

# Caregiver's Guide for Problematic Sexual Behaviour (PSB) in Children & Youth

## Who Are the Children with Problematic Sexual Behaviours?

They are, first and foremost, **children**. As a caregiver, you can combat misinformation and protect your child from harmful labels such as "offender" or "perpetrator" while they get the support and treatment they need.

Some children with PSB may display defiant behaviour, social concerns, learning difficulties and they may have a history of sexual trauma.

Targeted therapy is proven to be effective, teaching children and youth to develop healthy boundaries and behaviours.

**Remember that your child's problematic sexual behaviour DOES NOT define who they are.**

## What Is Problematic Sexual Behaviour?

While some sexual behaviour in children and youth is developmentally appropriate, sexual behaviour can become problematic when it:

- Occurs frequently
- Occurs between children of widely differing ages or different developmental levels (12-year-old and 4-year-old)
- Is initiated with strong, upset feelings, such as anger or anxiety
- Causes harm or potential harm (physical or emotional) to any child
- Does not respond to typical parenting strategies (such as discipline)
- Involves any kind of coercion, force, or aggression

## What You Can Do

As a caregiver, your priority is to keep all of your children safe.

Provide clear rules about bodies. Here is a basic guide for young children:

- It is **NOT OK** to show your private parts to others or to look at other people's private parts.
- It is **NOT OK** to touch other people's private parts.
- It is **NOT OK** to use sexual language around others (outside of a therapist or parent).
- It is **OK** to look at/touch your own body as long as you are by yourself (bathroom, bedroom) and it is not taking up too much time.

For adolescents and older kids, it is important to talk about **CONSENT**.

Be aware:

- Plan appropriate supervision of your child
- Monitor online access just as you would for face-to-face interactions
- Sites to look out for:
  - Omegle.com
  - Kik
  - Snapchat
  - Roblox
  - Instagram
  - Facebook

For more information on online cyber safety, take a look at the "**Caregiver's Guide to Internet Safety**".



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## National Children's Alliance (NAC) Learning Center:

<https://learn.nationalchildrensalliance.org/psb>

The NAC's online Learning Centre offers resources for caregivers of children with problematic sexual behaviour.

### National Children's Alliance Fact Sheets on PSB:

- **Where We Can Begin?**  
Provides an overview of the CAC model and youth with PSB.
- **What Happens Now?**  
Offers effective strategies for dealing with PSB in children.
- **What Can We Do ?**  
Describes how to recognize and respond to problematic sexual behaviours (PSBs) in youth and children.

<https://learn.nationalchildrensalliance.org/YPSB-Fact-Sheets>

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### Online Resources:

**“Taking Action” (Free book) - red version is for children 12 and under**

<https://safersocietypress.org/store/resources-for-families-2/>

#### Kids First

<https://www.kidsfirstinc.org/how-to-talk-to-young-children-about-body-safety/>

#### Mama Bear Effect

<https://themamabeareffect.org/teaching-kids-body-safety-when-they-break-the-rules/>

#### National Center on the Sexual Behavior of Youth

<http://ncsby.org/>

#### National Child Traumatic Stress Network

[https://www.nctsn.org/sites/default/files/resources/sexual\\_development\\_and\\_behavior\\_in\\_children.pdf](https://www.nctsn.org/sites/default/files/resources/sexual_development_and_behavior_in_children.pdf)

#### Resources for People with Developmental Disabilities

<https://www.centreofsexuality.ca/>

#### Sexual Behaviours in Children & Young People (Traffic Lights Brochure pdf)

<https://www.true.org.au/>

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### Additional Resources

#### Schools/Curriculum

<https://teachingsexualhealth.ca/>

#### M.O.R.E. – Mental Health On-line Resources for Educators

<https://schools.healthiertogether.ca/en/get-the-latest/news-for-educators/events-and-professional-learning/>



### Community Resources

● **Child Abuse Services Intake: 403-428-5320**

● **CARYA: 403-205-5244**

● **Calgary Counselling Services: 403-691-5991**

● Help with parenting strategies, setting healthy and appropriate boundaries etc.

● **Rocky Mountain Psychological Services: 403-245-5981**

● Support caregiver/child around anxiety, parenting strategies, setting healthy and appropriate boundaries etc.

● **FSCD (Family Supports for Children with Disabilities)**

● **Ph: (403) 297 7971**

● A financial program that families can be referred to but they will need a formal diagnosis to qualify.

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