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Child Development: Knowledge, Behavior, and Healthy Boundaries

April 8, 2026

OneOp.org/learn/160127/

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About OneOp

Supporting your work so you can better support military families.

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A DOW & Cooperative Extension partnership supporting professionals who serve military families.

Our Mission

Strengthening military family service providers through accessible, research-informed learning.

What We Offer

Free, online professional development and CE credits through webinars, podcasts, courses, and more.

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Webinar Essentials

Visit the event page to download a copy of the webinar slides and any additional resources.

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Sexual Behavior in Children and Youth

This webinar is a part of the SBCY series, which addresses normal sexual behavior in children in addition to exploring cautionary and problematic sexual behavior that children may display.

OneOp.org/sbcy-series

Learning Objectives

Webinar Overview

This session provides an overview of developmental domains in both preschoolers and school-age children.

1. Recognize typical social, emotional, and cognitive development in preschoolers and school-age children.
2. Describe how developmental processes influence children's sexual knowledge and sexual behavior.
3. Identify factors linked to the development of problematic sexual behavior (PSB) and outline steps to prevent or respond to these concerns.
4. Explain evidence-based strategies that promote healthy sexual development and effectively address concerning sexual behaviors.

Today's Presenter

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Trainer and Technical Assistant

National Center on the Sexual Behavior of Youth

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- Associate Professor – University of Arkansas for Medical Sciences
- Problematic Sexual Behavior – Cognitive-Behavioral Therapy (PSB-CBT) Trainer
- Trauma-Focused – Cognitive Behavioral Therapy (TF-CBT) Trainer

NCSBY 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

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

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Contact Information and Acknowledgements

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General Child Development

Areas of human development

- **Cognitive** (learning/memory)
- **Speech/Language** (expressive/receptive)
- **Motor** (gross/fine)
- **Social** (relationship building/expressing emotions/emotional intelligence/community)

Is Sexual Development Just About Sex?

- Relationships
- Communication
- Respect
- Boundaries
- Friendship
- Intimacy (level of closeness)
- Choices
- Identity
- Connection with others
- Knowledge
- Physical and emotional changes that occur through puberty

Sexual Development by Age Group

Preschool = referring to children **ages 6 and under**

- Maps onto well established developmental milestones
- Preoperational Stage
  - Limited ability for cause-effect thinking, understanding of another's inner experience, and application of abstract rules
  - Teaching requires directness, repetition, concreteness, and behavioral orientation

Ages 7-12

Sexual Development by Age Group

School age = referring to children **ages 7-12**

- Concrete Operational Stage
  - Start of capacity for logical reasoning, perspective-taking, empathy, abstract reasoning, and understanding consequences
  - Enhanced capability for emotion identification and regulation, awareness of thoughts, and independent behavioral control.

Resource: https://www.ncsby.org/children

See ***Ages 0-6: Infants, Toddlers And Preschoolers*** and ***Ages 7-12: School-Age Children*** tabs for further details of this age grouping

Typical Preschool Children's Development (1)

Ages 6 and Under

- They are curious about the world, about how things work, and about how things are similar and different from each other.
- They learn about behaviors by watching the people around them and imitating them.
- Children often play make-believe. They often pretend to be something or someone else.
- Dependent on caregivers for support, modeling, knowledge, and safety.
- Independence with connection to caregivers.

Typical Preschool Children's Development (2)

- They learn through their senses, especially by using sight and touch.
- They are learning about cause and effect.
- Young children seek pleasure.
- They have a rapidly growing vocabulary.
- Learning routines and expectations.
- Working towards self-care independence (e.g., toileting, tooth brushing).
- They are learning social communication and skills (e.g., listening, taking turns, sharing, friendships).

Typical Preschool Children's Development (3)

- They are not self-conscious about their bodies.
- Children want to avoid being punished by their caregivers.
    - Try to avoid discomfort, including getting in trouble.
    - Want approval, praise, and rewards from their parents.
- They do not see themselves from other people's viewpoints.
- Preschool children have limited ability to plan and control their behavior.
- They have a poor understanding of the long-term consequences of their behavior.

Typical School Age Children's Development (1)

Ages 7-12

- Where do I fit?
- Show more independence from caregivers and family.
- Increased access to media, television, electronics, internet, etc.
- Peer acceptance becomes more important during these years.
- Forming close friendships and peer groups.
- Peer pressure and navigating peer conflict.
- Exploring identity, interests, values.

Ages 7-12

Typical School Age Children's Development (2)

- Puberty usually begins around 10 but some experience changes to body as early as age 7 or 8.
- Increased focus on body image and self consciousness.
- Working towards managing personal hygiene independently.

Ages 7-12

Typical School Age Children's Development (3)

- Can I do this?
- Academic competence and independence.
- Experiencing success through effort.
- Building a sense of competence.
- Building resilience after mistakes or failures.
- Learning respectful conversation and debate.
- Adjusting communication for peers vs. adults.
- Communicating thoughts, opinions, and emotions effectively.

Photo from Pexels by RDNE Stock Project

Ages 7-12

Typical School Age Children's Development (4)

- Understand the rules of society and begin to apply those rules to a variety of situations.
- Starting to have less focus on oneself and more concern for others but still fairly concrete.
- Starting to understand perspective taking/empathy and morality but fairly basic.
- Lying, cheating, and stealing are all examples of behaviors that school-age children may "try on" as they learn how to negotiate the expectations and rules placed on them by family, friends, school, community, and society.
- Still fairly impulsive without the ability to long-term plan or see longer-term outcomes.

Typical Sexual Behavior

Behaviors that involve parts of the body considered to be “private” or “sexual” (e.g., genitals, breasts, buttocks, etc.) and that are normally part of growing up for many children and which most experts would not consider to be harmful.

Typical Sexual Behavior Is…

- Exploratory
- Spontaneous
- Intermittent
- By mutual agreement
- With child of similar age, size, and developmental level
- Not accompanied by anger, fear, and/or strong anxiety

(Bonner, 1999; Chaffin et al., 2006; Silovsky, 2009; Silovsky & Bonner, 2003)

Photo from Pexels by Abdulvahap Demir

Characteristics of Typical Sexual Behavior in Children

- Occurs across childhood, not just in preschool children.
- Becomes more concealed as children get older (i.e., school-age children).
- Not accompanied by anger, fear, and/or intense anxiety.

(Bonner, 1999; Chaffin et al., 2006; Lamb & Coakley, 1993; Larsson, 2001; Reynolds et al., 2003; Rutter, 1971; Silovsky, 2009; Silovsky & Bonner 2003)

Long-Term Implications: Retrospective Research

- Common in children (55 - 80%).
- Mostly is never known by caregivers.
- Encounters are between children of the same and different sex.
- If it is true typical sexual behavior, then the encounter is perceived as “positive” or “neutral.”
    - Inconsistent results with siblings.

(Friedrich et al., 2004; Greenwald & Leitenberg, 1989; Lamb & Coakley, 1993; Larsson, 2001; Okami et al., 1997; Reynolds et al., 2003)

NCTSN The National Child Traumatic Stress Network

In partnership with: NCSBY

Sexual Development and Behavior in Children

Information for Parents and Caregivers

Your five-year-old daughter is playing in her room with a couple of friends. You hear a lot of giggling and squealing.

When you open the door to check on the kids, you find them sitting on the floor with their panties off, pointing at and touching each other's genitals.

What do you do?

Every day, parents around the world are faced with situations like this. Being caught off-guard by young children's self-exploration and curiosity about body parts and sexual issues is one of the uncomfortable realities of parenting, and can raise a host of troubling questions, such as, "Is my child normal?" "Should I be worried?" "What should I say?"

NCTSN | Sexual Development and Behavior in Children

Typical Sexual Development: Preschool Children (1)

Ages 6 and Under

- Increased curiosity
- May explore body differences
- Exhibit sex behavior with peers and siblings
    - Playing doctor, modeling adult relationships, exploring private parts
- May play or dress up as a variety of individuals
- Can experience physical sexual reactions
- Self-touch behavior happens…
    - Babies as young as 7 months touch their own private parts.
    - Experience pleasure from touching their private parts, and touch self, even in public.
    - Self-touch of preschoolers is not same as adolescent or adult masturbation.

Typical Sexual Development: Preschool Children (2)

- Do not have a strong sense of modesty.
- Enjoy their own nudity.
- Interested in toileting functions.
- Use elimination words with peers.

Typical Sexual Development: Preschool Children (3)

- Knows labels for sexual body parts but uses slang.
- May use elimination functions for sexual parts.
- Vague and concrete understanding of pregnancy and birth.
- Often informed by their caregivers.

Typical Sexual Development: Preschool Children

- May appear to not care about how other people feel because they don't fully understand the impact of their behavior on others.
- Whether or how often a child repeats sexual behavior is often related to how caregiver(s) respond to the child's initial sexual behavior.
- Children's typical sexual behavior (such as curiously looking at another child's private parts) is unplanned.
    - The behavior is impulsive, without much thought.

Typical Sexual Development: School Age Children (1)

Ages 7-12

- Reluctant to talk to adults about sexual issues.
- Interested in sex in media/ technology/pornography/music.
- Attempting to see other people naked, undressing, engaging in sexual activities.
- Show modesty and embarrassment of showing body.
- Hide sexual behavior from adults.

Photo from Pexels by cottonbro

Ages 7-12

Typical Sexual Development: School Age Children (2)

- Sex games with same age peers and/or siblings.
    - Ex: Truth or dare, playing family, dating, spin the bottle…
- Use sexual language with peers.
- Peer pressure related to sexual behavior.
- Increased interest, attraction, and attempts at partner relationships.
- May fantasize or dream about relationships, including physical aspects.

Ages 7-12

Typical Sexual Development: School Age Children (3)

- Aware of sexual and other aspects of pregnancy.
    - Basic understanding but often inaccurate, changing to fairly realistic.
- Increasing knowledge of sexual behavior.
    - Self-touch/masturbation
    - Sex
    - Basic understanding but often inaccurate
- Knowledge of pubertal changes.

Impact of Technology on Status of Sexual Development

- Increased access to devices with recording capabilities and Internet.
- Using technology for a range of communication and interactions with others, learning, and entertainment.
- Online identity is being shaped and is shaping sexual knowledge and identity in new, faster, and poorly misunderstood ways.
- Need to distinguish child sexual abuse images vs. youth-produced images.

Sexting Behavior

- 19.3% had sent a sext
- 34.8% had received a sext
- 14.5% had forwarded a sext without consent
- Girls receive more sexts than boys
- Older teens are more likely to send sexts
- Older and younger adolescents receive sexts at around the same rate

(Mori et al., 2021)

Photo from Pexels by cottonbro

Youth Exposure to Pornography

90% of boys and 60% of girls are exposed to pornography before age 18.

Some level of exposure to pornography occurs before age 13 in 50% of males and 33% of females.

Almost 1/3 of teens are exposed to pornography before the age of 10.

For approximately 2/3 of teens, pornography exposure is unwanted and unwarranted.

https://itstimewetalked.com/

“Kids are learning about sex from porn stars – imagine if I left my kids to learn about drugs from drug dealers.”

– Erica Lust, Porn Producer

The Perfect Storm

- Time of significant sexual growth and development.
- Area of brain responsible for logical thought and advanced cognitive processing not fully developed.
    - Results in sense of invincibility/lack of forethought about consequences of decisions.
- Moral compass focused on avoiding punishment rather than serving the greater good.
- Peer relationships are important, but fraught with uncertainty.
- Ready access to technology and pornography.
- Individuation from parents is in full swing.

How Would You Respond to Typical Sexual Behavior?

- Remember that some sexual behaviors are typical/normative but also need an intervention.
- **Stay or get calm.**
- **Stop the behavior.**

How Would You Respond to Typical Sexual Behavior?

Providing Education

Ages 6 and Under

- Social rules of behavior and privacy/modesty.
- Developmentally appropriate sex education.
  - Ex: body changes, consent, sexual health, healthy sexual behaviors and dynamics, etc.
- Friendships and relationships with others.
- Respecting their own bodies.
- Increase in supervision.

What to Teach Preschoolers

Safety Information

Ages 6 and Under

- Your body belongs to you.
- Everyone has the right to say “no” to being touched, even by grownups.
- The difference between “okay” touches and “not okay” touches.
- No one — child or adult — has the right to touch your private parts.

What to Teach Preschoolers

Safety Information Continued

Ages 6 and Under

- Sexual abuse (not okay touch) is when someone touches your private parts or asks you to touch their private parts.
- Sexual abuse (experiencing not okay touch) is **NEVER** the child's fault.
- It's okay to say "no" when grownups ask you to do things that are wrong, such as touching private parts or keeping secrets from mommy(s) and/or daddy(s).
- Identify who to tell if people do "not okay" things to you, or ask you to do "not okay" things to them.

What to Teach Preschoolers

Basic Information

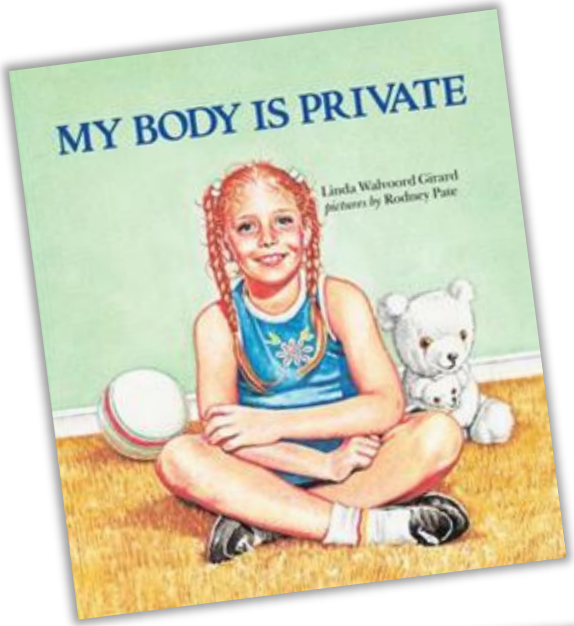
Ages 6 and Under

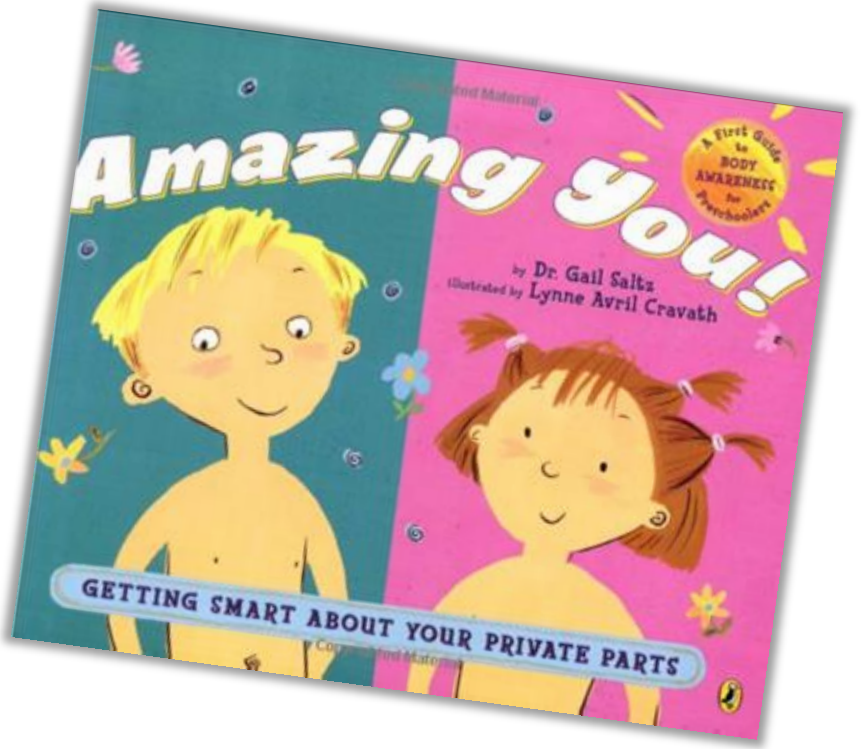
- Accurate names for body parts, including private parts.
- Simple explanations of how babies grow into adults and about the birth process.
- Rules about personal boundaries
    - Such as: keeping private parts covered, not touching other children’s private parts, hula-hoop space.
- Give simple answers to all questions about the body and bodily functions.

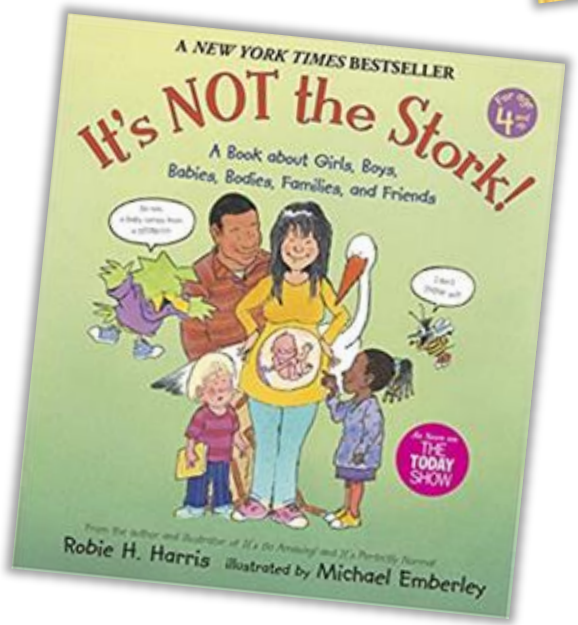
Preschool Private Part Rules

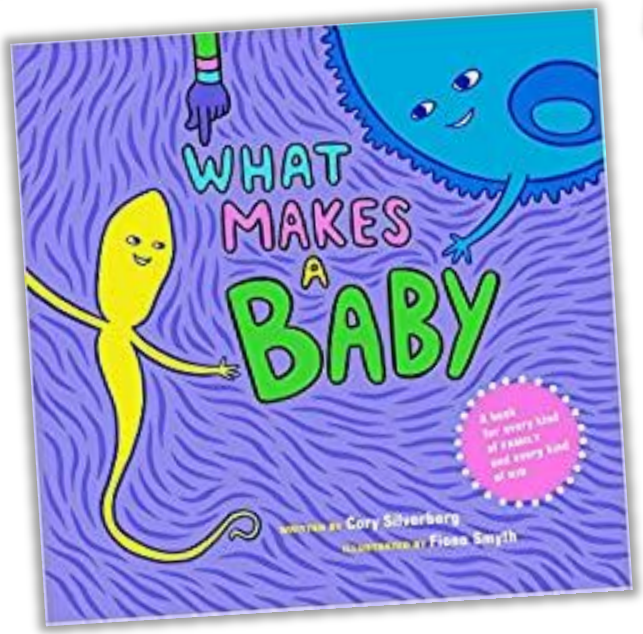
Ages 6 and Under

- No touching other people's private parts.
- No other people touching your private parts.
- No showing private parts to other people.
- No looking at other people's private parts.
- No touching your own private parts when others are there and...
    - Touching your own private parts when you are alone is okay.
- Develop rules about okay touches that fit the child and family situation.


MY BODY IS PRIVATE
Linda Walvoord Girard
pictures by Rodney Pate


Amazing You!
A First Guide to BODY AWARENESS for Preschoolers
by Dr. Gail Saltz
Illustrated by Lynne Avril Cravath
GETTING SMART ABOUT YOUR PRIVATE PARTS


A NEW YORK TIMES BESTSELLER
It's NOT the Stork!
A Book about Girls, Boys, Babies, Bodies, Families, and Friends
4 and up
THE TODAY SHOW
Robie H. Harris
illustrated by Michael Emberley


WHAT MAKES A BABY
Cory Silverberg
Fiona Smyth

What to Teach School Age

Basic Information

Ages 7-12

- Basics of reproduction, pregnancy, and childbirth.
- What to expect and how to cope with the changes of puberty.
    - Menstruation, acne, body changes, hygiene.
- Risks of sexual activity.
    - Pregnancy, sexually transmitted diseases, etc.
- Basics of contraception.
- Self-touch/masturbation is common and not associated with long-term problems but should be done in private.

What to Teach School Age

Basic Information Continued

Ages 7-12

- Sexual abuse may or may not involve touch.
- How to maintain safety and personal boundaries when interacting with people online.
- How to recognize and avoid risky situations including peers, electronics and online (e.g., sexting, pornography, social media, chats).
- Dating and friendship rules.
- **Resource:** *Your Photo Fate* from the National Center for Missing & Exploited Children
    - "Your Photo Fate" Discussion Guide (missingkids.org)
    - Your Photo Fate (2018) YouTube video
- Consent.

Sexual Behavior Rules

- It is not okay to look at other people's private parts.
- It is not okay to show other people your private parts.
- It is not okay to touch other people's private parts.
- It is not okay to use sexual language.
- It is not okay to make other people feel uncomfortable with your sexual behavior.
- It is okay to touch your private parts as long as you are in private and do not take too much time.
- Develop rules about okay touches that fit the child and family situation.

Video Resource: Private Part Rules

Helps teach kids safety and sexual behavior rules.

Resource: NCSBY YouTube Video | Private Part Rules

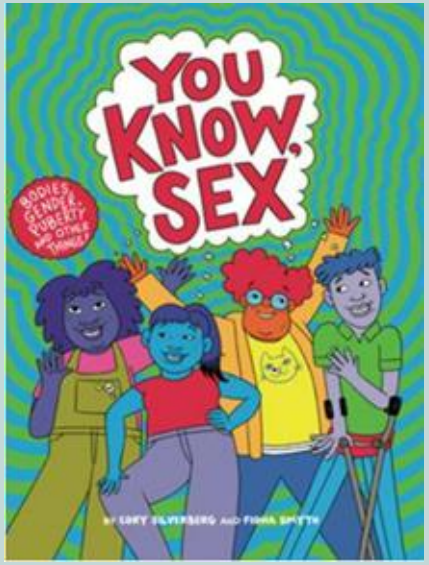
https://youtu.be/ZPTM_jjPujQ

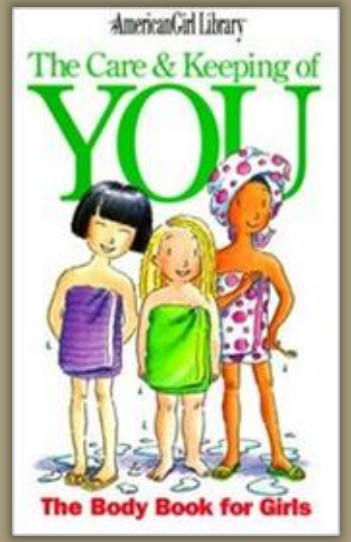
Education:
Pornography is Not a Reflection of Reality

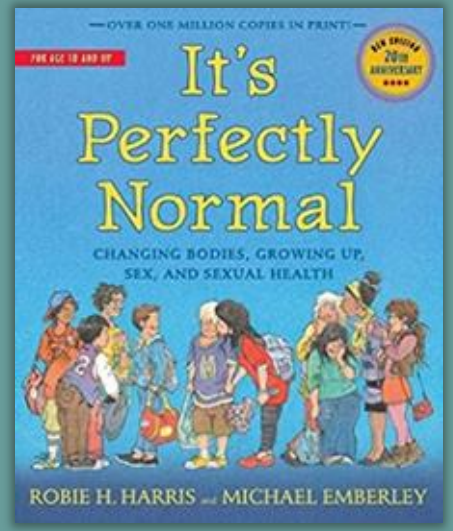
What are key points that children need to understand about pornography and its lack of realism?

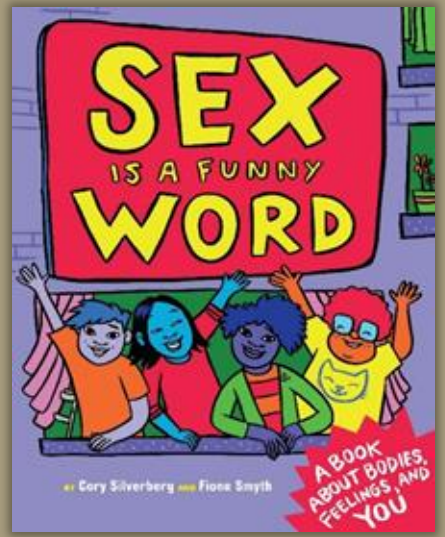
- Unrealistic body images
- Unrealistic relationships
- Type of sexual acts
- Aggression or other degradation
- Lack of consent

wait, WHAT?
A Comic Book Guide to Relationships, Bodies, and Growing Up


YOU KNOW, SEX
BODIES, GENDER, PUBERTY AND OTHER THINGS

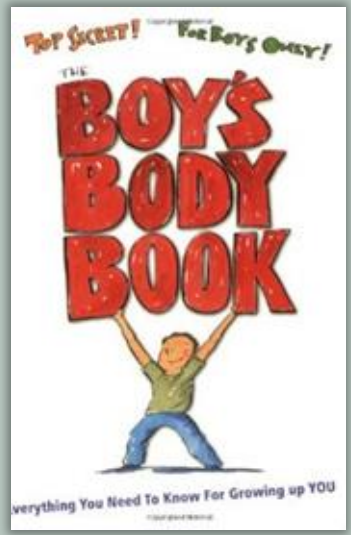

American Girl Library
The Care & Keeping of
YOU
The Body Book for Girls

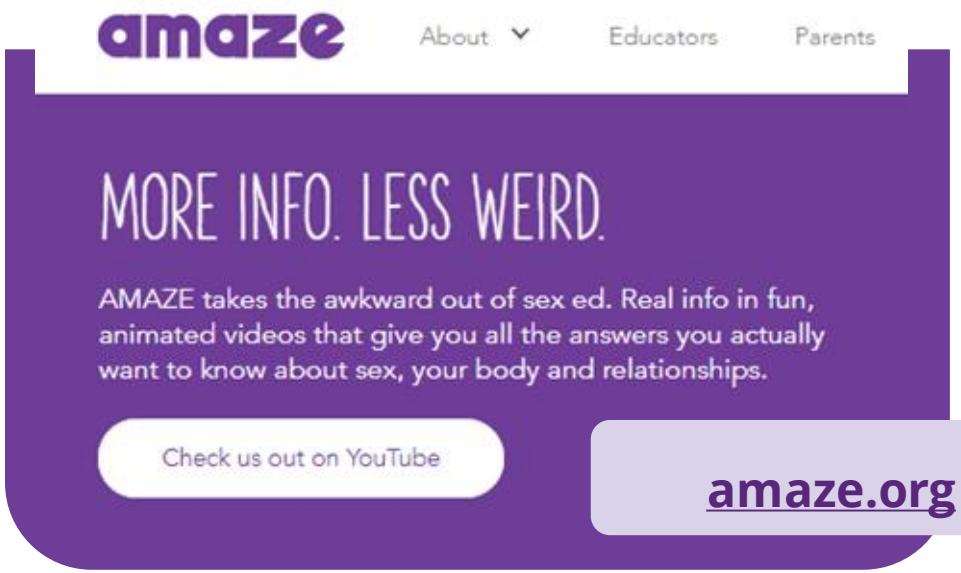

OVER ONE MILLION COPIES IN PRINT
It's Perfectly Normal
CHANGING BODIES, GROWING UP, SEX, AND SEXUAL HEALTH
ROBIE H. HARRIS and MICHAEL EMBERLEY


SEX IS A FUNNY WORD
A BOOK ABOUT BODIES, FEELINGS, AND YOU
Cory Silverberg and Fiona Smyth

Laurie Krasny Brown, Ed.D., and Marc Brown
WHAT'S THE BIG SECRET?
Talking about Sex with Girls and Boys
From the creators of the Dino Life Guides for Families

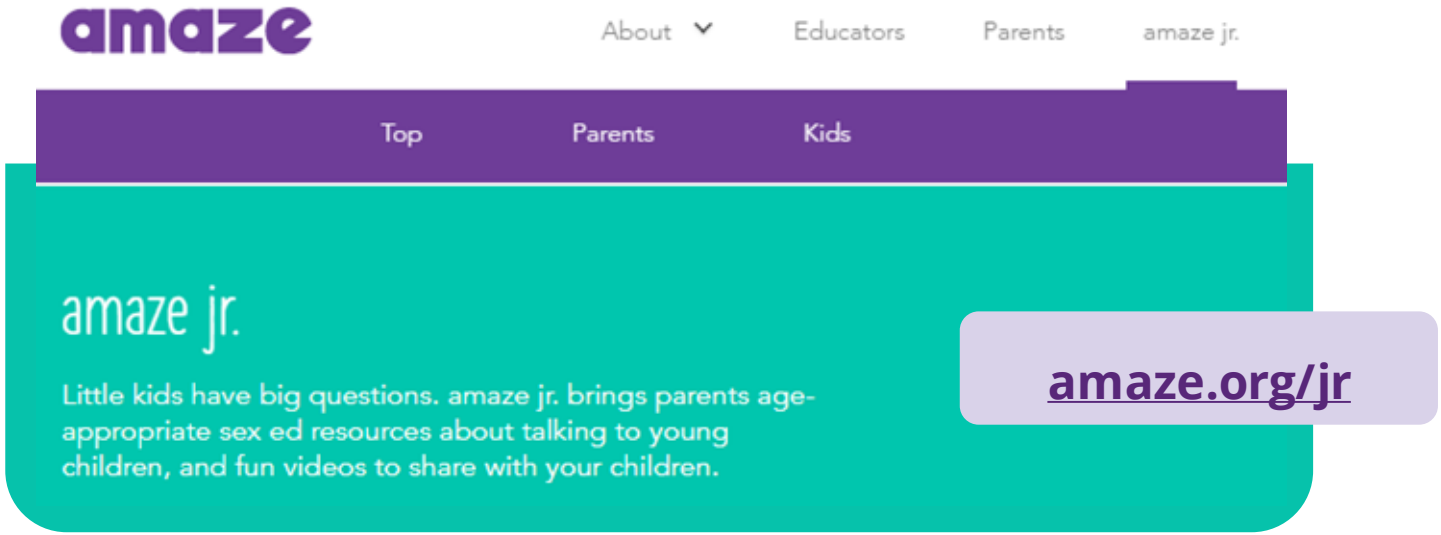
IT'S SO AMAZING!
A Book About Eggs, Sperm, Birth, Babies, and Families
ROBIE H. HARRIS and MICHAEL EMBERLEY


TOP SECRET! FOR BOYS ONLY!
THE BOY'S BODY BOOK
verything You Need To Know For Growing up YOU



amaze.org

missingkids.org/netsmartz/resources



amaze.org/jr

Internet Safety

- Monitoring electronics is challenging!
- Utilize parental control applications –
  - **Resources:** Bark, Norton Family, Kidslox, others…
  - It can be challenging to provide specific recommendations, due to different family needs, resources, technology, etc.
  - Encourage being informed consumers; do research with your clients.
- While applications can be helpful, it's important for caregivers to know that apps will not protect children 100%.
  - Caregivers have to continue to monitor directly and have regular conversations with their children.

Internet Safety Resources

common sense media

Ratings and reviews parents trust

Movies TV Books Games Podcasts Apps

Smart Social

Learn How to Shine Online

panda | mediacenter

a WatchGuard brand

PROTECT young eyes™

the Carly Ryan foundation.

Internet Safety – Some Helpful Ideas

- Computers and Internet-enabled devices should be kept in a public area of the house.
- Possibility of changing login passwords on internet-enabled devices frequently.
- Caregivers should monitor their child's computer or device usage:
  - Check their history
  - Pre-screen commonly visited websites
  - Others?

On-Demand Webinar: Always Available

From Clicks to Consequences: Understanding Youth Online Sexual Behavior

- Reviews how youth (ages 8–18) encounter and interpret sexual content online
- Examines social and emotional impacts, including considerations for military-connected youth
- Introduces therapeutic strategies to address problematic online sexual behavior

OneOp.org/learn/160103/

Friendship, relationships, communication, nurturance and intimacy are challenging to manage well.

Some children are in need of extra support through the process.

Image by ShubN from pixabay, Pixabay License

Continuum of PSB

Normative "Common" Sexual Behaviors

Cautionary "Less Common" Sexual Behaviors

Problematic "Uncommon" Sexual Behaviors

Photo by Elina Fairytale from Pexels

Photo by nappy from Pexels

Photo by Ketut Subiyanto from Pexels

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Photo by Lt. Col. Bradford Leighton from Defense Visual Information Distribution Service

A Child, Adolescent, or Youth with Problematic Sexual Behavior

- Behavior
- Development
- Malleable
- Not Criminal Foci
- Treatable
- Reduce Assumption

On-Demand Webinar: Previous SBCY Session

The Importance of Engaging Caregivers in Clinical Services

This webinar focuses on common factors that impact engagement for families in clinical services, from that critical first appointment through ongoing participation.

OneOp.org/learn/160126/

Children with Concerning/Cautionary Sexual Behavior

- Prevention
- 2-6 sessions

Image from AdobeStock by Valerii Honcharuk, ID#: 482085617

Children with Concerning/Cautionary Sexual Behavior Continued

Caregiver involvement and may cover some/all of the following:

- Psychoeducation on sexual development and **typical**/**concerning/cautionary**/**problematic** sexual behavior.
- Supervision and behavior management.
- Rules around private parts.
- Boundaries/safety
- Sex education
- Impulse control/problem-solving

Problematic Sexual Behavior (PSB)

- **Child(ren) initiated behaviors that involve body parts considered sexual or private.**
  - Genitals, chest, hands, mouth, etc.
- **Potentially harmful to self and/or others.**
  - Physical and/or emotional
- **Developmentally inappropriate.**
- **PSB is *not* a diagnosis.**
  - Represents clinically concerning behaviors.
  - The behavior is a single focus of concern.
  - Could be a symptom/criterion of a diagnosis (e.g., ADHD, PTSD, ODD, CD, etc.)

Video Resource: Understanding and Talking About Sexual Behaviors

For parents/caregivers with basic information for when their kiddo exhibits PSB.

Resource: NCSBY YouTube Video| Understanding and Talking About Sexual Behaviors

https://youtu.be/ZPTM_jjPujQ

When Are Sexual Behaviors Problematic?

Frequency	Developmental Considerations	Harm
High Frequency	Among Youth of Significantly Different Ages/ Developmental Abilities	Intrusive Behaviors
Excludes Normal Childhood Activities	Longer in Duration than Developmentally Expected	Use of Force, Intimidation, and/or Coercion
Unresponsive (i.e., does not decrease) to Typical Parenting Strategies	Interferes with Social Development	Elicits Fear and/or Anxiety in Other Children

Webinar & Measure

PennState Health
Children's Hospital

Assessing PSB using ASB-C with Dr. Brian Allen. This webinar features Dr. Brian Allen from the Penn State College of Medicine & Penn State Children's Hospital. Learn more about the Administration, Scoring, and Interpretation of the Assessment of Sexual Behavior-Child Version (ASB-C).

Assessing PSB using ASB-C with Dr. Brian Allen - Webinar

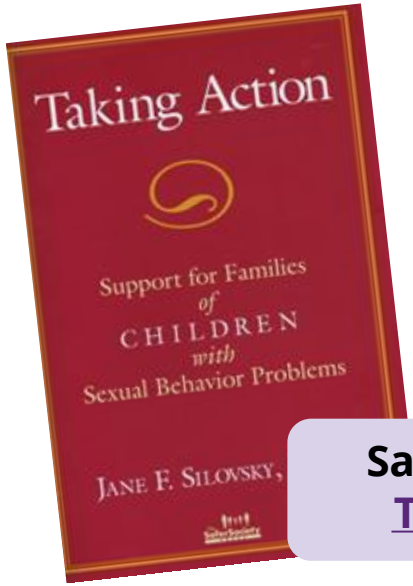
NCSBY, ASB-C Training Webinar and Tools |

Assessment tool for therapists to assess for PSB

https://connect.ncsby.org/assessingpsb/resource

NCTSN | [Understanding and Coping with Sexual Behavior Problems in Children: Information for Parents and Caregivers]

NCA Fact Sheets | [Addressing Youth and Children with PSBs]



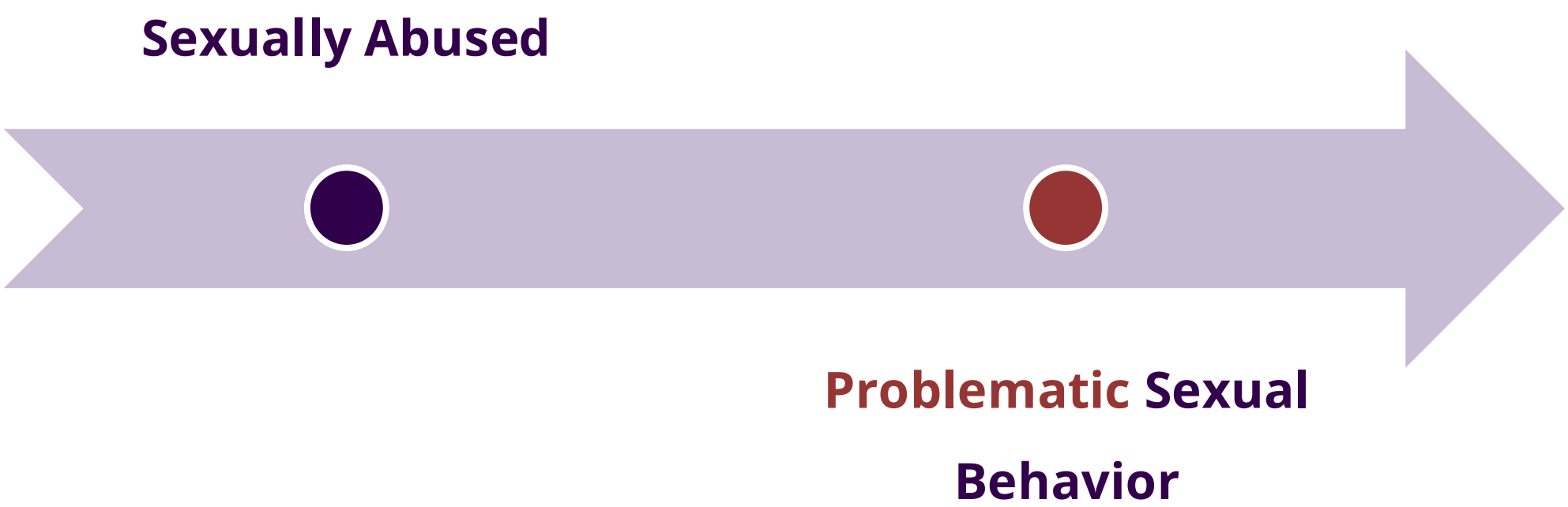
Safer Society Foundation | [Taking Action (Children)]

How do youth develop PSB?

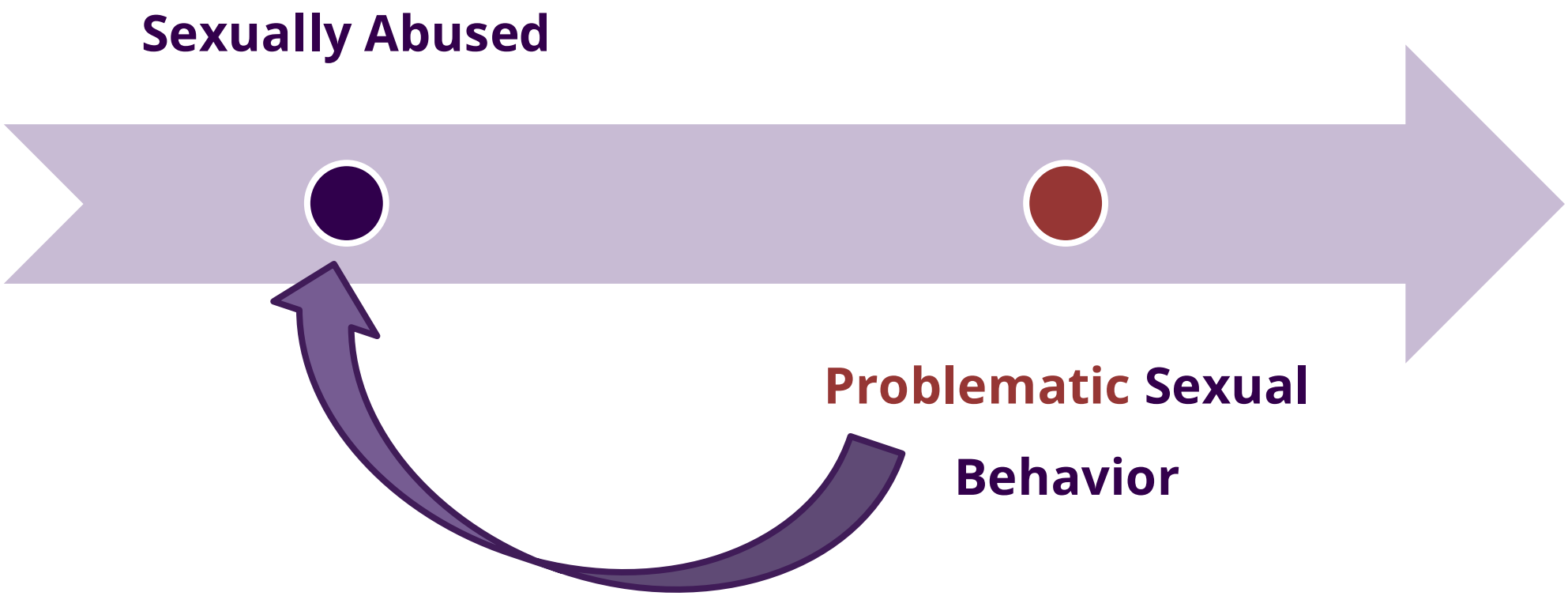
What factors increase the likelihood of youth developing PSB?

What protective factors increase the likelihood of developmentally-appropriate sexual behavior(s)?

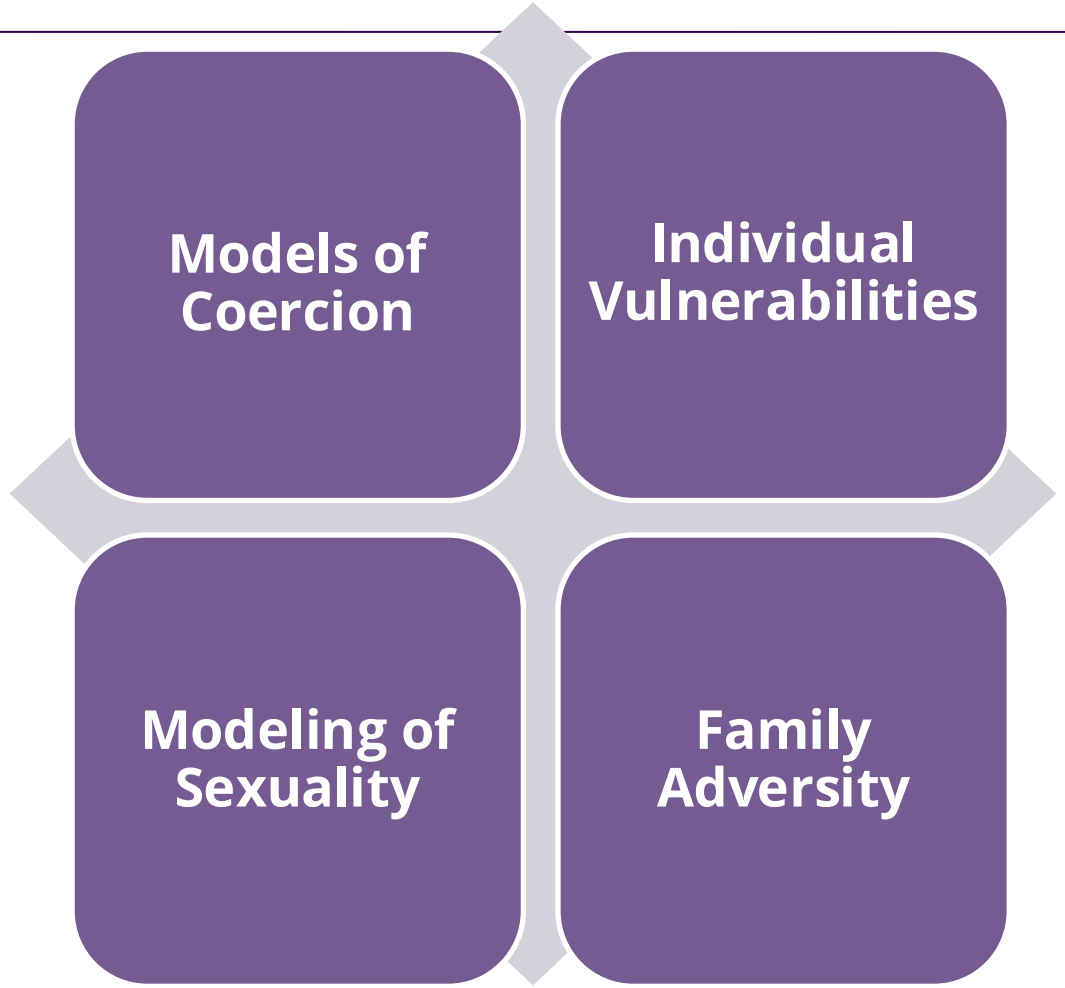
Incorrect Historical Assumptions



Incorrect Historical Assumptions Continued



Contributing Factors



On-Demand Webinar

Multidisciplinary Evidence-Based Approaches to Problematic Sexual Behavior in Children

This webinar is focused on increasing the knowledge base around problematic sexual behavior in children for all multidisciplinary team members. Evidence-based information regarding family engagement in treatment is incorporated throughout the webinar.

OneOp.org/learn/160125/

Additional Important Information

- Boys *and* girls have PSB.
- Family approach to treatment.
- Support for child who experienced PSB.
- Relationship issues…
  - Parenting/caregiver stress
  - Parent perception of youth
  - Peer relationship problems

Image by geralt from pixabay, Pixabay License

Resource: NCSBY | For Parents **www.ncsby.org/children**

Common Misconceptions about Children with PSB

- Safety in the home, community, and school.
- Need for restrictive placement
- Individual treatment
- Utilization of adolescent/adult sex offender treatment approaches
- Recurrence of PSB and pervasive deviant sexual arousal
- Others?

Evidence-Based Treatments for PSB in Children 12 and Under

Problematic Sexual Behavior – Cognitive-Behavioral Therapy (PSB-CBT)

- Primary treatment focus: PSB
- 15-20 weekly sessions (4-6 months)
- 60-90 minute sessions
- Family or group treatment
- Caregivers required

University of Oklahoma Health Sciences Center | Problematic Sexual Behavior - Cognitive-Behavioral Therapy™ Training and Technical Assistance Program

https://connect.ncsby.org/psbcbt/home

PSB-CBT Treatment Module Sequence

- Orientation
- Sexual development and PSB, supervision and monitoring
- Sexual behavior rules
- Feelings identification and expression; relaxation
- Self-control strategies
- Behavior parent training
- Social skills
- Sex education
  - Electronic and online sexual behaviors
- Abuse prevention
- Empathy and apology
- Graduation

Evidence-Based Treatments for Trauma-Related PSB in Children 12 and Under

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

- Primary treatment focus: PTSD symptoms
- Only trauma-related PSB (e.g., experiencing sexual abuse, experiencing PSB)
- 8-20 weekly sessions (3-6 months)
- 60-90 minute sessions
- Family or Group Treatment
- Caregiver involvement emphasized but not required

Trauma-Focused Cognitive Behavioral (TF-CBT) | Therapy National Therapist Certification Program

tfcbt.org

TF-CBT

Psychoeducation with additional focus on:

- Sexual Behavior Rules
- Sexual development and education
- Healthy boundaries
- Safety planning

Parenting Skills

- With emphasis on sexual behaviors

Relaxation

Affective Expression and Modulation

TF-CBT
Continued

Cognitive Coping

- Including self control skills

Trauma Narration/Cognitive Processing

In-Vivo Desensitization

Conjoint Parent-Child Sessions

Enhancing Future Safety and Development with additional focus on:

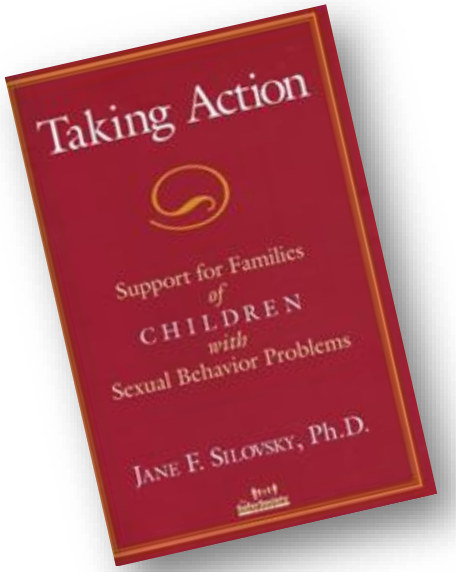
- Safety planning cont'd
- Sexual development and education cont'd
- Body safety skills training
- PSB impact on others

> Children are like sponges. [...] They absorb the behavior, values, attitudes, and feelings of those around them. The youth who have learned these behaviors, attitudes, and feelings can learn new, more beneficial behaviors. It's crucial to remember that these worrisome sexual behaviors are just developing. No deeply rooted patterns have been set. And children change rapidly as they grow up. They are malleable and can absorb healthy attitudes, behaviors, and feelings about sex and sexuality. Providing a sexually healthy and safe environment is essential for their future development. With treatment and community-based supervision and monitoring, recidivism can be reduced, victims can heal, and parents/caregivers can be empowered to help continue this shift toward health and wholeness, working on the front lines with their children and families.

– Toni Cavanaugh Johnson (2009)

Training and Technical Assistance

www.NCSBY.org



NATIONAL CHILDREN'S ALLIANCE®

NCTSN The National Child Traumatic Stress Network

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Problematic Sexual Behavior Cognitive-Behavioral Therapy
The UNIVERSITY of OKLAHOMA HEALTH SCIENCES CENTER

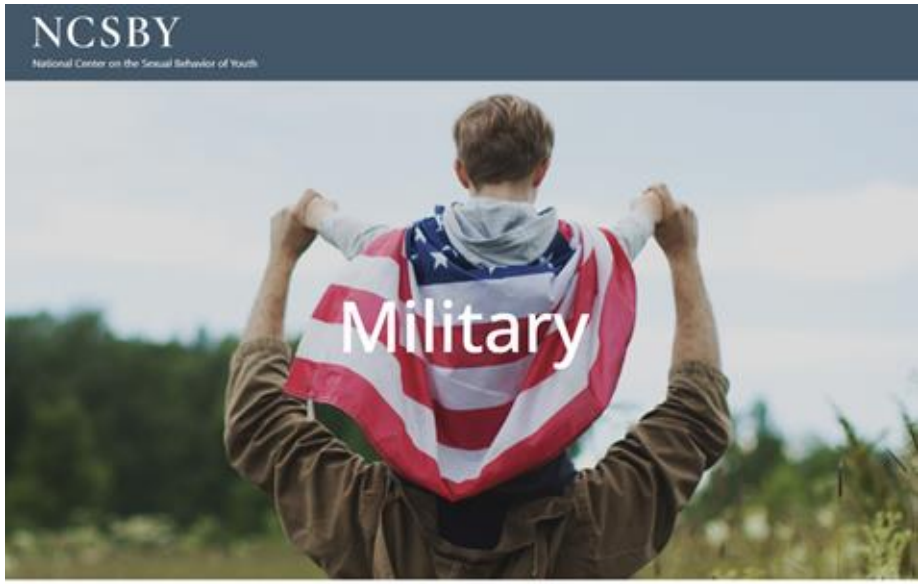
OJJDP Office of Juvenile Justice and Delinquency Prevention
Office of Justice Programs ♦ U.S. Department of Justice

psb
psbcbt.ouhsc.edu

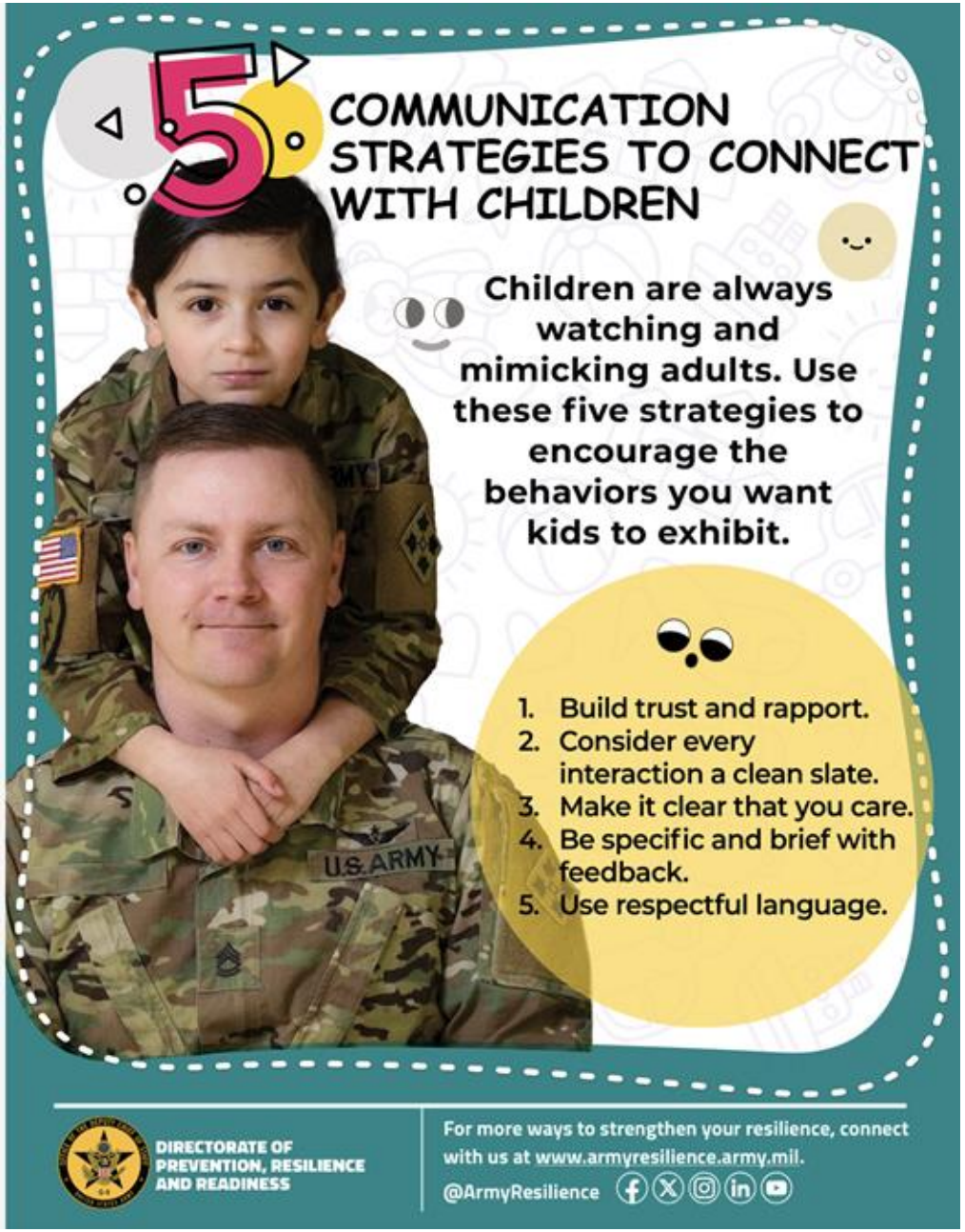
Resources for the Prevention of Sexual Abuse
NEARI
NEARI PRESS & TRAINING CENTER

Virtual Lab School
Focused Topics
Sexual Development & Behavior in Children and Youth

Military-Specific Resources



U.S. Military Coordinated Community Response to Problematic Sexual Behavior of Children and Youth (PSB-CY)



Military-Specific Resources Continued

Resources for Military Partners

Over 900 Children's Advocacy Centers (CACs) are available to provide services to children and families across the country. Learn more about the CAC model, CAC services, and how you can partner to provide coordinated services to military families by exploring the resources below.

Have questions or need additional information? Please reach out to Heather Provencher, NCA's Senior Manager for Federal Partnerships.

Understanding typical childhood behavior

Children begin to develop sexually at an early age, and it can be hard to know which behaviors are typical. If your child exhibits sexual behavior you find concerning, remain calm and redirect them away from the behavior in a nonjudgmental way. Parents and caregivers are the primary agents of change for a child's behavior, and most kids respond well to informed support, guidance and supervision.

Monitor your child's behavior

Signs that might signal a cause for concern:

- Increase in the frequency or intensity of the concerning behavior
- Reports from friends, neighbors and teachers that the behavior is continuing
- Displays of anger, frustration or hostility when they are redirected from the behavior
- No decrease in the behavior with redirection or if it starts again after stopping for a while
- Hiding the behavior
- Uneasy feelings surrounding behavior

To increase your knowledge base and support your child, access these resources:

- Webinars: https://oneop.org/sexual-behavior-in-children-and-youth-sbcy-series/
- National Center on the Sexual Behavior of Youth: https://www.ncsby.org/parents-caregivers
- Resources for military families: https://www.militaryonesource.mil/parenting/children-youth-teens/sexual-behavior-in-children-and-youth-toolkit/

For more support, contact your pediatrician. These resources may also help:

- New Parent Support Program: https://www.militaryonesource.mil/benefits/new-parent-support-program/
- Healthy Sexual Behaviors in Children: https://www.militaryonesource.mil/parenting/children-youth-teens/healthy-sexual-behaviors-in-children/

www.MilitaryOneSource.mil | 800-342-9647

U.S. Department of War

Additional Resources

Additional resources are provided to support continued learning and deeper exploration of the topics discussed.

- DOD Instruction 6400.10, Coordinated Community Response to PSB-CY https://www.esd.whs.mil/Portals/54/Documents/DD/issuances/dodi/640010p.PDF?ver=R1X_9tEjUKZszVzoJnR3Gg%3d%3d
- DOD Manual 6400.01, Volume 1, FAP Standards www.esd.whs.mil/Portals/54/Documents/DD/issuances/dodm/640001m_vol1.pdf?ver=2019-07-22-100753-203
- OneOp Webinar Series | From First Steps to Forward March: Building Military Family Readiness from Birth to Adulthood https://oneop.org/from-first-steps-to-forward-march/

All resources listed in this webinar are available on the event page under *Additional Resources*.

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References (1)

The following references informed this presentation and are provided to support continued learning and deeper exploration of the topics discussed.

Bonner, B. L., Walker, C. E., & Berliner, L. (1999). Children with sexual behavior problems: Assessment and treatment (Final report). U.S. Department of Health and Human Services, National Clearinghouse on Child Abuse and Neglect.

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Larsson, I., & Svedin, C. G. (2001). Sexual behaviour in Swedish preschool children, as observed by their parents. Acta Paediatrica, 90(4), 436–444.

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Thank you!

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NCSBY

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Questions?

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Evaluation

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This webinar has been approved for **1.5 continuing education credits** from the following organizations:

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- The Patient Advocate Certification Board
- the Commission for Case Manager Certification (CCMC)
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- National Commission for Health Education Credentialing (NCHEC)
- The University of Texas at Austin School of Social Work
- Certificate of attendance

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Upcoming Webinar: Open for Registration

Practical Strategies for Supporting Preschoolers Through Change

Tuesday, April 14, 2026 @ 11:00 am – 12:30 pm EST

- Identify three practical steps to prepare preschoolers for environmental and routine changes.
- Select two adaptive tools or routines that support children with disabilities in new settings.
- Model one problem-solving technique that builds adaptability in young children.

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