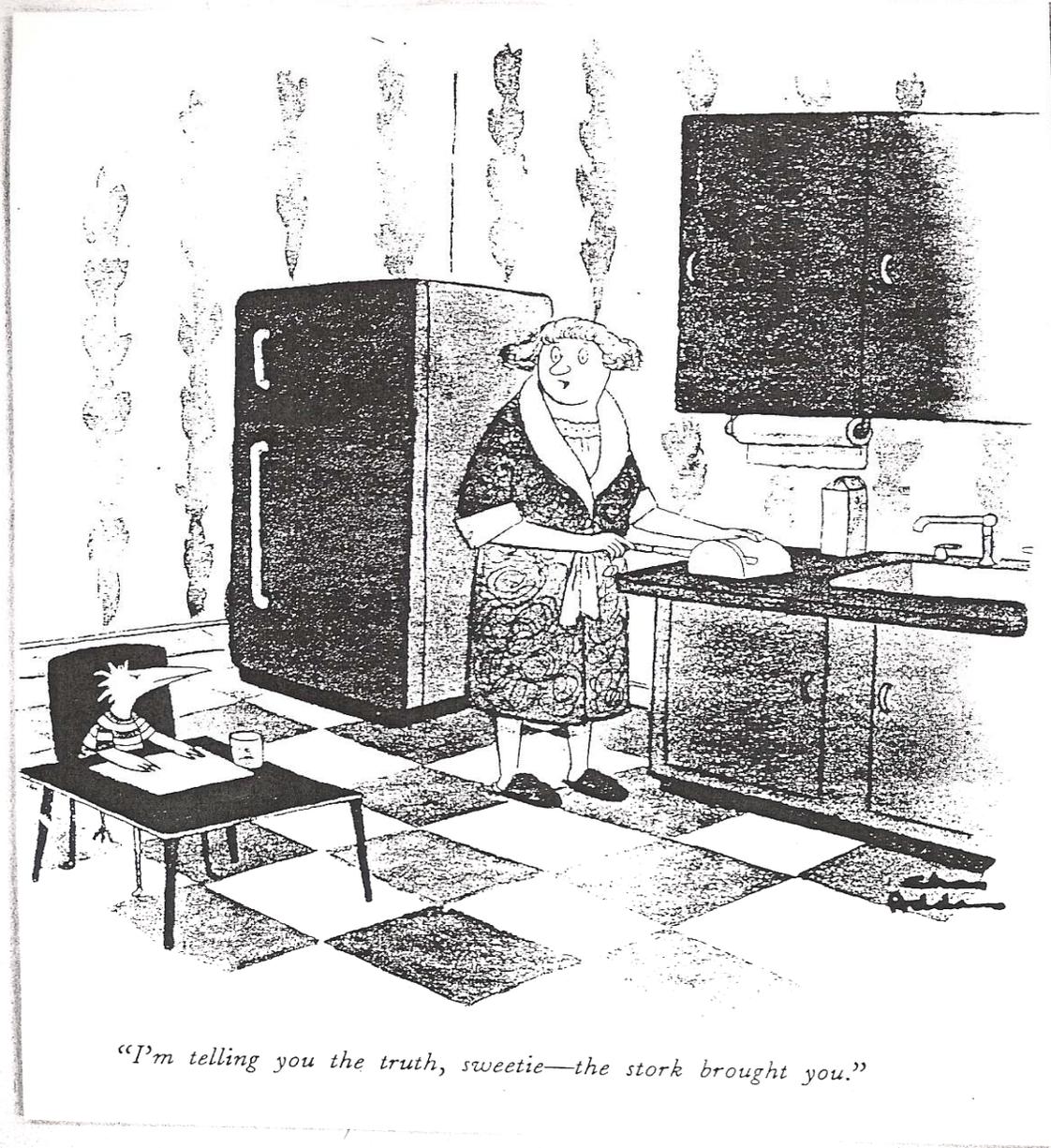
Sexual Health Issues for...

1. **Lesbian, Gay, Bisexual, Queer Youth**
2. **Transgender and Gender Non-Conforming Youth**
3. **Teens Who Have Been Sexually Abused**
4. **Sexually Abusive Youth**
5. **Pregnant Teens and Teen Parents**
6. **Youth Involved in Commercial Sexual Exploitation**



Overview (cont.)

- Principles for Sex Education
- Trauma-Informed Sexuality Education
- Creating a Group Atmosphere Conducive to Sexuality Education
- Staff Training Workshops
- Basic Series for Older Teens (Ages 14-19)
- How to Use Role Play



"I'm telling you the truth, sweetie—the stork brought you."



Principles for Sex Education

1. All participants need and deserve respect.
2. Participants need to be accepted where they are.
3. Participants learn as much or more from each other as from the educator.
4. Honest, accurate information and communication about sex is essential.
5. A positive approach to sex education is the best approach.
6. All sex education must be rooted in the concept of consent.
7. People have a fundamental right to sex education.
8. Gender equality and greater flexibility in sex-role behavior help all people reach their full potential.
9. All sexual orientations and gender identities must be acknowledged.
10. Sex involves more than sexual intercourse.
11. Sex education must be sensitive to the needs of participants with histories of trauma.



Trauma-Informed Sex Ed Groups

Effects of Trauma	Trauma-Informed Sex Ed/Prevention Groups
Easily activated by trauma triggers	Personal safety plan. Fidget toys. Groups model warm-up and cool down.
Choice and control taken away	Offer choices to members when possible
Violation of boundaries	Attend closely to group boundaries. Open and frank but not titillating. Clarify limits of confidentiality
Expect to be hurt in relationships	Be attuned, respectful, warm, connected, hopeful. Contradict their expectations.
Feel damaged and defective. Blame themselves.	Sex positive. Acknowledge resilience. Avoid scare tactics. Non-judgemental. Stress how risk behaviors can be adaptive in moment.
Feel chronic shame	Careful about situations that elicit shame
Feel alone, singled out, stigmatized	Be inclusive around sexual diversity. Normalize range of feelings.
Fuels secrecy and silence about sexuality	Model comfort talking about sex. Be askable. Address issues frankly.



Staff Training Workshops

1. Healthy Sexuality 101
2. Building Comfort Talking with Teens about Sexuality
3. Having Great Mentoring Moments about Sexuality with Teens

Qualities of a Sexually Healthy Adolescent

Directions: Complete the handout considering these three questions about the listed qualities.

1. How much did you have this quality when you were 16?
2. How much do the youth you work with have this quality?
3. What is one thing adults could do to help youth develop this quality?

Rating scale:

0 -----5

Not at all

Very much

	A sexually healthy adolescent...	You, at age 16	Youth you work with	To help youth develop this quality, I could...
HUMAN DEVELOPMENT	1. Appreciates his/her own body.			
	2. Can get information about reproduction if s/he needs it.			
	3. Knows a person can choose not to have children or not to have intercourse.			
	4. Treats both genders with respect.			
	5. Understands his/her sexual orientation and respects others' sexual orientation.			
	6. Understands his/her gender identity and respects others' gender identities.			



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Overview (cont.)

Lessons for Older Teens

1. Managing Strong Feelings and Getting Comfortable
2. Sexual and Reproductive Anatomy
3. What is Sexuality, Sexual Health, and Sexual Behavior
4. Sexual Orientation: What It Means to be LGBTQ
5. Sexual Orientation: LGBTQ Speaker
6. Teen Pregnancy and Birth Control
7. HIV and AIDS
8. Sexually Transmitted Infections and Safer Sex
9. Understanding Sexual Consent
10. Dating Skills
11. Relationships
12. Date Rape and Assertiveness Skills
13. Child Sexual Abuse
14. Sexuality, Social Media, and the Internet
15. Pornography and Its Impact on Young People's Sexual Learning
16. Accessing Sexual Health Services



Goals of Streetwise Lessons

- Comprehensive range of topics
- Limited number of lessons
- Distill MOST important things to know for each lesson/topic
- Methodology engages non-traditional learners
- Balances pleasures and dangers of sexual activity
- Meets needs of diverse participants (racially, ethnically, learning ability, “nerdy” vs. “streetwise,” level of sexual experience, sexual identity, level of mental health concerns, severity of trauma symptoms)
- Designed to be taught by program staff who are not experienced sex educators
- No extra materials, such as videos, required



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Exercise: Sexual Consent vs. No Sexual Consent

- Person say's, "Definitely, I want you too."
- Person's body language AND words say, "yes."
- Person says "yes" to sex and then sees partner's friends looking the cracked door.
- Person is just lying there and not saying anything.
- Person says, "If you don't, I'll tell people what a fag you are."
- Person clearly has erection of their nipples are hard.





Asking For Consent

“Remember we talked about this? Is it still ok?”

“Is this good for you?”

“Can I try that?”

“Are you comfortable with this?”

“Should I slow down?”

“Do you like this?”

“How are you doing with this?”

“I’m loving this. You?”

“You seem not sure. What’s up?”

“How does that feel?”

“Are you still liking this?”

“You seem quiet. Are you okay?”

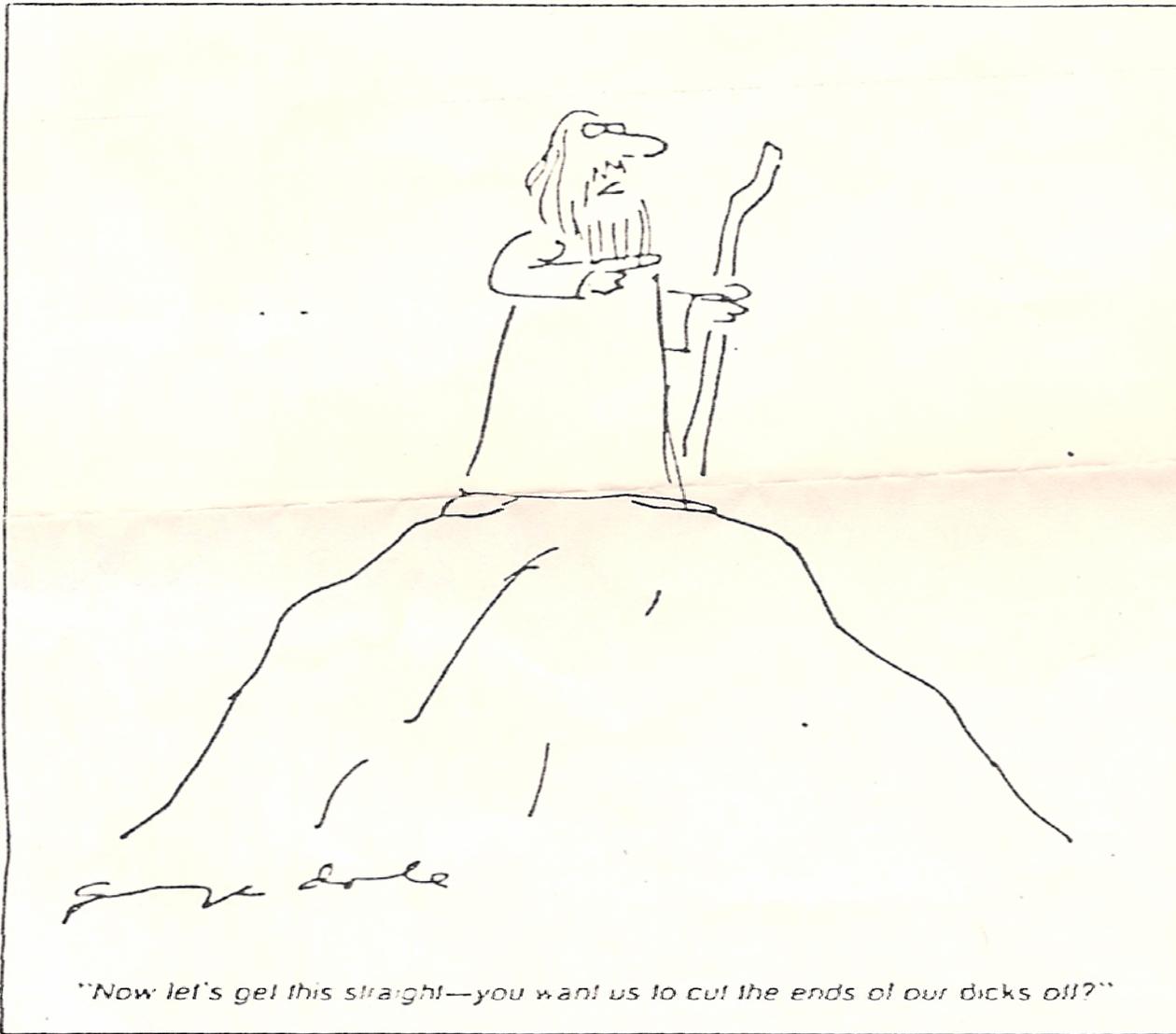
“I feel good. Are you feeling good?”

“Am I going too fast?”

“Can I touch you there?”

“How are we doing?”

“Mmm...that feels good. Can I do that to you?”



Dave Coverly

"Now let's get this straight—you want us to cut the ends of our dicks off?"



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Pornography: What It Includes And What It Leaves Out

Directions: For each of the items listed below, check YES if it can be learned from pornography, NO if it cannot be learned from pornography, and MAYBE if it might be learned from pornography. If you don't know the answer, make a best guess based on what you know about sexuality and about pornography.

	Yes	No	Maybe
1. Possible ways of achieving sexual pleasure.			
2. How to talk in advance about sex with a partner.			
3. Various types of sexual behavior.			
4. What to do when first starting a sexual relationship with someone.			
5. How to say "no" to unwanted sexual behavior.			
6. How people get turned on and orgasm during sex.			
7. What most people's bodies and sexual parts look like.			



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