

## Sexual Health Conversations with Youth and Families

January 16, 2019

### Training Outline

- I. Introduction and context
  - a. Sexuality-related crossword/word search ice-breaker
  - b. Provider comfort in addressing the topic
  - c. Commonality of language
- II. Trauma-informed approaches to sexuality
  - a. Sex positive approach
    - i. Two fundamental assumptions:
      - 1. Mutual consent
      - 2. Non-coercion
    - ii. Affirms sexual pleasure
    - iii. Affirms right to control one's own sexuality and choice in:
      - 1. Self-identification
      - 2. Partners
      - 3. Behaviors
      - 4. Safety
  - b. Creating comfort and safety
    - i. Impacts of sex-negative attitudes on identity and self-expression
    - ii. Impacts of sex-negative attitudes on safety
    - iii. Sensitivity around culture-specific sexual norms
  - c. Person-first language
    - i. Eradicating objectification
  - d. Non-demeaning language
    - i. Impact of sexually-related or gender-related terms as insults
    - ii. Impact of sexually-related or gender-related terms as swearwords
  - e. Open, authentic discussions of sexuality
- III. Normative Sexual Developmental Stages in youth
  - a. Physiological
    - i. Gonadal changes
    - ii. Changes in physical composition
    - iii. Hormonal changes
    - iv. Brain development
    - v. Sexual functioning
  - b. Psychological
    - i. Effects of hormones on mood
      - 1. Interaction with self-esteem
      - 2. Implications for mental health and substance use
    - ii. Effects of frontal lobe development on mood and behaviors
      - 1. Executive functioning
      - 2. Impulse control
      - 3. Decision making

4. Longitudinal consequential thinking
- iii. Effects of physical changes on mood
  1. Thyroid
  2. Sleep
  3. Weight/body image
- c. Relational
  - i. Changes in caregiver-child relationships
    1. Need for autonomy and independence
    2. Rebellion and limit testing
    3. Continued need for modeling, mentoring, and protection
      - a. Discussions about sexual values
      - b. Discussions about sexual development
      - c. Discussions about sexual health
      - d. Discussions about sexual boundaries
  - ii. Centrality of romantic relationships
    1. Role of sexuality in relationships
    2. Sexual exploration
    3. Establishment of sexual boundaries
  - iii. Centrality of peer relationships
    1. Comparison and competition with peers
    2. Need for affirmation and acceptance
    3. Peer pressure and internalization of social norms
  - iv. Social messaging
    1. Making sense of different social and cultural norms
      - a. Familial
      - b. Cultural/religious
      - c. Media
      - d. Social media

#### IV. Identity

- a. Sexual Identity
  - i. Straight
  - ii. Gay or lesbian
  - iii. Bisexual
  - iv. Pansexual
- b. Gender Identity
  - i. Cisgender
  - ii. Transgender
    1. Binary self-definition
    2. Non-binary/fluid self-definitions

#### V. Bias

- a. Role of bias
- b. Provider inventory
- c. Types and consequences of bias
  - i. Attitudes about sexual behaviors

- ii. Sexism and misogyny
- iii. Heteronormative cultural assumptions
- iv. Cisgender bias
- v. Weaponization of ignorance or malevolence to perpetuate bias for the purposes of continued (or new) discrimination or efforts to assert dominance or control

## VI. Consent and ethics

- a. Appropriateness of provider discussions with youth
  - i. Role of parents
  - ii. Necessity of parental permission?
  - iii. Conflicting values
    - 1. Between provider and youth
    - 2. Between provider and parents
    - 3. Between parents
    - 4. Between parent(s) and youth
  - iv. Privacy
- b. Age of consent for sex
  - i. Sexual activity
  - ii. California penal code
  - iii. Child abuse reporting
- c. Age of consent for treatment
  - i. Medical treatment
  - ii. Drug and alcohol treatment and counseling
  - iii. Mental health treatment and counseling
  - iv. Family planning and contraception
  - v. Pregnancy
  - vi. Abortion
  - vii. HIV/AIDS
  - viii. Infectious, contagious, or communicable diseases (including STI/STD)
  - ix. Rape
  - x. Sexual assault

## VII. Sexual exploration

- a. Sexuality education
  - i. Types of education and content
    - 1. Comprehensive
    - 2. Abstinence-only/plus
    - 3. Birth control and unwanted pregnancy
    - 4. STD/STI protection
  - ii. Sources of education
    - 1. Parents
    - 2. School
    - 3. Religious organization
    - 4. Health care provider
    - 5. Peers
  - iii. Sexual models

1. Mixed messages
  - b. Range of sexual behaviors
    - i. Masturbatory
    - ii. Partnered
      1. Socially sanctioned
      2. Peripheral or alternative
  - c. Healthy sexual behaviors
    - i. Developmental appropriateness
  - d. Unhealthy sexual behaviors
- VIII. Sexual exploitation
  - a. Sexual harassment
    - i. Verbal slurs
    - ii. Inappropriate jokes, teasing
    - iii. Cyber-bullying
    - iv. Unwanted sexual advances
  - b. Sexual assault
    - i. Statistics
    - ii. Sexual abuse by adult
      1. With penetration
      2. Without penetration (molest)
    - iii. Rape
      1. Stranger
      2. Family, friend, authority figure, or peer
      3. Within a romantic relationship
  - c. Relationship violence
    - i. With or without sexual assault
  - d. Sex trafficking
  - e. Exploitative sex work
- IX. Review, Summary, & Closing