

Responsible Behavior with Younger Children: Preventing the Onset of Youth Problem Sexual Behavior



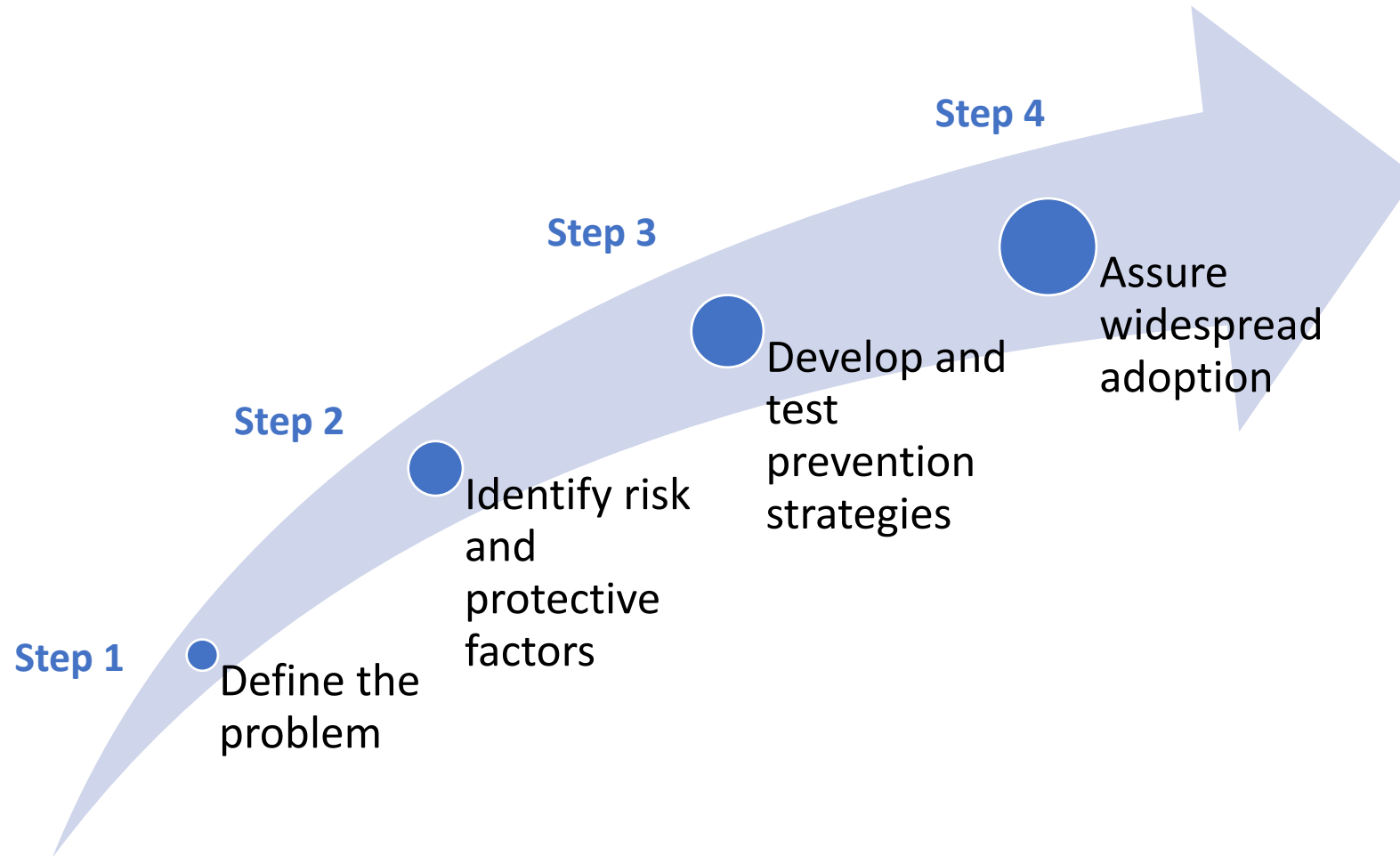
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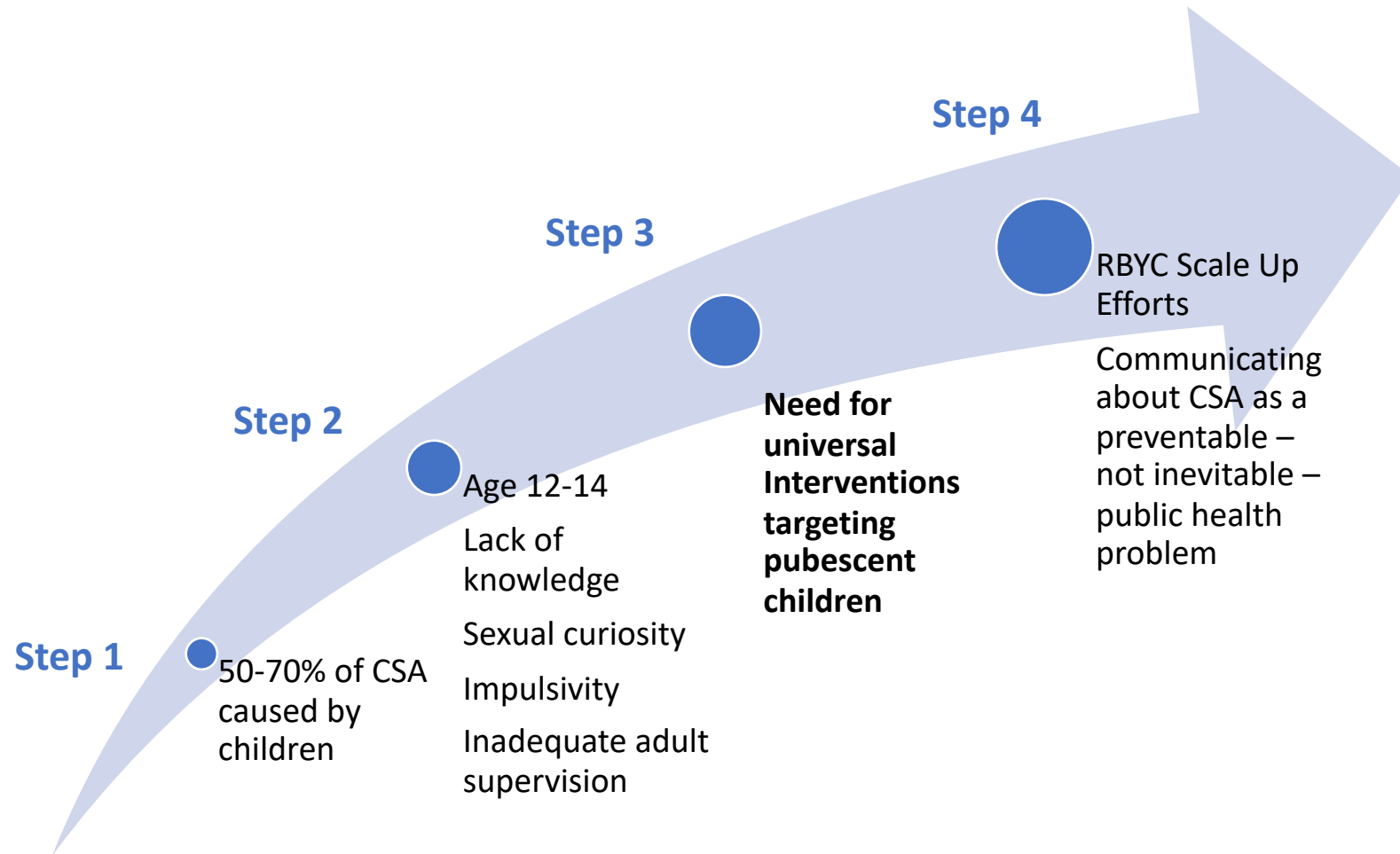
JOHNS HOPKINS
BLOOMBERG SCHOOL
of PUBLIC HEALTH

Moore Center for the
Prevention of Child Sexual Abuse

Public Health Model for Violence Prevention



Public Health Model for CSA Prevention



Responsible Behavior with Younger Children (RBYC)

Universal prevention curriculum targeting 6th and 7th grade students and their parents and educators with knowledge, skills and tools to avoid sexual behavior with younger children



RBYC Curriculum

Sessions

1. Developmental differences – **family activity #1**
2. Perspective-taking and empathic responding
3. Healthy vs. unhealthy teenage-young child relationships (Part A) – **family activity #2**
4. Healthy vs. unhealthy teenage-young child relationships (Part B)
5. Child sexual abuse facts and legal ramifications – **family activity #3**
6. Why child sexual abuse by adolescents occurs & responsible behaviors for preventing child sexual abuse
7. Responsible behavior with peers – **family activity #4**
8. Being a good bystander or upstander



Session 1: Developmental Differences

Learning Objectives:

- Learn to be more aware of the differences between younger children and teens
- Illustrate how teens differ from younger children in their knowledge, general skills, social skills, self control and emotion regulation
- Understand how these differences may explain a child's behavior

Sample In-Class Activities:

- Role Plays



Session 2: Perspective-Taking and Empathic Responding

Learning Objectives:

- Learn to take the perspective of younger children in common everyday situations
- Develop empathy for younger children's feelings and needs

Sample In-Class Activity:

- Discussion of how to show empathy and interact with younger children in a healthy and responsible way



Session 3: Healthy vs. Unhealthy Teenage-Younger Child Relationships (Part A)

Learning Objectives:

- Be able to define consent and all of its components
- Understand the importance of consent and that children cannot provide consent
- Learn what child sexual abuse is
- Understand the negative impacts of child sexual abuse on victims

Sample In-Class Activity:

- *Consent as Tea* video



Session 4: Healthy vs. Unhealthy Teenage-Young Child Relationships (Part B)

Learning Objectives:

- Understand what specific behaviors constitute child sexual abuse
- Learn how to display healthy and responsible behaviors when interacting with younger children

Sample In-Class Activities:

- Behavior Cards Game



Session 5: CSA Facts and Laws

Learning Objectives:

- Overcome misconceptions about child sexual abuse perpetration
- Reasons teens may perpetrate CSA against a younger child
- Understand the serious legal consequences to those perpetrate child sexual abuse, including teens

Sample In-Class Activity:

- Cross the line



Session 6: Why CSA by Adolescents Occurs and Responsible Behaviors for Preventing CSA

Learning Objectives:

- Be able to recognize the personal, situational, and child factors that can increase the risk of child sexual abuse
- Learn specific ways to keep themselves/younger children safe from CSA

Sample In-Class Activity:

- What would you do?



Session 7: Responsible Behavior with Peers

Learning Objectives:

- Increase awareness of sexually-abusive behaviors among peers
- Understand why these sexual behaviors are harmful to peers
- Identify ways to prevent sexually-abusive behaviors with peers
- Learn how to identify safe adults

Sample In-Class Activity:

- Safe Adult Exercise



Session 8: Being a Good Bystander or Upstander

Learning Objectives:

- Learn how to be a good upstander when witnessing or suspect sexually inappropriate or harmful behaviors with peers and younger children

Sample In-Class Activity:

- Role Plays



RYBC Feasibility Study & Pilot Trial

Phase	Aim
Phase I	Focus groups to obtain program feedback: <ul style="list-style-type: none">- Educators- Parents of middle school students- 7th grade students
Phase II	Presented discrete elements of sessions for student feedback
Phase III	Randomized pilot evaluation in 4 Baltimore City Public Schools



RBYC Pilot Trial Results

Completed a small randomized trial with 150 students in partnership with four Baltimore City Public Schools

Relative to the wait-list controls, children who received RBYC:

1. Demonstrated significantly more accurate knowledge about CSA facts, CSA laws and about sexual consent.
2. Reported significantly higher self-efficacy to prevent or avoid CSA and to prevent or avoid peer sexual harassment.



RBYC: Lessons Learned & Next Steps

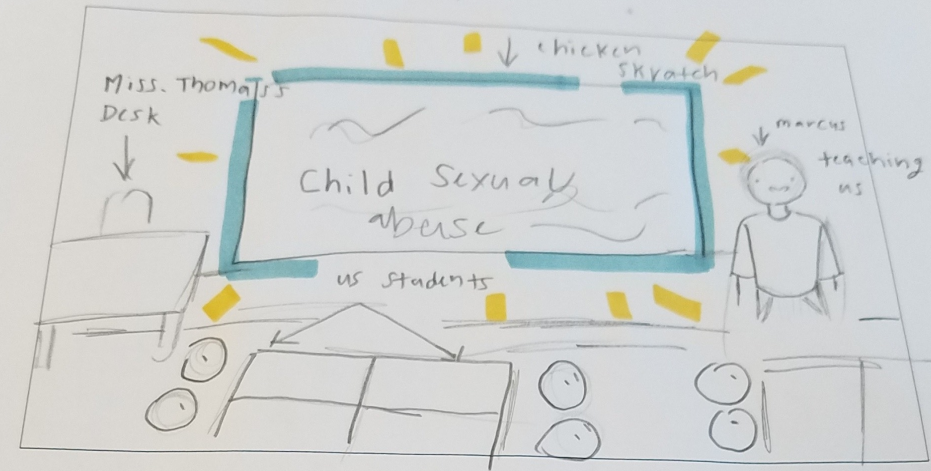
The school district was supportive in part because RBYC met criteria for state health education requirements

School administrators were supportive because we addressed significant concerns about youth problem sexual behavior

Educators were supportive because we provided the intervention and took a challenging yet important issue off their hands



Student Feedback



Dear Marcus,

Thank you for everything! At first, I wasn't really excited for the class, But after you had taught the first lesson, I had enjoyed the lesson and you had made it educational while also fun. Thank you for bringing awareness to me and my class. I hope you get to teach us again sometime.



Questions? Feedback? Ideas?

Contact RBYC co-developers:

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Responsible Behavior with Younger Children Resource Handout

If you or someone you know has experienced abuse or is at risk of being abused:

Baltimore Child Abuse Center
2300 North Charles Street, #400
Baltimore, MD 21218
(410) 396-6147
Baltimorechildabusecenter.org

Childhelp National Child Abuse Hotline
(1-800-422-4453)
www.childhelp.org/hotline

How they can help:

- Provide you with the next steps to get the medical and mental health treatment you or someone else may need
- Information on how to report past abuse or suspected abuse
- Share details about what happens when a report is made

Name of School Contacts: School Name - Phone
Guidance Counselor: Name - Email
Social Worker: Name - Email
Psychologist: Name - Email

In the state of Maryland, some professionals are required to report any suspicions of child sexual abuse. If you decided to share details of a case such as names with these professionals they will be required to make a formal report. Some of these professionals include: Health care providers (e.g., doctors, nurses), mental health professionals, school personnel (e.g., teachers, guidance counselors), police officers, church leadership, and leaders of youth activities (e.g., camps).

If you or someone you know is at immediate danger call 911



Responsible Behavior with Younger Children Resource Handout

Below are additional resources if you or someone you know needs help.

Stop it Now!
www.stopitnow.org

- Click “Get Immediate Help” to contact their Helpline by email or online chat. Or call 1-888-PREVENT
- The website includes helpful resources (e.g., help and guidance and frequently asked questions)

ATSA

<http://www.atsa.com/referral>

- Provides an anonymous referral request form for mental health treatment

24hr Crisis Hotline 1-800-273-8255

If you or someone you know is at immediate danger call 911