

# Healthy Sexual Development in Childhood and Adolescence

## **Program Description**

Do you work with parents who struggle to have healthy conversations with their children about sex? Do these parents come to you with questions about their child's sexual behavior, and do you know how to respond and help them?

In this series, you will learn about normal sexual development throughout the span of childhood (early childhood, school age, and adolescence), what behaviors are typical, and when treatment is needed to address concerning sexual behavior.

This workshop will provide tips for clinicians working with children and families around this topic, with a focus on promoting healthy sexual development while promoting sexual safety.

## **Learning Objectives**

Upon completion of this workshop, participants should be able to:

- Identify two sexual developmental milestones in early childhood, school age, and adolescence.
- In a skills practice, demonstrate the ability to provide psychoeducation to caregivers about normal sexual development in children and youth.
- Identify at least three warning signs that a child's sexual development is off track
- Name at least one specialized treatment option when a child has concerning sexualized behaviors.
- Describe the importance of sexual safety and can list at least three sexual safety rules.

## **Target Audience**

Mental health clinicians and anyone interested in this topic.

## **Contact Hours**

6.0 contact hours. *This is a series of two courses, at three hours each, for a total of six contact hours.*

## **Program Agenda, Course 1: Sexual Development in Early Childhood & School Age**

9:00 AM – 9:20 AM	Overview: Development in Early Childhood and School Age
9:20 AM – 10:20 AM	Normal Sexual Development in Early Childhood & School Age
10:20 AM – 10:35 AM	Continuum of Sexual Behaviors
10:35 AM– 10:50 AM	Break
10:50 AM – 11:00 AM	Activity: Is This Behavior Normal?
11:00 AM – 11:20 AM	Specialized Treatment Resources
11:20 AM – 11:40 AM	Promoting Sexual Safety
11:40 AM – 12:15 PM	Skills Practice & Debrief
12:15 pm	Adjourn

## **Program Agenda, Course 2: Sexual Development in Adolescence**

9:00 AM – 9:20 AM	Overview: Development in Adolescence
9:20 AM – 10:00 AM	Stages of Adolescent Sexual Development
10:00 AM – 10:10 AM	Sexual Activity: How Common is It?
10:10 AM – 10:30 AM	Promoting Healthy Sexual Development

10:30 AM – 10:45 AM	Break
10:45 AM - 11:00 AM	Activity: Is This Behavior Normal?
11:00 AM – 11:20 AM	Promoting Sexual Safety in Adolescence
11:20 AM – 11:40 AM	Key Recommendations for Clinicians
11:40 AM – 12:15 PM	Skills Practice & Debrief
12:15 PM	Adjourn

**Faculty**

**Tonia Deese, MSW, LCSW**

A dedicated clinician, social worker, and advocate, Tonia Deese works with communities and organizations to create positive outcomes for families and children. Tonia is currently a Clinical Assistant Professor at UNC-Chapel Hill School of Social Work.

Tonia worked in direct practice in a variety of settings including residential treatment, disability services, child welfare, and mental health. In each setting, her focus was the same—working with families to identify their strengths and developing tailored plans to meet their needs. She provided clinical services that pushed families to achieve their goals while challenging patterns getting in the way of their progress.

Tonia joined UNC School of Social Work in 2013, where she became a lead trainer, curriculum developer and writer for the Family & Children's Resource Program (FCRP). She trains a variety of topics including trauma, attachment, child development, mental health, sexual abuse, engaging families, and many others. She focuses on translating research into tangible skills staff can quickly apply to their daily practice. Her special interests are the Indian Child Welfare Act, family systems theory, primary and secondary trauma, and the impact of culture on family outcomes.

Tonia obtained her Bachelor of Arts in Psychology, Master of Social Work, and certificate in Non-profit Management from the University of North Carolina at Chapel Hill. During her MSW studies, she was a Child Welfare Education Collaborative Scholar with a blended focus on direct and community practice.