

# How to define PSB-CY

- Children and youth ages 17 and under with problematic sexual behavior exhibit a variety of sexual behaviors influenced by personal demographics, familial factors, trauma history, and mental health status.
- Leading experts in the field who evaluate, treat, and provide practice guidelines for PSB-CY strongly recommend that adults remember that individuals exhibiting or engaging in PSB-CY are children.
- Safety and concern that surround PSB-CY is acknowledging how to keep an impacted and/or exhibiting child safe.

Definition of Impacted: Receiver of the unwanted behavior

Definition of Exhibiting: Initiating the unwanted behavior

Definition of Private Parts: An area covered by a bathing suit

## ***DoDI 6400.01, May 1, 2019 GLOSSARY 13***

As a child develops we teach them life rules: do not touch a hot stove; look both ways when crossing the street; say please and thank you. As children begin to grow and develop, it is important they are taught that everyone has boundaries. To respect ones personal boundaries, it is suggested we also teach these throughout development:

**It is not OK to show your private parts to other people.**

**It is not OK to look at other people's private parts.**

**It is not OK to touch other people's private parts.**

# Know Your Local Resources



**Family Advocacy Program: (910) 396-5521**

**24/7 Family Abuse Hotline: (910) 322-3418**

**Family Advocacy Program Clinical: (910) 907-6128**

**Military OneSource: 1-800-342-9647**

**Alexander Youth Network: 1-855-362-8470**  
1608 Camden Rd, Fayetteville, NC  
[www.alexanderyouthnetwork.org](http://www.alexanderyouthnetwork.org)

**North Carolina Child Treatment Program:**  
1-844-622-8748

1121 W Chapel Hill St Ste 100, Durham, NC  
[www.ncchildtreatmentprogram.org](http://www.ncchildtreatmentprogram.org)

**Child Advocacy Center: (910) 486-9700**  
222 Rowan St, Fayetteville, NC

## **Safety Plan:** **Problematic Sexual** **Behavior in Children** **and Youth (PSB-CY)**





Safety is the most basic task of all. Without sense of safety, no growth can take place. Without safety, all energy goes to defense.

- Torey Hayden

# Safety Plan

A safety plan is put in place to keep children and youth safe and protected.

- Parents should maintain modesty while in the presence of children.
- Communicate clear rules and expectations about privacy and appropriate sexual behavior to all Family members.
- An adult should remain in charge of all children.
- Close supervision is important when the child is with other children.
- Have privacy rules in place. Only one person in the bathroom while the door is closed and undressing, or using the bathroom.
- No touching or looking at anyone's private parts, including digital and printed media such as photos or magazines.
- Children need to be protected from sexually explicit media. Monitor your child's technology usage closely and thoroughly. Set app and time restrictions.
- Everyone must practice safe touch boundaries. Always ask and receive permission for hugs and other physical contact.
- No touching of your own private parts in public.
- No showing private parts.
- Educate your children on the appropriate names for body parts.
- Children should sleep in their own bed, if possible, in their own room.
- While visiting other bedrooms with permission, the door should remain open.
- If your child discloses that they have experienced PSB, stay calm, actively listen, and know who to report it to.