Did you know?

**lessons from the research**

- Many children with problematic sexual behavior (PSB) have not been sexually abused.
- With appropriate treatment and careful supervision, most children with PSB can live safely with other children.
- Outpatient treatment can be successful for most children with PSB.
- Most children with PSB do not continue these behaviors into adolescence and adulthood.
- Low recidivism rate (2%) found in 10-year follow-up study of youth who completed the group program from the same PSB-CBT model.

*adapted from ncsby.org, where you can learn more about problematic sexual behavior*

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We offer trainings on Understanding and Responding to Children’s Sexual Behaviors for professionals and community organizations.

For more information about CAC services for problematic sexual behavior or to make a referral, please contact:

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Director of Mental Health & Advocacy
617.779.2139
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www.suffolkcac.org

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PROBLEMATIC SEXUAL BEHAVIOR PROGRAM

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Children’s Advocacy Center of Suffolk County
989 Commonwealth Avenue
Boston, MA 02215
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This project was supported by the Massachusetts Office for Victim Assistance through a Victims of Crime Act of 1984 (VOCA) grant from the Office of Victims of Crime, Office of Justice Programs, US Department of Justice.

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Healing Starts Here
While sexual exploration and play are a natural part of childhood sexual development, some children’s sexual behavior indicates more than harmless curiosity and requires specialized intervention.

When sexual behaviors pose a risk to the safety or well-being of the child and other children, it is imperative for families and communities to step in and intervene through proper identification, support, treatment, and intervention.

**Problematic Sexual Behavior – Cognitive Behavioral Therapy (PSB-CBT)**

The CAC now utilizes the University of Oklahoma’s evidence-based treatment model for Problematic Sexual Behavior (PSB-CBT). This model aims to eliminate problematic sexual behaviors and improve prosocial behavior and adjustment in children, while reducing stress and enhancing skills in parents and other caregivers.

**About the program:**
- Offered to school-age children (ages 7-12, approximately) and tailored to fit their needs
- Offered at no cost to families
- Transportation assistance available at no cost to families

**The Model**
**Ages 7-12 years**

Approximately sixteen 60-90 minute weekly sessions, for child and caregiver to address:
- Supervision and safety
- Parenting strategies
- Rules about sexual behavior and boundaries
- Affective and cognitive coping skills
- Self-control strategies
- Social skills
- Abuse prevention
- Sexual education
- Empathy and impact of behavior on others

Graduation from the program is based on child and caregiver’s progress in improved behavior and skills.

Visit the CAC at: www.suffolkcac.org