

*In Conversation with Adolescents...*  
*“Speaking of Sex”*

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# Learning Objectives

- Participants will understand how the media encourages unhealthy expression.
- Participants will learn strategies for redirecting sexual behaviors in the classroom.
- Participants will feel more confident in discussing sexuality with adolescents.

# Circles of Sexuality



# SEXUAL IDENTITY – Who am I

- Process of discovery
- Gender identity
- Sex roles
- Sexual orientation
- Sexuality - genitalia
- “Who Am I?” self image

# SENSUALITY - attraction

- “Attraction Window”
- Sexual response cycle
- Body image and acceptance
- Skin hunger
- Awareness of touch
- Pleasure
- Fantasy

# SEXUAL INTIMACY – emotional closeness

- Emotional closeness
- Risk-taking
- Vulnerability
- Self-disclosure
- Sharing with expectation
- Respect / Equality
- Love

# REPRODUCTION - family

- Values
- Attitudes
- Intercourse
- Parenting
- Family planning
- Pregnancy
- Abortion
- STDs - AIDS

# SEXUALIZATION – sex as a weapon

- Use of sexuality to influence, manipulate, or control others
- Rape
- Date rape
- Sexual abuse
- Incest
- Withholding sexual pleasure to make a point
- Sexual harassment



# Circles of Sexuality



# Adolescent Sexuality Development

- Pubertal Changes with hormone surges
- Intense awareness to sexual stimuli, including peers, media, adults
- Anxiety about peer isolation or rejection
- Initial consensual sexual experiences – wide ranging
- Sexual fantasies
- Strong needs of independence

# Continue Age-Appropriate Sexuality Conversations

- *Young Children:*  
Identify body parts, including genitals, with correct names
- *School Age Children:*  
Discuss how babies are made and discuss how people love each other more than anyone else before being sexually close or intimate
- *Pre-Teens:*  
Detailed information on how the body works, commitment before sexual hugs, STDs, birth control, etc.

# Influences of Sexualization

- Adequacy or not adequate
- Peer Relationships
- Sexualized nudity
- Violence is entertainment
- Manipulation of objects

# Objectification

- Objects to be used
- Parts not Human Beings
- Self centered arousal

# Abuse and Neglect Impact

- 'Damaged Goods'
- Guilt
- Fear
- Depression
- Lack of Esteem
- Anger
- Repressed Anger

# Abuse and Neglect Impact

- Inability to Trust
- Inability to recognize Boundaries
- Pseudo maturity
- Lack of ability to regulate emotions and impulses

# Maladaptive coping strategies

- Arousal – physical, sexual, emotional
- Perseverations – racing/cycling thoughts
- Regression – not aware – what problem?
- Somatization – physical symptoms
- Avoidance – walk or turn away – what problem?
- Primitive devaluation – I am no good



# Motivation for Sexual Behavior (Reasons Why Youth Might Do Something Sexual)

## **Exploration / Curiosity**

(What's This All About? Self / Others)

## **Imitation / Learning**

(See / Do / Practice / Teach)

## **Sensation Seeking**

(Arousing When Bored / Calming When Stressed)

## **Reinforcement: Feels Good**

(Arousal, Orgasm, Tension Reduction)

## **Pleasure: Self / Other**

(Relationship, Intimacy, Friendship, Love)

## **Compensation / Improvement**

(Feel Better, Do Better, Regain Self Image / Control)

## **Anger / Retaliation**

(Get Back at Others, Make Others Feel Hurt / Angry)

# Milieu Requirements

- Modeling and Practicing
- Teach Everything
- Teachings must be repetitious and consistent
- Rehearse social situations – verbal and nonverbal
- Token System – ‘catch’ em being good’
- Visual Cues – posters,

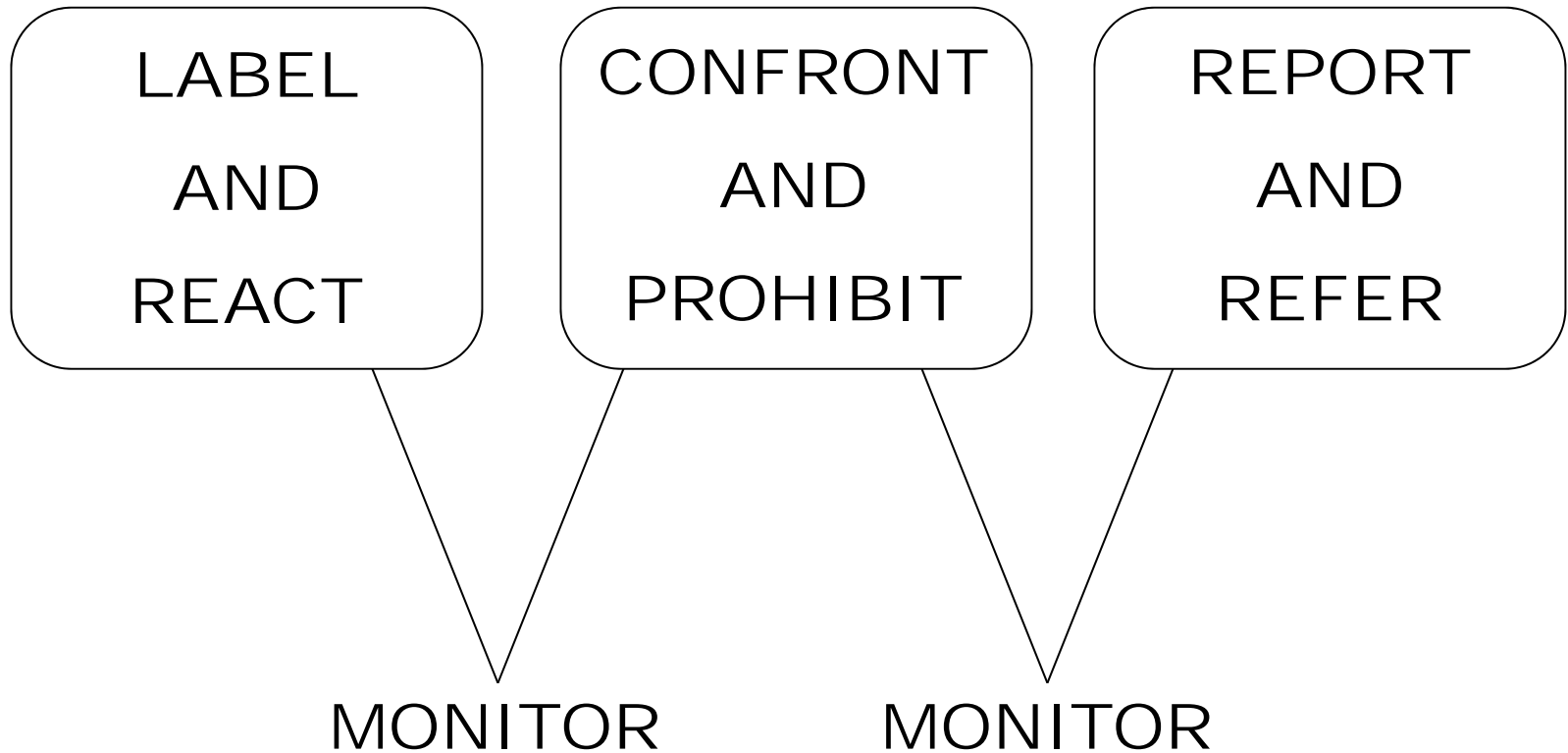
# Use Redirection Before Consequences

- “Oops! That’s not the way we do it here. This is how we do it here . . .”
- Limit-setting reinforces safety and stability
- Always respectful language and body posturing

# When Challenged with Inappropriate Behaviors...

- Remain calm and focused
- A child's behavior can't make you "go off"
- Demonstrates the ability to be respectful and in control of our emotions, no matter how intense

# Range of Response to Unsafe or Disrespectful Behaviors



# Monitoring

- Observation
- Exploration
- Education
- Limit Setting
- Redirecting
- Behavior Management

# Thank You

- For more information please contact Dr. Wright at 320-286-2922, ext. 3.