

Honoring Children, Respectful Ways

Treatment for
American Indian and
Alaska Native Children
with Sexual Behavior
Problems



Honoring Children, Respectful Ways

Culturally Adapting Interventions for American Indian/Alaska Native Children with Sexual Behavior Problems

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Honoring Children, Respectful Ways

Overview of Session

- Process of EBT Adaptation for Indian Country
- Overview of Children with Sexual Behavior Problems
- Community receptivity
 - Shared values and tribal specific consideration
 - Cultural strengths, external barriers, internal obstacles
- Cultural Adaptation of CSBP Treatment Manual
 - Original to adapted model



National Child Traumatic Stress Network

Mission

To raise the standard of care and improve access to services for traumatized children, their families and communities throughout the United States.

Funded by the National Child Traumatic Stress Initiative under SAMHSA.

www.nctsn.org



Indian Country Child Trauma Center (ICCTC)



- Established at the Center on Child Abuse and Neglect (CCAN) in 2003
- A member of the National Child Traumatic Stress Network
- The ICCTC is a Category II Intervention, Development and Evaluation Center funded by SAMHSA



Indian Country Child Trauma Center



Mission

To improve and adapt evidence-based treatments for Native children and adolescents in Indian Country who have experienced traumatic events.



Process of EBT Adaptation for Indian Country



Process of EBT Adaptation for Indian Country

- Training and Treatment Manual Adaptations
- Program Adaptations
- Identification of core concepts of EBT
- Identification of experts or developers on adaptation process



Process of EBT Adaptation for Indian Country

- Identification of Native traditional teachings and concepts
 - Identification of traditional parenting/nurturing/therapeutic practices
 - Identification of ways of teaching and learning
 - Identification of Native cultural worldviews to explain behavior



Process of EBT Adaptation for Indian Country

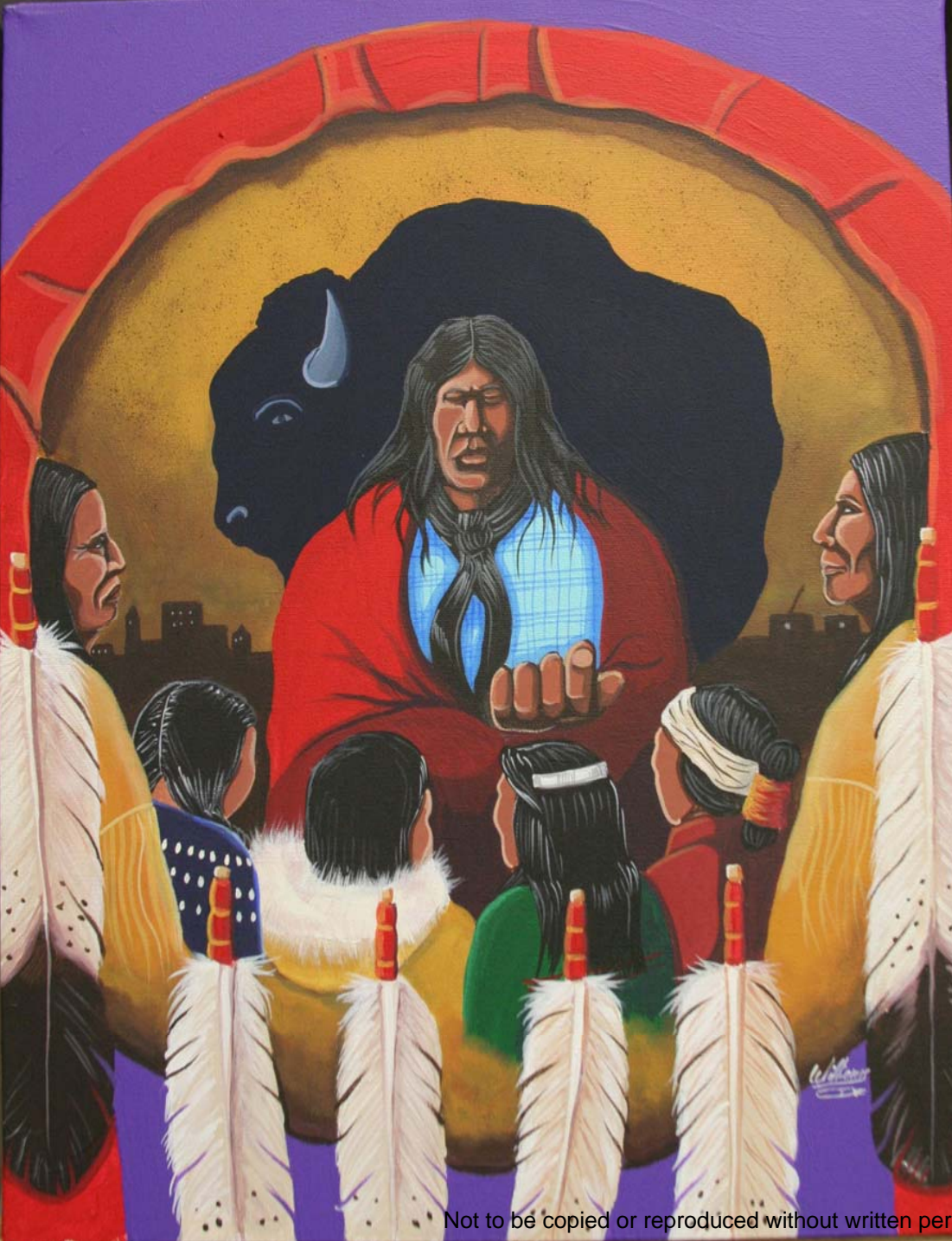
- Utilization of Native cultural consultants
 - On going feedback
- Know the community
- Consider program issues
- Understand the cultural views of healing, harmony, and health



Process of EBT Adaptation for Indian Country

- Training
- Engagement of tribal community
- Support for implementation of “new program”
- External consultation or support





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Treatment for
American Indian/
Alaska Native
Children with Sexual
Behavior Problems

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Goal:

Create a culturally relevant manual for use with Native children and their families for children with sexual behavior problems, integrating Native ways and beliefs

Theme:

Spiritual and Respectful ways



Honoring Children, Respectful Ways Cultural Adaptations for Treatment

Diversity of the Indian Communities

- Settings:
 - Urban
 - Rural
 - Reservations
- Resources available
- Population served
 - Cultural affiliation
 - Acculturation level



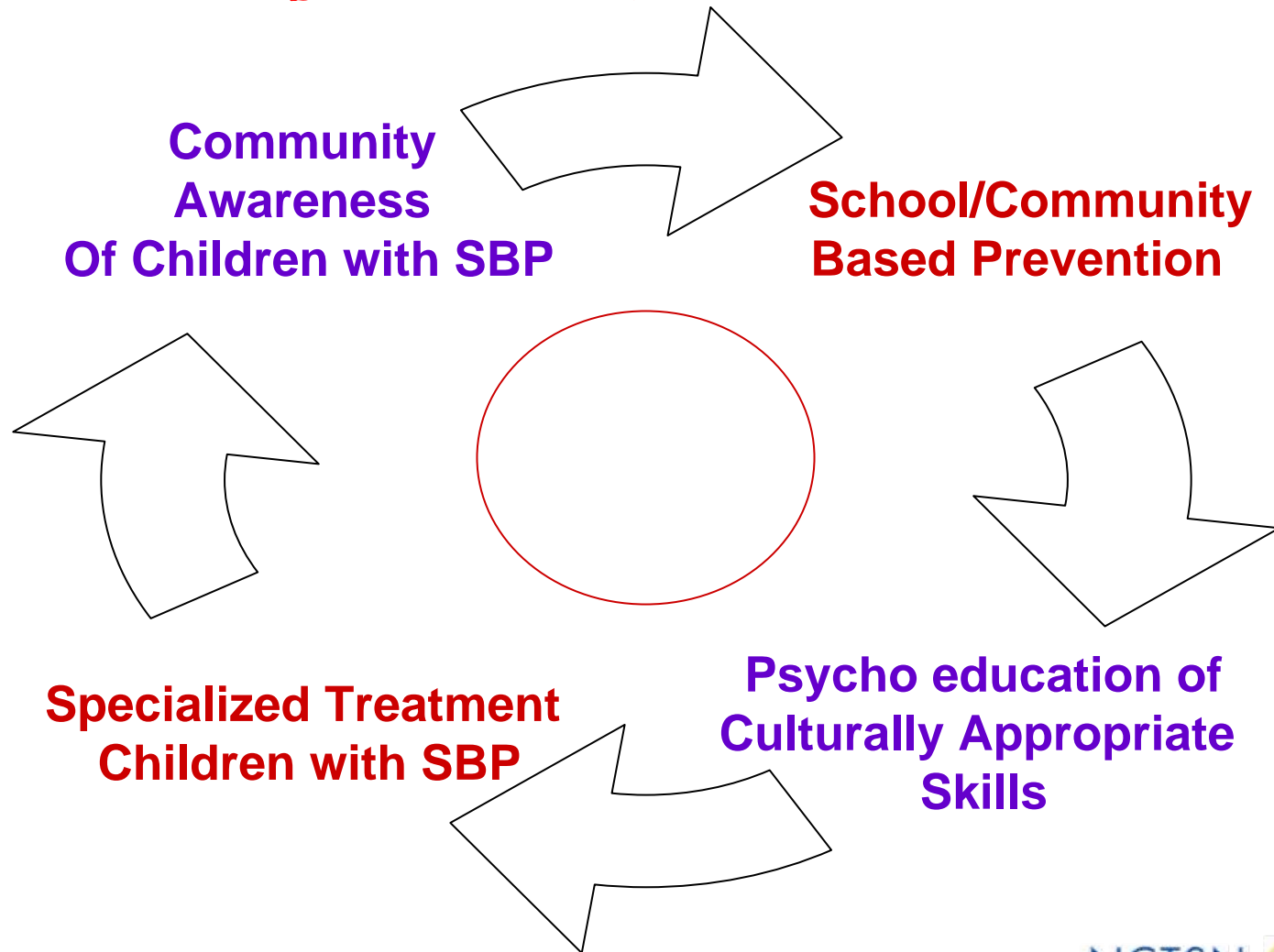
Honoring Children, Respectful Ways Cultural Adaptation of Treatment

- Cultural congruent treatment and training
- Consultants as guides
 - From the 4 directions
- Pilot Trainees in Oklahoma
 - Lessons Learned
- National Team Training
 - Conference Calls
 - Lessons Learned
 - Starting with community awareness and prevention
 - Activities and Experiential Learning for adults



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Stages of Implementation



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Overarching Themes

Original Strategies

- Parenting
- Introductions
- Sexual Behavior Rules
- Feelings and Coping
 - Self-Esteem
- Impulse Control
- Sex Education
- Abuse Prevention
- Social Skills
- Empathy and Apology
- Graduation

Adapted Strategies

- Honoring Children, Respectful Ways
- Respect for Body and Privacy
- Respect for Others
- Respect for Self
- Respect for Traditions
- Respect for Elders
- Respect for Well Being
- Respect for Community
- Respect for All
- Honoring Children, Respectful Ways



Honoring Children, Respectful Ways

Overview of Sexual Behavior Problems (SBP)

- Defining SBP
- Prevalence and incidence
- Development of SBP and co-occurring concerns



Honoring Children, Respectful Ways Typical Sexual Behavior

- Behaviors that involve parts of the body considered to be “private” or “sexual” (e.g., genitals, breasts, buttocks) and that are normally part of growing up for many children and which most experts would not consider to be harmful.
- Influenced by cultural and social factors.



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SBP General Definition

- Sexual behavior problems (SBP) are defined as child(ren)-initiated behaviors that involve sexual body parts (i.e., genitals, anus, buttocks, or breasts) in a manner that is developmentally inappropriate and potentially harmful to themselves or others.

Silovsky & Bonner (2003)



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SBP General Definition

- Children with SBP are defined as youth 12 years and younger.
- Although the term “sexual” is utilized, the intentions and motivations for these behaviors may be unrelated to sexual gratification.



Honoring Children, Respectful Ways Sexual Development in Children

- Sexual development does not occur in a vacuum
- Importance of a holistic understanding of children
- Integrate understanding of development
 - Motor Skills
 - Emotional
 - Cognitive
 - Language
 - Social
- How do these areas of development relate to sexual development?



Honoring Children, Respectful Ways Sexual Development in Childhood

Respectful Approach about Sexual Development Through Education

- Acknowledging few receive information or training on sexual development
 - Area often ignored in parenting books
- Can be difficult to directly talk about
- Integrated education helps connect with what already know



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Sexual Play is...

...Exploratory

...Spontaneous

...Intermittent

...By mutual agreement

...With child of similar age, size, development

...Not accompanied by anger, fear, strong anxiety

(Bonner, 1999)



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Long-term Implication of Sexual Play

Retrospective Research

- Sex play common
- Most never known by parents
- Many encounters between children of the same gender
- If true sex play (e.g., same age, no force/no aggression) then seen positive or neutral
- Not related to adult sexual orientation



Honoring Children, Respectful Ways Guidelines for Sexual Behavior Problems

Sexual behavior problems, if:

- ~ Intrusive, rare sexual behaviors
- ~ Greater frequency or duration than developmentally expected
- ~ Coercive or aggressive and/or
- ~ Between children of significantly divergent ages/developmental abilities



Honoring Children, Respectful Ways Guidelines for Sexual Behavior Problems

Sexual behavior problems, if:

- ~ Potentially harmful to the child or others
- ~ Frequency excludes normal childhood activities
- ~ Do not decrease with typically effective parenting strategies
- ~ Elicits fear and anxiety in other children

Johnson (1998), Bonner (1995)



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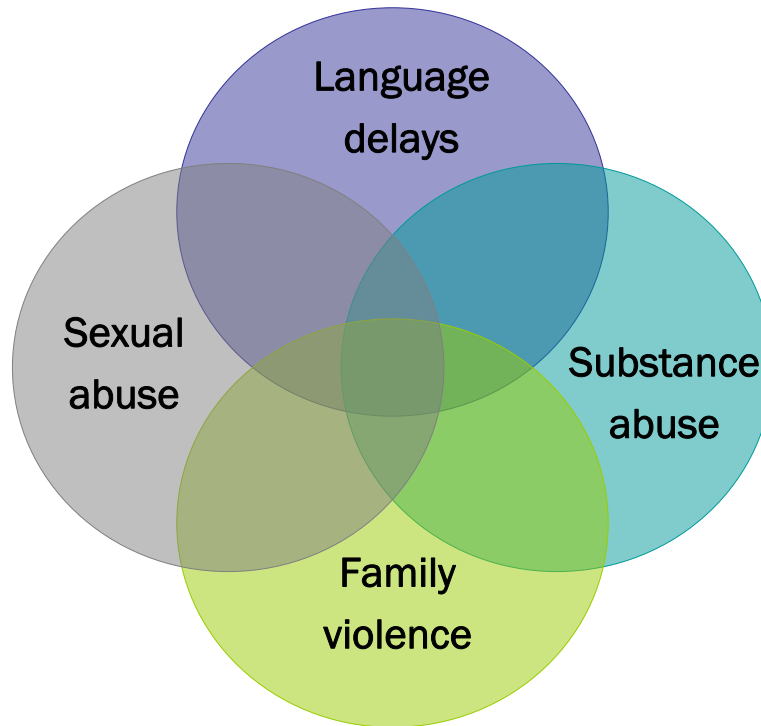
Prevalence and Incidence

- No national figures available on the number of children with sexual behavior problems
- Last decade seen an increase in number of children referred to CPS, juvenile services, and treatment
- Unsure if this represents an actual increase in behaviors or increase in awareness and reporting
- Area of important future research – need federal funding



Origins of SBP

Child Vulnerabilities



Modeling of Sexuality

Family Adversity

Modeling of Coercion

Fredrich, Davis, et al, 2003



Supportive and Protective Factors



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Common Characteristics of Children with SBP

- **Sexual Behavior Problems**
- **Other Behavior Problems**
- **Internalizing Symptoms**
- **Limited Coping**
- **Social Problems**
- **Parent-Child Relationship Strain**
 - Parental stress
- **Home/Community Environment**
- **Risk for future victimization**



Honoring Children, Respectful Ways Effective Treatment Components for SBP

- Caregiver direct involvement in treatment
- Behavior Parent-training:
 - Relationship building/play skills
 - Selective attention
 - Consequences for misbehavior
 - Praise
 - Time-out
- Skill building:
 - Feeling Identification
 - Coping Skills
 - Problem Solving
- Outpatient
- Short-term
- Group and family



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Community Receptivity

- ~ Shared values and tribal specific consideration
- ~ Cultural strengths, external barriers, and internal obstacles



Honoring Children, Respectful Ways Community Receptivity

What about Sexual Behavior Problems among
American Indian/Alaska Native Communities?

What do we know...

How do we identify problematic sexual behavior of
children...

What resources are in the community for
children's sexual behavior problems?



Honoring Children, Respectful Ways Identifying SBP in the Community

- How comfortable have/will your families been/be when addressing sexual abuse, sex education, sexual body parts, or sexuality?
- Have children in your community been referred to your facility due to SBP?
- How does/will your community perceive SBP in children?



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Contemporary American Indian/Alaska Natives

- Approximately **2.5 million** self-identified AI/AN in the 2000 Census
- Approximately **4.1 million** AI/AN identified as one or in combination with one or more races
- **38%** of the AI/AN population is **under the age of 18**
- **9%** of the population is **under the age of 5**



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Contemporary American Indian/Alaska Natives

Impact of trauma on AI/AN child-rearing

- ~ Changes in traditional practices due to historical events
- ~ Changes in tribal specific cultural practices due to acculturation
- ~ Assimilation strategies
 - Education in boarding schools
 - Christianization



Honoring Children, Respectful Ways Traditional Values

“American Indian traditional values consists of sharing, cooperation, noninterference, being, family and tribe, harmony with nature, a time orientation toward living in the present, preference for explanation of a natural phenomena with the supernatural and a deep respect for elders.”



JT Garrett & Michael Tlanusta Garrett

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Contemporary American Indian/Alaska Natives

Cultural Diversity:

- Identification and Affiliation
- Languages spoken
- Values and Beliefs

AI/AN

Sharing
Cooperation
Being
Group
Harmony with Nature
Present
Respect for Elders

Western

Saving
Competition
Doing
Individual
Mastery over Nature
Future
Value Youth



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Shared Spiritual Values

- ❖ Respect for children and elders
- ❖ Respect for All: All my relations
- ❖ Importance of extended family
- ❖ Importance of nature
- ❖ Use of stories, drums, songs, dance
- ❖ Importance of visual representations

Eagle feather ~ Circle of life ~ Colors



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Tribal Specific Considerations

- Clans, Bands, Societies, and Lodges
- Importance of specific animals, food, and natural elements
- Creation stories and songs
- Dress, food, living dwellings
- Spiritual and diverse beliefs and customs
- Ceremonies/rituals
- Language and dialects



Honoring Children, Respectful Ways Community Receptivity

Cultural Strengths,
External Barriers, &
Internal Obstacles



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Establishing a New Program in AI/AN Communities

Cultural strengths

Extended family
Tribal language
Spirituality
Humor
Music
Dance
Art
Silence

Traditional Values,
Beliefs, Customs
Well-being
Holistic view of health
Prayer
Clanship
Storytelling
Respectability



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Establishing a New Program in AI/AN Communities

External Barriers to Outside Assistance introduced to Indian Country:

- * Lack of cultural knowledge and sensitivity
- * Language barriers
- * Distrust/ lack of confidence
- * Attitude of superiority; prejudice
- * Time-limited services
- * Questionable quality of services offered



Honoring Children, Respectful Ways Internal Obstacles to Services Available

Obstacles that deter tribal members from seeking assistance:

- Confidentiality
- Lack of consistency
- Lack of professionals with specialized training
- Territoriality
- Tribal/agency politics



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Community Receptivity

Understanding sexual abuse in Indian Country

Historical issues: Historical Trauma
Boarding Schools
Relocation

Social problems: Stigma of abuse/offender
Reporting issues
Denial of problem

Political concerns: Tribal administration support
Lack of treatment
Lack of available resources



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Cultural Adaptation of CSBP Treatment Manual

Comparing original to adapted model



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Overview of Treatment Manual

Original Chapters

- Orientation
- Guidelines for Caregivers' Group
- Guidelines for Children's Group
 - Developmental considerations
- Caregivers Sessions
- Children Sessions
- Caregiver-Child Sessions

Adapted Chapters

- Development of the Program
- Honoring Children
- Children with Sexual Behavior Problems
- Shared Spiritual Values and Tribal Specific Considerations
- Engaging the Community
- Assessment of SBP
- Establishing the Program
 - Group Program
 - Family and Individual Services
 - Service Providers



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Overview of Training Manual

Adapted Chapters (Continued)

- Learning Styles
- Developmental Considerations
- Program Format and Implementation
 - Overview of Format
 - Guiding Children through Sessions
 - Caregivers' Group
- Treatment Modules



Honoring Children, Respectful Ways Cultural Adaptation

Do with Respect of Sacredness and with Permission

- Storytelling
- Ceremonies across the lifespan
- Healing ceremonies and Spirituality
- Indirect teaching
- Humor
- Watching actions not just listening to words
- Doing, Activities meaningful, not disrespectful
- Recognizing impact of history



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Format for Sessions

Original Strategies

- Child and Caregiver Groups start separate (except once a month)
- Check-in
- Review of last week
- Module focused activity
- Reinforce following rules (beads or checks)
- Check knowledge (school-age)
- Caregivers join (preschool)

Family Activity



Adapted Strategies

- **Gathering with family**
- **Welcoming of families**
- **Connection Activity**
 - Child and Caregivers separate
- **Module focused Activity**
- **Closing activity with Children**
- **Family Activity**
- **Closing Ceremony**

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Guiding Children through Group Sessions

Original Strategies

- Structure, consistency, predictability
- Interesting, developmentally appropriate activities
- Praise and use of Bead Jar, Check marks
- Remembering and reinforcing sessions: Necklace
- Special helper or Group Leader

Adapted Strategies

- **RESPECT Theme**
- **Structure, consistency, predictability**
- **Culturally relevant, interesting, and developmentally appropriate activities**
- **Acknowledging, praising, and reinforcing respectful behavior**
 - Bead Jar
 - Shield, Life Stick, or Necklace
- **Talking circle format**
 - Talking sticks



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Treatment Modules

- Honoring Children, Respectful Ways
- Respect for Body and Privacy
- Respect for Others
- Respect for Self
- Respect for Traditions
- Respect for Elders
- Respect for Well Being
- Respect for Community
- Respect for All
- Honoring Children, Respectful Ways
- Welcome and Introduction
- Knowledge about Rules, Body, Feelings, and Development
- Boundaries
- Healing from Trauma, Coping
- Self Identity and Self Esteem
- Self control and Discipline
- Healthy understanding of intimacy and body, prevention
- Social relationships
- Apology, Amends, Empathy
- Graduation



Honoring Children, Respectful Ways

Number of Sessions for Each Module

- Intensity of services
 - Prevention or intervention
- Assessed areas of strengths and needs of children
- Developmental level of children
- Barriers to services
- Home activities – ask about next session



Honoring Children, Respectful Ways

Introduction

Children are part of our Creator. You have been given the honor by the Creator to guide the children and help them grow. Entrust in them. They are a blessing. Instill values of respect, wisdom, compassion, humility, generosity, and courage.

- HC, RW Consultants



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Welcoming Activity

- Welcome and Introduction
 - May consider asking Elder, Spiritual Leader, Traditional Healer, Medicine Man to welcome
- Present overall goals of the program
 - Learning about Honor and Respect in the family and with each other
- Introduce framework of the program
 - Structure and logistics



Honoring Children, Respectful Ways Adaptation Considerations

- Consider the families and communities preferred approaches to teaching and learning about matters of privacy, intimacy, and sexual behavior.
 - Not only for the Welcoming and Introduction session, but throughout the program
- Parent-child interactions in session may be more reserved than how are at home, particularly early in treatment



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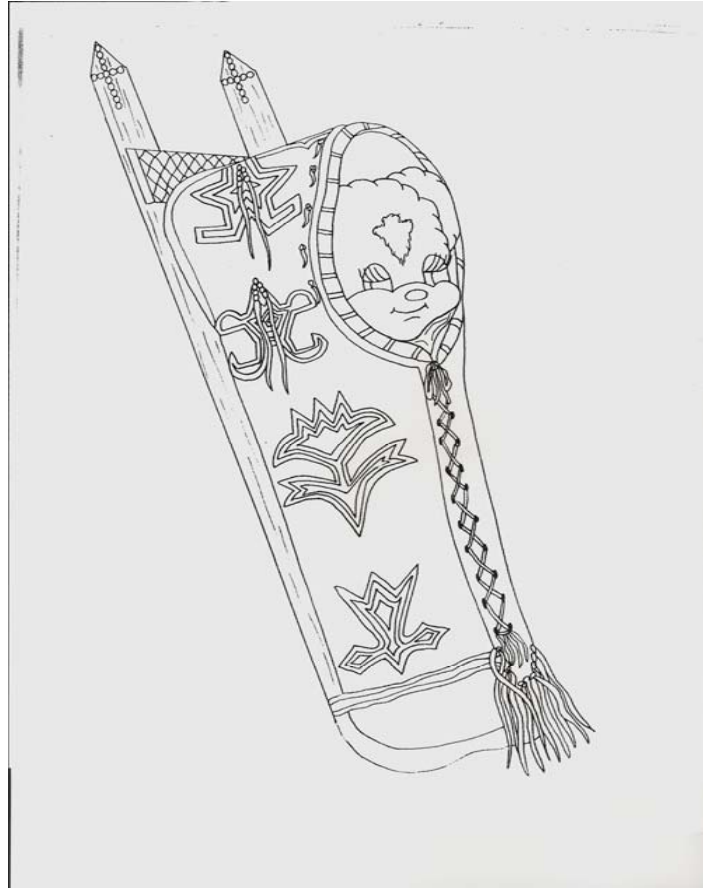
Introduction Session

- Welcoming Activity
- Self-Introductions – build trust
- Provide food
- Confidentiality
- Story
- Introduction/ Ice Breaker activities



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Cultural Activity: Making a Cradle Board



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Protect our children

Every new generation faces the difficult job of raising its children. Though we live in a time different from our ancestors, we have the same responsibilities as they did. We must nurture and protect our children, help them learn society's beliefs and values, and teach them skills they will need to live as adults.

Lakota Oyate Wakanyeja Owicakiyapi
Traditional Lakota Parenting Program



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Cultural Activity: Storytelling

- Storytelling is a cultural way to teach about the importance of taking good care of our children, and about respect. Storytelling is a way of learning about traditional ways.
 - Coloring pictures of traditional activities with younger children is another way to tell stories.
 - Telling animal stories, “how” stories - many tribes have teaching stories of how animals, including humans, have been given their physical traits and what is valued in life.



Honoring Children, Respectful Ways

Treatment Modules

- Honoring Children, Respectful Ways
- **Respect for Body and Privacy**
- Respect for Others
- Respect for Self
- Respect for Traditions
- Respect for Elders
- Respect for Well Being
- Respect for Community
- Respect for All
- Honoring Children, Respectful Ways
- Welcome and Introduction
- **Knowledge about Rules, Body, Feelings, and Development**
- Boundaries
- Healing from Trauma, Coping
- Self Identity and Self Esteem
- Self control and Discipline
- Healthy intimacy
- Social relationships
- Apology, Amends, Empathy
- Graduation



Honoring Children, Respectful Ways Respect for Body and Privacy

“Our body is sacred.”

HC, RW Consultants

Respect the privacy and personal space of others. Do not touch the personal property of others, especially sacred objects. This is forbidden.

Good Red Road Newsletter



Honoring Children, Respectful Ways

Respect for Body and Privacy

- Caregivers group
 - Typical sexual development
 - Link to what they already know about children and development
 - Use of Fact Sheets
 - Identifying sexual behavior problems
 - How do these problems develop and persist
 - How to prevent SBP



Honoring Children, Respectful Ways

Respect for Privacy

Sexual Behavior Rules (School-Age)

- It is not ok to touch other people's private parts.
- It is not ok to show private parts.
- It is not ok for other people to touch your private parts.
- It is ok to touch your private parts in private.
- It's not ok to make other's feel uncomfortable with your sexual language or behavior.

Adapted from Bonner, Walker, & Berliner (1995)



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Respect for Privacy

Private Parts Rules (Preschool)

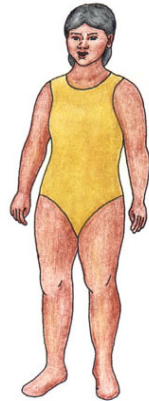
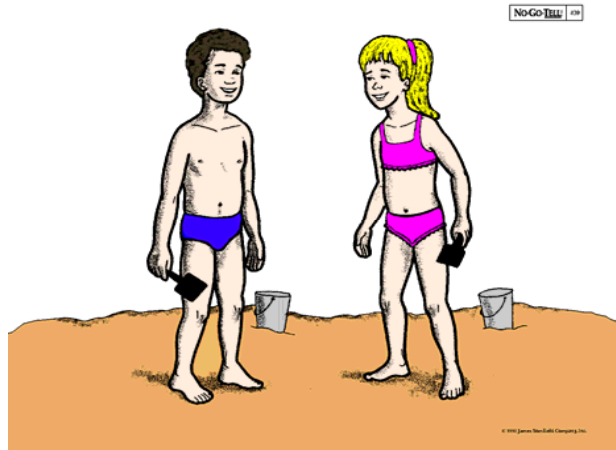
- No touching other people's private parts.
- No other people touching your private parts.
- No showing private parts to other people.
- No touching your own private parts when others are there.
- Touching your own private parts when you are alone is ok.

Silovsky & Niec (1998)



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Respect for Body



Old Picture

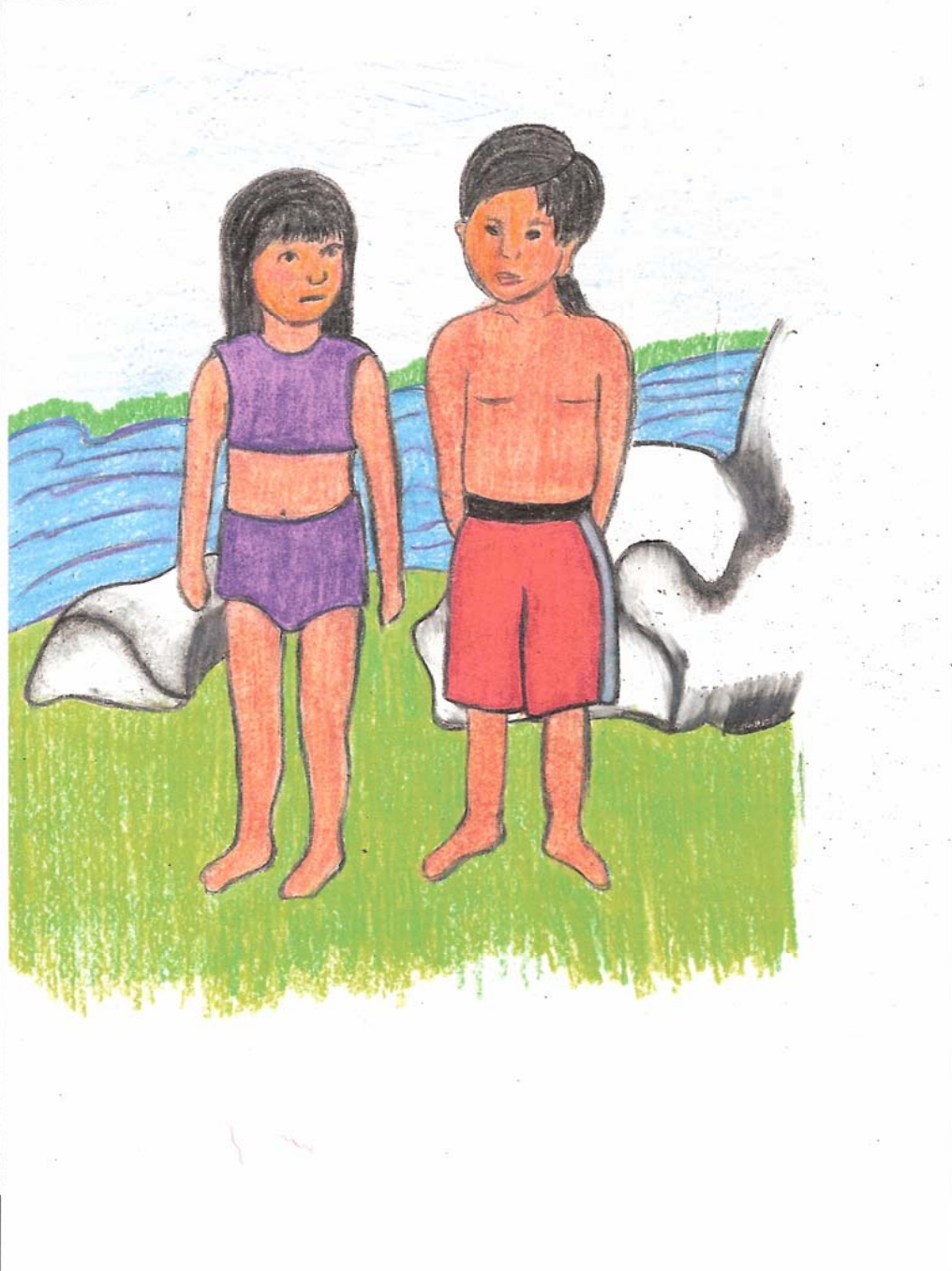
- Not Native children
- Bathing attire not typical

New Picture (To be created)

- Native children
- Boy wear longer shorts
- Girl maybe wear one piece bathing suit
- Natural location (such as by a river)



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Respect for Body and Privacy: Caregivers Group

- Origins
 - Sexual abuse
 - Sexual stimuli, every day media
 - Violence, Trauma, Neglect
 - How responded to
 - Impulsivity
- Can help even if don't know exact cause
- If ongoing sexual abuse suspected, must stop



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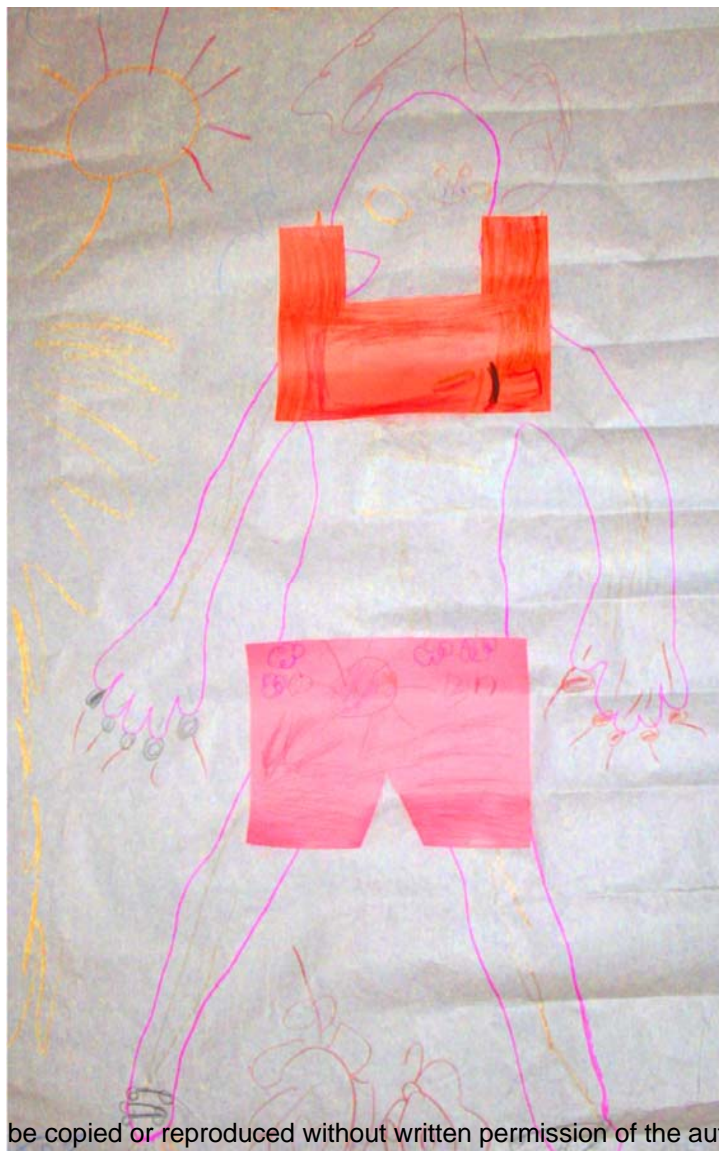
Respect for Body and Privacy: Children's Group

- Knowledge needed for **respect**
 - Know their **body**
 - Know their **feelings**
 - Identify feelings in themselves
 - Know what **private parts** are
 - “Private Parts”, Parts bathing suit covers
 - Tribal language for private parts
 - Know the **rules** and the **exceptions**



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Children's Group Activity for "Private Parts"



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Respect for Body and Privacy: Family Time

- Children teach the caregivers the rules
- Basic abuse prevention
 - Who to tell and how to tell
- Family Activities:
 - Basket making activity
 - Cherokee Basket Story
 - Imperfections accepted and made strengths
 - Coloring traditional family activity scene



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Treatment Modules

- HC, Respectful Ways
- Respect for Body and Privacy
- Respect for Others
- Respect for Self
- Respect for Traditions
- Respect for Elders
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Cultural Activity: Shield



NCTSN



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Cultural Activity: Soap Stone Carving



Honoring Children, Respectful Ways

Cultural Activity: Making Cornhusk/Cattail Dolls



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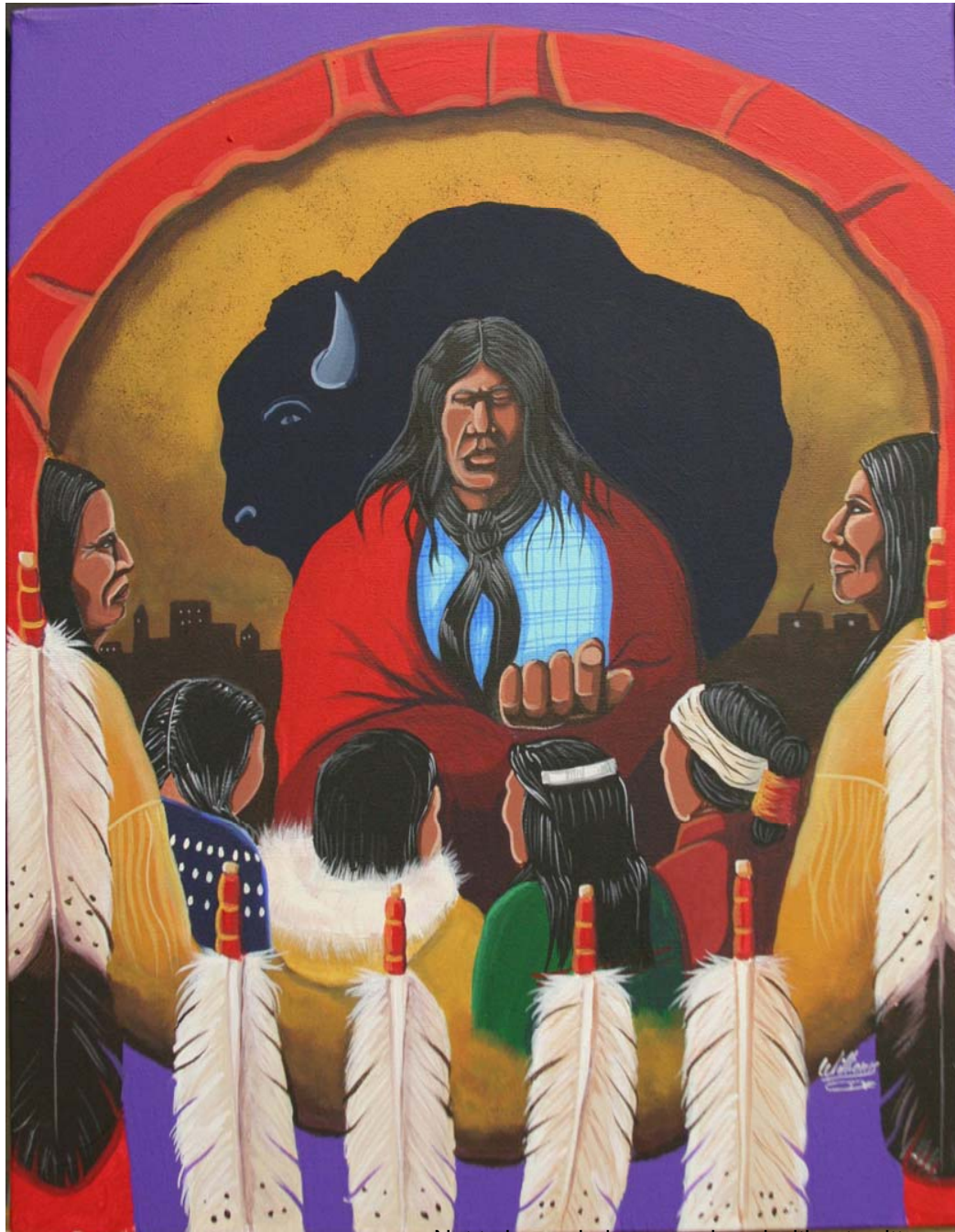
Cultural Activity: Animal Puppets



Children are Sacred

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