Welcome!

Event Materials

Visit the **event page** to download a copy of the presentation slides and additional resources.

Chat with Us!

Select ***All Panelists & Attendees*** from the drop-down when commenting in the chat pod.

Tech Support

Email us if you need tech support or have questions!
MilFamLN@gmail.com

Event Page:
militaryfamilieslearningnetwork.org/event/100146

MILITARY FAMILIES LEARNING NETWORK

1

1

Culturally Competent Responses to Youth with Problematic Sexual Behavior

Event Materials

Visit the **event page** to download a copy of the presentation slides and additional resources.

Continuing Education

This webinar has been approved to offer CE credit. Please stay tuned for details at the end of the webinar!

Event Page:
militaryfamilieslearningnetwork.org/event/100146

MILITARY FAMILIES LEARNING NETWORK

2

2

Closed Captioning

Closed Captioning is Available for this Webinar

We are aware that the closed captioning provided during the live webinar is not always accurate.

An **accurate transcript** of the webinar will be available at a later date.

Email Us!

If you would like **a transcript** of this webinar, please email us at MilFamLN@gmail.com

MILITARY FAMILIES LEARNING NETWORK

3

3

Connecting military family service providers and Cooperative Extension professionals to research and to each other through engaging online learning opportunities.

militaryfamilieslearningnetwork.org

MILITARY FAMILIES LEARNING NETWORK

This material is based upon work supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and the Office of Military Family Readiness Policy, U.S. Department of Defense under Award Number 2019-48770-30366.

4

4

Acknowledgement

National Center on the Sexual Behavior of Youth

A part of the Center on Child Abuse and Neglect – University of Oklahoma Health Sciences Center

NCSBY

5

Acknowledgement/Disclaimer

OJJDP Office of Juvenile Justice and Delinquency Prevention
Office of Justice Programs ♦ U.S. Department of Justice

This project is supported by Grant #2010-WP-BX-K062, #2013-MU-MU-K102, #2016-MU-MU-K053, and #2019-MC-FX-K022 awarded by the Office of Juvenile Justice and Delinquency Prevention, Office of Justice (OJJDP) Programs, U.S. Department of Justice. The opinions, findings, and conclusions or recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect those of the Department of Justice.

6

Today's Presenter

Ingrid Mürrle, M.A., LMFT

(she/her)

Children's Institute, NCTSN Training Center Clinical Manager, PSB-CBT Program Director, Senior Clinical Specialist, Consultant and TTA team member at NCSBY

MILITARY FAMILIES LEARNING NETWORK

7

7

Culturally Competent Responses to Youth with Problematic Sexual Behavior

Ingrid E. Murrle, M.A., LMFT

October 7, 2021

NCSBY Better *lives*, through better *choices*

8

8

What does *culture* mean to you?

9

Learning Objectives:

1. Overview of cultural identity and how it influences views of mental health, focusing on the role of military family culture.
2. How health-related beliefs, practices, and cultural values influence the understanding of problematic sexual behavior (PSB).
3. The influence of cultural values on access to treatment.
4. How cultural competence, humility, and reflexivity can increase provider effectiveness.

10

Problematic Sexual Behaviors (PSB) as Defined by NCSBY

- Youth-initiated behaviors that involve sexual body parts…
  - Genitals, anus, buttocks, and/or breasts
  - Could involve other body parts: mouth, hands, etc.
- Developmentally inappropriate and/or illegal per local and/or national statutes.
- Potentially harmful to self or others.
- Not a diagnosis, though behaviors are clinically concerning.

Silovsky & Bonner (2003)

NCSBY Better *lives*, through better *choices* 11

11

Things We Hope to Walk Away With:

- Recognizing Limitations
  - Awareness
  - Knowledge
  - Sensitivity

NCSBY Better *lives*, through better *choices* 12

12

Overview of Cultural Identity and How it Influences Views of Mental Health, Focusing on the Role of Military Family Culture

13

13

"The beauty of the world lies in the diversity of its people."

"Strength lies in differences, not in similarities." – Stephen R. Covey

"Never judge someone by the way he looks or a book by the way it's covered; For inside those tattered pages, there's a lot to be discovered." – Stephen Cosgrove

14

14

Cultural Identity – Defined

The sense of belonging to a group. It is part of a person's self-conception and self-perception.

Both characteristic of the individual but also of the culturally identical group of members sharing the same cultural identity or upbringing.

15

Family Culture

- Respect
- Roles
- Relationships
- Affection
- Communication
- Privacy

Image by geralt from pixabay, Pixabay License

16

What are your family traditions or ways for teaching children rules of the world?

17

Family Culture

In this house…

we honor our parents

we have each other's backs

we help each other

we build each other up

we respect each other

18

Aspects of Cultural Identity

- Nationality(–ies)
- Ethnicy(–ies)
- Race
- Gender identity and expression
- Sexual orientation
- Disabilities
- Socio-economic
- Religion
- Generation
- Military

19

Aspects of Cultural Identity

- Locality
- Language
- Education
- School
- Virtual culture
- Or any kind of social group that has its own distinct culture.

20

Virtual Culture

- There is a set of phenomena that occur in conjunction between **virtual culture** – understood as the modes and norms of behavior associated with the **internet** and the **online world** – and **youth culture**.
- Boundaries and Privacy – Digital Citizenship

SBCY Webinars on Tech Use

- Talking with Youth about Sex, Sexuality, and Media
- Modeling Healthy Technology Behaviors for Young Children
- Supporting Youth to Set Healthy Boundaries with Technology

NCSBY Better *lives*, through better *choices*

21

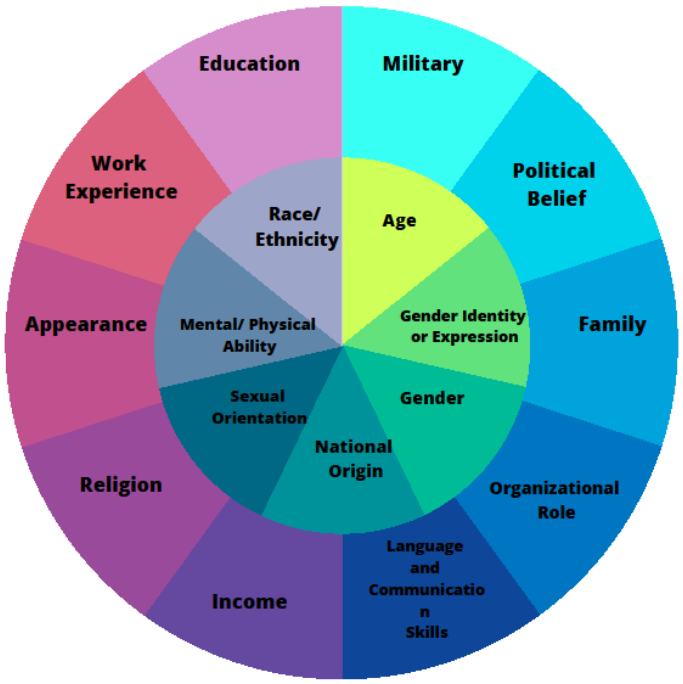
21

Diversity Wheel (2020)

Created by the Diversity Leadership Council at Johns Hopkins University, 2020

22

22



Diversity Wheel (2021)

23

23

Military Culture as Cultural Identity

Army Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, and Personal Courage (LDRSHIP)

"Army Strong"

Navy Honor, Courage, and Commitment

"It's not just a job. It's an Adventure."

Marine Honor, Courage, and Commitment

"My rifle and myself are the defenders of my country."

Air Force Integrity First, Service Before Self, and Excellence in All We Do

"My mission is to fly, fight, and win."

Coast Guard Honor, Respect, and Devotion to Duty

NCSBY Better *lives*, through better *choices* 24

24

Military Culture is Unique

New Jersey National Guard photo by Mark C. Olsen from flickr

U.S. Air National Guard photo by Master Sgt. Michael Crane from flickr

25

25

Military Culture and Family

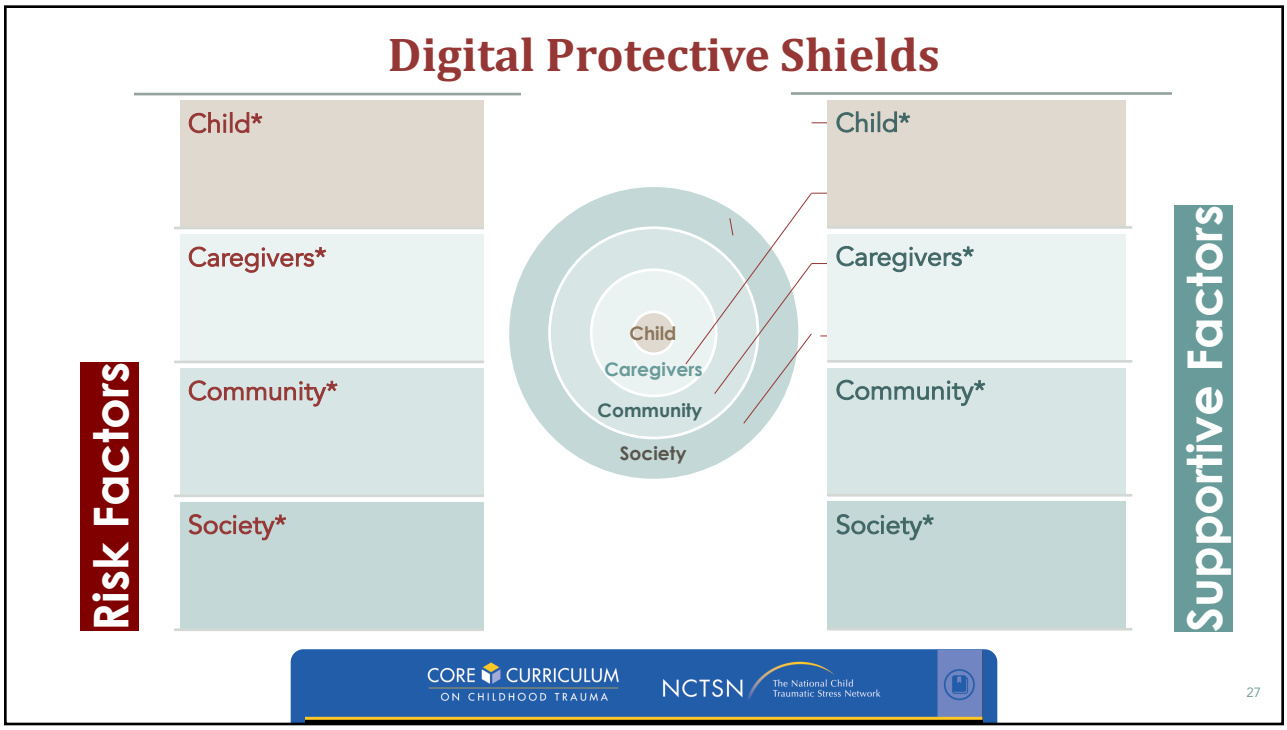
- Values
- Language
- Hierarchy
- Rules and regulations
- Self-expectations
- Self-sacrifice

"When something happens, we are a big family. We take care of each other."

NCSBY Better *lives*, through better *choices*

26

26



27

Health-related beliefs, practices, and cultural values influence the understanding of PSB.

- Culture of respect
- Health-related beliefs
- Parenting practices may include behavioral manifestations of culture that include:
  1. Obedience
  2. Deference
  3. Decorum
  4. Public Behavior

Children seen as a reflection of the entire family!

NCSBY Better *lives*, through better *choices* 28

28

Health-related beliefs, practices, and cultural values influence the understanding of PSB.

The impact of PSB on cultural values:

- Parent's response
- Anger
- What does this mean for my child?
- Stigma
  - Shame
  - To share with family or not to share
- History
- Need for information

NCSBY Better *lives*, through better *choices* 29

29

The Influence of Cultural Values on Access to Treatment

How culture can impact mental health:

1. Cultural stigma
2. Understanding the symptoms/problem
3. Community support
4. Resources

NCSBY Better *lives*, through better *choices* 30

30

Sexuality

- Sex education
- Rules of behavior
- Rites of passage

31

Accessing Mental Health Services

Strengths of military families:

- Flexible
- Creative
- Connection
- **RESILIENCE!**

Family Readiness is tied into Military Readiness!

32

Cultural competence, humility, and reflexivity can increase our effectiveness as providers.

Cultural Competence

- The ability to engage knowledgeably with people across cultures.
- The more knowledge we have about another culture, the greater the competence of practice.
- Two fundamental problems.

33

What are the 2 fundamental problems in this?

34

Cultural Humility

- Lifelong process of self-reflection.
- Purpose is to gain a deeper understanding of differences.
  - Humility comes from –

    The more we learn, the more we don't know.
- Cultural safety.

35

How to Develop Cultural Humility

1. **Understand** your racial/cultural identity.
2. **Acknowledge** and be open to admitting your racial biases.
   - What might be my own blind spots and biases?
3. **Validate and facilitate** discussion of feelings.
4. Validate, encourage, and express **admiration and appreciation** to participants who speak when it feels unsafe to do so.

Acknowledge

Apologize

Affirm

Ask

36

Reflexivity

An extension of cultural humility

- Calls on exploring personal beliefs in order to be more aware of potential judgements.

37

Reflexivity

- Personal reflexivity
- Professional reflexivity
- Mindfulness

38

Difference Between Cultural Competence and Cultural Humility

NCSBY Better *lives*, through better *choices*

39

39

Attributes	Cultural Competence	Cultural Humility
View of Culture	• Group traits • Group label associates group with a list of traditional traits and practice • De-contextualized	• Unique to individuals • Originates from multiple contributions from different sources. • Can be fluid and change based on context
Culture Definition	• Minorities of ethnic and racial groups	• Different combinations of ethnicity, race, age, income, education, sexual orientation, class, abilities, faith and more
Traditions	• Immigrants and minorities follow traditions	• Everyone follows traditions
Context	• Majority is the normal; other cultures are the different ones	• Power differences exist and must be recognized and minimized
Results	• Promotion of stereotyping	• Promotion of respect
Focus	• Differences based on group identity and group boundaries	• Individual focus of not only of the other but also of the self
Process	• A defined course or curriculum to highlight differences	• An ongoing life process • Making bias explicit
Endpoint	• Competence/ expertise	• Flexibility/humility

40

40

"Better *lives*, through better *choices*." – NCSBY.org

"We are far more united and have far more in common with each other than the things that divide us." – Jo Cox

"What will you do differently?" – Besel Van der Kolk

NCSBY Better *lives*, through better *choices* 41

41

Questions?

Tennessee National Guard photo by Staff Sgt. Tim Cordeiro from flickr 42

42

Thank you!

Ingrid Mürrle, M.A.

NCSBY

imurrle@childrensinstitute.org

43

43

Evaluation & Continuing Education

This webinar has been approved for the following continuing education (CE) credits:

- 1.5 CE from the **University of Texas at Austin, Steve Hicks School of Social Work**
- 1.5 clock hour from the **Commission for Case Manager Certification**
- 1.5 contact hour from the **National Council on Family Relations** to Certified Family Life Educators (CFLE)*
- MFLN **certificate of completion** also available!

Evaluation Link

Go to the event page for evaluation and post-test link.

Continuing Education

Questions?

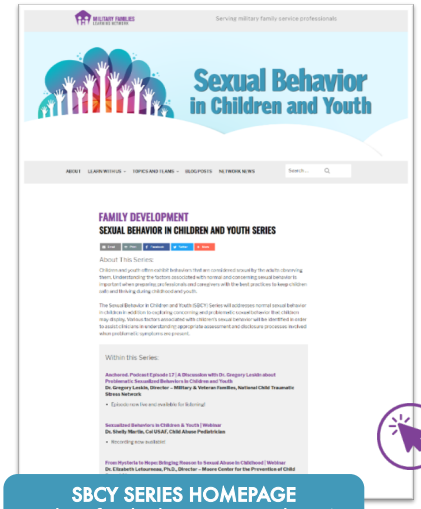
Email the MFLN FD team at mflnfamilydevelopment@gmail.com

Event Page:
militaryfamilieslearningnetwork.org/event/100146

MILITARY FAMILIES LEARNING NETWORK

44

44



SBCY SERIES HOMEPAGE
militaryfamilieslearningnetwork.org/childsexualbehavior/

Recently Archived Series Webinars

- Talking with Youth about Sex, Sexuality, and Media
- Modeling Healthy Technology Behaviors for Young Children
- Supporting Youth to Set Healthy Boundaries with Technology
- Understanding Children's Sexual Knowledge and Behavior from a Developmental Perspective
- Considering the Adolescent Brain when Addressing PSB of Youth
- Overview of Treatment for Children Impacted by PSB of Other Youth
- Engaging Families in Clinical Services: A Discussion on Engagement in Family Advocacy Settings
- Problematic Sexual Behavior: The Importance of a Multidisciplinary Evidence-Based Approach

MILITARY FAMILIES LEARNING NETWORK

45

45

45

Upcoming Webinar

Teens, Sexual Behavior, and the Law

Sexual Behavior in Children and Youth

November 4, 2021
11:00 AM – 12:30 PM ET

Event Page:
militaryfamilieslearningnetwork.org/event/100150/

This presentation focuses on successfully communicating necessary legal knowledge with youth. **Continuing education credit will be available for this webinar!**

For archived and upcoming webinars visit:
MilitaryFamiliesLearningNetwork.org/AllEvents

MILITARY FAMILIES LEARNING NETWORK

46

46

Subscribe for Updates!

Military Families Learning Network
FAMILY DEVELOPMENT NEWSLETTER
1ST QUARTER
March 2021

Upcoming Webinars| Sexual Behavior in Children and Youth Series

Considering the Adolescent Brain when Addressing Problematic Sexual Behavior of Youth
Thursday, May 20, 2021 | 11 AM - 12:30 PM ET

Talking with Youth about Sex, Sexuality, and Media
Thursday, August 5, 2021 | 11 AM - 12:30 PM ET

Visit the homepage at militaryfamilieslearningnetwork.org/childsexualbehavior for more trainings and series details!

Celebrating (or at least dealing with) Failure| New "Practicing Connections in a Complex World" Podcast Episode from MFLN Network Literacy

Military Family Readiness Academy| Courses Now Available!

DISASTER and HAZARD READINESS IN ACTION

Follow Like Subscribe

Monthly Updates

- Upcoming events
- New podcast episodes
- Free CE opportunities
- Blogs & resources

Topics of Interest

- Early intervention
- Family strengthening
- Prevention & treatment of family violence

@MFLNFD

Subscribe Today!

MilitaryFamiliesLearningNetwork.org/Family-Development/

MILITARY FAMILIES LEARNING NETWORK

47

47

Connect with MFLN!

Explore upcoming events, articles, resources, & more
militaryfamilieslearningnetwork.org

MILITARY FAMILIES LEARNING NETWORK

48

48