

Problematic Sexual Behavior Clinical Safety and Supervision Planning

When conducting clinical assessment of problematic sexual behavior in children and youth (PSB-CY) cases, it is recommended that vulnerability and protective factors be identified through discussions with the family. See our additional handout, *Problematic Sexual Behavior in Children and Youth: Vulnerability and Protective Factors*, for example factors associated with PSB-CY across multiple domains.

The clinical safety and supervision plan is designed to help manage PSB and will include targeting vulnerability factors and utilizing protective factors for support. This resource provides sample questions you can ask to better tailor the clinical safety and supervision plan. Remember, youth are adaptable and family circumstances change. Thus, the plan must account for the child's or teen's development and family situation. Reassess and modify the clinical safety and supervision plan as vulnerability and protective factors change over time. Some questions to consider in this process are provided below.

Parents/Caregivers	Family	Peer and Social Factors	School and Community Factors	Media
<p>What are the parents/caregivers understanding of the child's or teen's PSB?</p> <p>What concerns do the parents/caregivers have?</p> <p>If the impacted child or teen is in the home, how are they doing? What is their sense of safety? What are their needs, concerns, and wishes?</p> <p>Who could listen and provide support to the child or teen around stressful situations?</p> <p>Are there supportive or trusted adults who could help the youth deal with changes, feelings, and frustrations (e.g., social rejection, anxiety or depression, restrictions on access to media)?</p> <p>What are the options for adult supervision of the child or teen in any situation where they would be around other children?</p> <p>What alternatives can be established so that the teen no longer has childcare responsibilities?</p> <p>What is reasonable supervision for this child or teen given their sexual behavior and development (e.g., eyes-on supervision, GPS tracking, required call check-ins)?</p> <p>How well is the child or teen respecting others' boundaries?</p>	<p>Learn about the family's typical interactions and ways of communicating. What are the family's strengths? What are areas that would benefit from support?</p> <p>What changes can be put in place to enhance all the family members' well-being, sense of psychological safety, and physical safety?</p> <p>What efforts could enhance healthy communication among the family members?</p> <p>What supportive home routines could address the child's or teen's mental health needs, such as increased anxiety or depression?</p> <p>Who generally supervises the child or teen after school? At night? On weekends?</p> <p>How often is the child or teen unsupervised, especially after school until a parent/caregiver gets home (e.g., 4-6 pm)? What resources can be put in place to provide appropriate supervision and monitoring?</p>	<p>Learn about the activities the child or teen does with their siblings and friends. What is considered an appropriate activity? What is considered concerning? Where do they usually hang out?</p> <p>What interests, hobbies, and activities does the child or teen have?</p> <p>What peer activities are reasonable and how can they be monitored by trusted adults?</p> <p>Does the child or teen spend a lot of time alone? Do they have few positive peer outlets or relations? Have they experienced any recent peer conflict or rejection?</p> <p>Does the child or teen have a close friend that they can confide in and has shared interests?</p>	<p>Is the school able to monitor and manage the child's or teen's sexual behavior or technology use in order to support participation in academics or athletics?</p> <p>How can the child or teen be supported to make good decisions at school, during activities, at work, or in athletic clubs?</p> <p>What professional support could address any social emotional concerns of the child or teen?</p> <p>What activities and resources are available in the community to promote healthy activities? How is the child or teen monitored during these activities?</p> <p>What safeguards are in place in the school and community to prevent bullying and child sexual abuse?</p> <p>How well is the child or teen respecting others' boundaries?</p>	<p>What types of access to the internet and social media are currently available to the child or teen (e.g., smartphones, tablets, games, computers, and social media apps)?</p> <p>What is the parent's/caregiver's level of understanding of the internet, social media, programs, games, and ways to monitor them?</p> <p>What supports are needed for monitoring or restricting access to pornography websites on the child's or teen's mobile phone and at school (e.g., random checks of cache/cookies, video, or voice calls with images)?</p> <p>What access to technology is available at the school and necessary to complete assignments? How is technology managed at the school?</p> <p>How well is the child or teen respecting others' boundaries?</p>