



Hawaii Assures Nurturing and Involvement





Being an Askable Adult for Sexual Health

SESSION 1-E



Training Agenda

- Hopes and Fears
- Developmental Timeline
- I Believe and `Ohana Protocol
- Adolescent Brain Development
- Being an Approachable Caregiver
- LGBTQ+ Panelist
- Matching Terms
- A Place in the Middle
- Pronoun Practice



Competences & Objectives

- Resource Caregivers will explore their values around sexuality
- Resource Caregivers will understand typical stages of sexual development starting at birth
- Resource Caregivers will be able to use different strategies on how to answer difficult questions
- Resource Caregivers will learn about resources that are available to them



Competences & Objectives

- Resource Caregivers will become more familiar with SOGIE/LGBTQIA terms.
- Resource Caregivers will learn about the importance of why pronouns matters.
- Resource Caregivers will learn ways to support LGBTQIA youth in foster care.



Group Agreement

Assume Good Intentions

Respect and Recognize each other's values, opinions, experiences, and identities

Take care of yourself and each other



HOPES AND FEARS

When I think about teaching children and youth in my care about sexuality, my biggest hope is....

When I think about teaching children and youth in my care about sexuality, my biggest fear is....





Developmental Timeline



Development

General Characteristics

Physical, Emotional/Social, Intellectual

Sexuality, like personality, it is a central and lifelong aspect of being human that encompasses gender, sexual orientation, intimacy, pleasure, sexual behavior and reproduction.





Infant (0-1yr.)

General Characteristics

- Exploring and curious about what's around them with mouth and hands
- Expressive, cries, coos
- Experiences physical milestones such as moving arms, legs, lifting head, reaching/holding objects, rolling, crawling, climbing, exploring food and feeding self, soothes self, eye-hand coordination, grasping objects





Infant (0-1yr.)

Sexual Behaviors/Development

- Sexual behaviors in exploring their own genitals and may like being naked, may experience erection or vaginal lubrication
- Attachment forming with primary caregiver and family
- Separation anxiety





Infant (0-1yr.)

Tips for Caregivers

- Praising milestones
- On-going positive socialization
- Assist with developing physical milestones
- Positive with diaper changing
- Naming all body parts including genitals



Toddler (1-3yrs.)



General Characteristics

- Ongoing curiosity and develops interest, realizing objects exist even if out of site, problem solving, identifying letters/numbers
- Expressive, cries, starts talking, learns about “no”, difficult sharing, being more independent, self-play
- Achieves more physical mobility and urges to climb, crawl, walk on their own, feeds self, toilet training



Toddler (1-3yrs.)



Sexual Behaviors/Development

- Exploring own genitals for pleasure, may experience erection or vaginal lubrication, curiosity of own bodies and bodies of others (play doctor), imitate others, ask where babies come from, beginning to develop gender identification
- Trusting others
- Separation anxiety



Toddler (1-3yrs.)



Tips for caregivers

- Continued praise of milestones
- On-going positive socialization
- Naming body parts for body and function
- Public vs. Private (clothing, behavior, discussion on sexuality)
- Good touch, bad touch





Preschool (3-5yr.)

General Characteristics

- Ongoing development of problem-solving skills, Identifying & writing letters and words
- Understands cause and effect, shows increased attention span, able to name family and friends, engages in conversations, learning concepts/comparison
- More verbal, shares more, interested in gender differences, has friends





Preschool (3-5yr.)

General Characteristics

- High energy, walk/run, jump, balances on one foot, builds things, developing fine muscle control

Sexual Behaviors/Development

- Exploring own genitals for pleasure, may experience erection or vaginal lubrication, curiosity of own bodies and bodies of others (play doctor), imitate others, ask where more specifically about identification, identifying with gender





Preschool (3-5yr.)

Tips for caregivers

- Introduce gender, hygiene, where babies come from (keep it simple)
- On-going positive socialization
- Ongoing discussions on body parts and function
- Ongoing discussion on public vs. private
- Continue conversations on good touch, bad touch (saying no)
- Choices



School Age (5-9yr.)



General Characteristics

- Learning concepts, comparisons, interest in purpose of things and asks “why”, understands concepts of numbers, reasoning
- Sees self as part of family, refining and developing personality, enjoys playing with both self and others, group identity, independence but childish at times, ambivalent to other sex, learns about social norms of gender behaviors



School Age (5-9yr.)



General Characteristics

- Refining coordination and skills (holding pencil, catching/throwing, holding scissors, using utensils, brushing teeth)

Sexual Behaviors/Development

- Intimidation and attention of each other, strengthens identification of same sex caregiver, may prefer socializing with same gender, body exploration, sexually oriented dreams and fantasies may begin, and joking



School Age (5-9yr.)



Tips for caregivers

- Talking about gender differences and similarities
- Read books on sexuality
- Social media and television messages
- Normalizing sexual fantasies and dreams
- Talk about puberty changes
- Discuss inclusive language (recognition of sexual orientation/gender identity)





School Age (9-12 yr.)

General Characteristics

- Enjoys working on projects, uses of creative language and stories, makes jokes
- Peers play a larger role, increased independence, coordination and strength continue to develop, body proportions

Sexual Behaviors/Development

- Dating and liking, strong attachment and feelings develop, shame about their body, anxious about puberty





School Age (9-12 yr.)

Tips for Caregivers

- Teach and explain about puberty
- Talk about developmental changes at different times for everyone
- Discuss physical changes, appropriateness of sexual behaviors
- Be open to discussions about pregnancy, contraceptives, condoms
- Provide messages of self-love, healthy relationship (peer or romantic)





School Age (12-18 yr.)

General Characteristics

- Experiencing growth spurt, puberty, continued coordination and strength (sports, activities), developing body proportions

Sexual Behaviors/Development

- Sexual feelings, dating, ongoing physical changes, mood swings, may want or be engaging in sexual activity, recognizes healthy and unhealthy relationships, strong anxious about body changes





School Age (12-18 yr.)

Tips for caregivers

- Provide resources for them to learn about sexuality
- Learn and discuss topics being shared at school or between peers
- Discuss responsibility in sexual choices and behavior
- Discuss potential risk of sexual relationships (pregnancy, STI, HIV, AIDS)





School Age (12-18 yr.)

Tips for caregivers

- Discuss family values regarding sexual activity and relationships
- Teach ways of expressing intimacy and love
- Discuss how to determine decision on having sexual intercourse (trust, love, age, mutual consent, health, contraception, condoms, etc.)
- Discuss family values and personal expectations



Discussion

- What is something that you learned?
- If someone started puberty early and looked older than their biological age, what could be the impact on their life?
- Are there ages where people are discouraged from talking about sex? How so? What do you think about this?





I Believe & `Ohana Protocol



I Believe

- Establishes baseline of beliefs around a few sexual topics
- Knowing where one stands on particular topics helps to keep communication clear
- Resource caregivers and birth families may have differing beliefs which could affect how children receive communication on particular topics



Activity: I Believe...



`OHANA PROTOCOL

Every family has its own set of values. It is your right and responsibility to share them with your children.

As resource caregivers, it is vital to emphasize the values of **dignity**, **respect**, **safety** and **belonging** to the children and youth in your care.

Who are the people in your family who can communicate these values?



`OHANA PROTOCOL

- Where might there be agreement or disagreement of values and beliefs?
- How would you talk about the difference of ideas in a respectful way?
- What message do I want my growing youth to receive?





Adolescent Brain Development



ADOLESCENT BRAIN DEVELOPMENT



- Brain is developed and affected by all experiences
- Emotional responses come from the part of the brain called “amygdala”.
- Adolescent and teens can rely on the amygdala part of the brain for decision making.
- Adolescent brain is not fully developed until mid 20’s
- Help youth build those skills



Discussion



- How has understanding brain development helped you in your parenting?
- How about in addressing a teens sexual health when talking about tough topics?





Being an Approachable Caregiver



Being an Approachable Caregiver

Goal for parents, resource caregivers, and adults is to speak from an open and accepting communication state

Starting with phrases like,

“What are your thoughts?”

“Tell me more about that...”



Being an Approachable Caregiver

- Help youth develop their decision making process by teaching consent, respect, and healthy boundaries
- Remember that the pre-frontal cortex is the decision making center that allows youth to make logical choices
- Creating safe spaces
- Speaking from an inclusive state
- Being good role models



Tools for Answering Difficult Questions

Pause

“Let me think about that”

Take a breath

Process before responding

Positively Affirm

“That’s a great question, I’m glad you asked me”

“I was curious about that too at your age.”



Tools for Answering Difficult Questions

Ask why

"We've never talking about that, where did you learn that?"

"That's an interesting topic, why do you ask?"

Finding out where the question originates from, helps provide the best response.

Ensure you understand the question

"Help me understand, what do you want to know?"

Helps caregivers answer the question without sharing unnecessary information.



Tools for Answering Difficult Questions

Ask what they know

“Tell me what you learned”

“What do you think sex means?”

Answer simply and honestly

If unsure, create a teaching moment

“I don’t know. Let’s look it up”



Tools for Answering Difficult Questions

- Sexual health and development is an ongoing conversation
- Look and create teaching moments to share with the youth about sexual health and development

If your youth isn't asking questions...

- Use teachable moments: media, movies, news, music
- Talk in the car
- Use “what” if scenarios





SOGIE/LGBTQIA+ 101



Understanding and Supporting Youth

We need to create spaces that are safe and inclusive for ALL youth.
Caregivers that understand sexual orientations and gender identities/expression can honor and affirm the personal identities of the youth in their homes





Child Welfare Services-LGBTQ+ Panelist

What are your thoughts, feelings after hearing from our former youth?

What are some things you heard the young people say they need to feel comfortable and supported?



Child Welfare Services-LGBTQ+ Panelist

- Support connections between you and birth family
- Build and be a part of the supportive team
- Youth want to “feel” that you are in this together with them
- Remember acts of inclusive, love, and kindness sticks with youth even after they leave the foster care.





Matching Terms



ACTIVITY: MATCHING TERMS

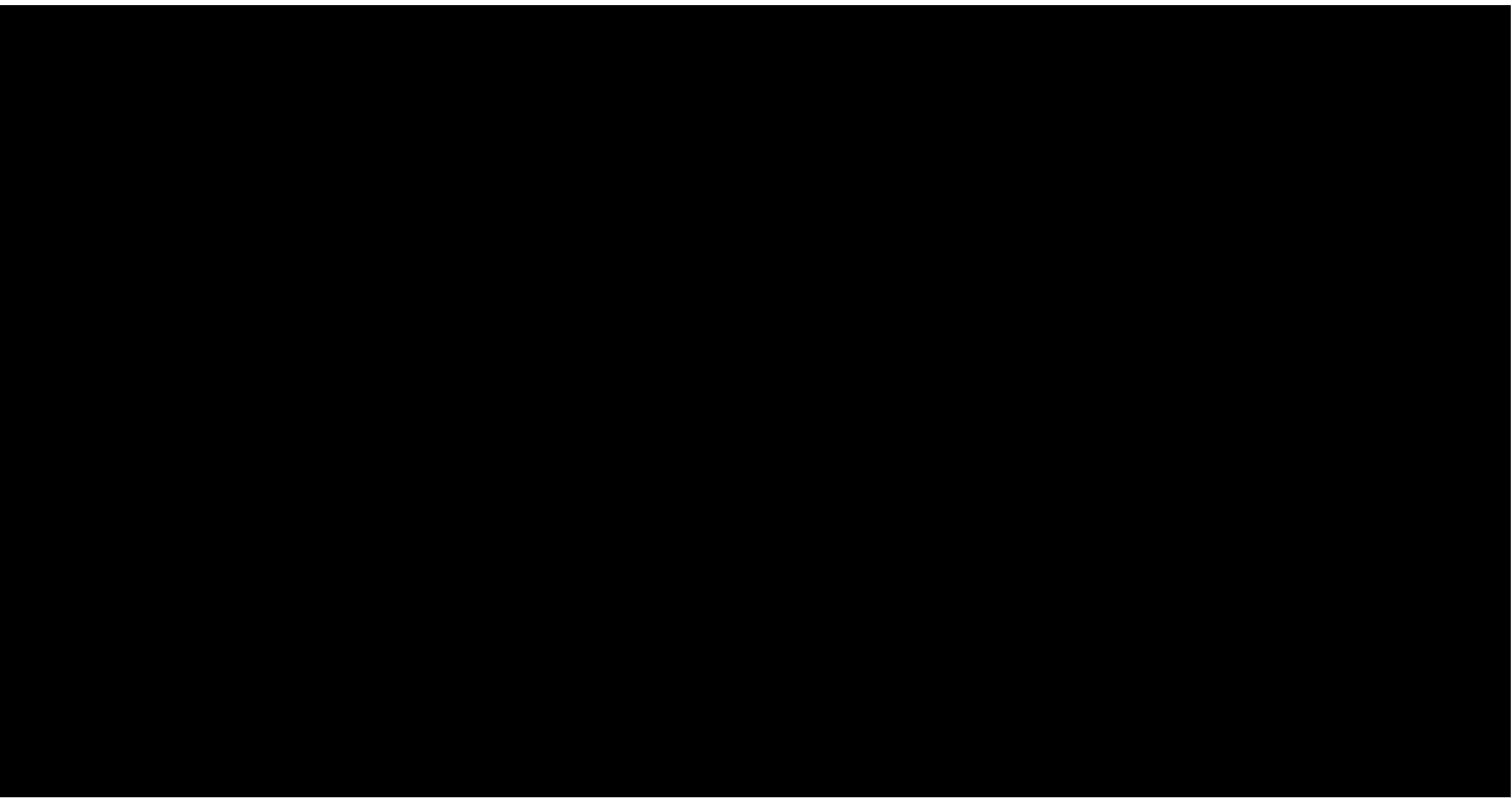


DISCUSSION:

What terms were you familiar with?

What was new to you?





A Place in the Middle

Language matters

Increasing comfort level with terms

Terms are expanding





Pronoun Practice



Gender Pronouns FAQ

What is a pronoun?

- Any word that can replace a noun (I, you, them)

What is a gender pronoun?

- Refers specifically to people that are being talked about (he, she, him, her, them).
- What an individual identifies with



Gender Pronoun FAQ

How should I ask what someone's pronouns are?

- Simply ask "What are you pronouns?" to an individual in private.
- This may be uncomfortable but we don't want to assume

What if I mess up?

- That's okay. Apologize, correct and move on.

Why is it important to respect pronouns?

- You can't tell someone's pronoun by looking a person.
- When someone is mis-gendered, it can make them feel disrespected and dysphoric
- Ignoring people's incorrect pronoun invalidates their identity



Answering Questions & Pronoun Practice

Alex has been in your home for a little over a year and has recently asked that everybody start using they/them pronouns instead of she/her. Alex wants you to help make sure their new teachers at school are using they/them pronouns as well. They ask, “Can you help me to tell my teacher the pronoun I use now?”

How might you help (re)introduce Alex in a way that makes them feel respected and affirmed in their identity at school?



Answering Questions & Pronoun Practice

You are at the doctor's office and the doctor refers to Alex as "she" rather than Alex's preferred pronoun "they".

How can you support Alex in correcting their doctor?



Answering Questions & Pronoun Practice

One of Alex's close friends seems more and more like Alex's significant other. You inquire and Alex comes out to you.

As an askable adult, how could you respond in an affirming way?



Answering Questions & Pronoun Practice

- You can do it
- You are important
- Keep an open mind





Reflection



Reflection

Something I learned to affirm the youth in our care:

Something I will do to provide dignity, belonging, safety, and connection for the youth in my care:



Reflection

How can you build the support system for youth in your care?

Where can caregivers seek additional resources for support?



Questions?



A stylized map of the Hawaiian Islands is centered on a light blue horizontal band. The islands are rendered in a muted, brownish-grey color. The largest island, Hawaii, is on the right side of the band, while the other islands are scattered to its left and slightly above.

Mahalo!



References

- Caring for LGBTQ Children and Youth: *A guide for child welfare providers booklet by Human Rights Campaign*
- CWS LGTQ+ Panel Interview: [Child Welfare Services - LGBTQ+ Panelists Video \(vimeo.com\)](#)
- CWS LGBTQ Policy and Procedure: Department of Human Services
- GLSEN | Pronouns: A Resource
- <https://www.glsen.org/sites/default/files/GLSEN%20Pronouns%20Resource.pdf>
- *IN.clued: Inclusive Health Care – Youth & Providers Empowered*. Appendix 1 – Glossary of Terms. Developed by Planned Parenthood of the Great Northwest and the Hawaiian Islands.

