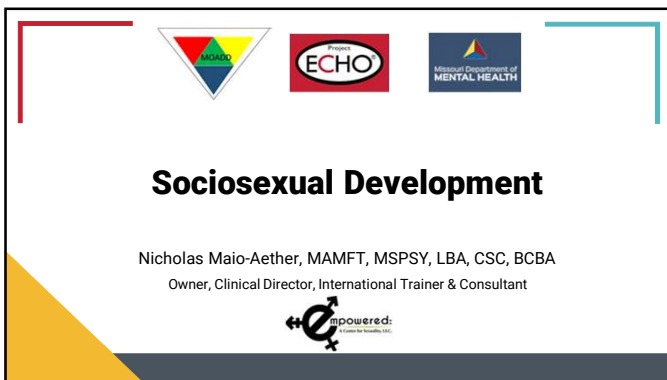
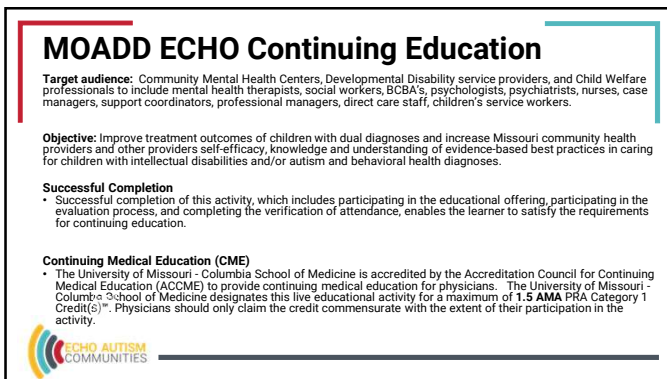




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MOADD ECHO Disclosures

Relevant Financial Relationship Disclosures

Current ACCME (Accreditation Council for Continuing Medical Education) rules state that participants in CE activities should be made aware of any relevant affiliation or financial interest in the previous 24 months that may affect the planning of an educational activity or a speaker's presentation(s). Each planning committee member and speaker has been requested to complete a financial relationship reporting form for the **Missouri Alliance for Dual Diagnosis ECHO (Extension for Community Healthcare Outcomes Series)**.

Speaker Disclosures:


- Kristin Sohl, MD receives research support from Cognoa Behavior Health and is a medical science collaborator for Quadrant Biosciences. **All relevant financial relationships for the presenter have been mitigated.**
- **No other speaker or planning committee member has a relevant financial interest**



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About This Presentation...


- Talk of a subjective but important concept – Social Validity
- Frank Discussion
 - Actual terms for "Private Parts" and sex acts
 - Realistic address of youth sexuality
- Information that counters commonly accepted myths about our social systems
- No nudity today -- sorry, y'all!
- No direct intervention methods; this is more like a literature review



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About the Presenter


- **Sexual Behavior Analyst | LGBTQIA+ Family Systems Specialist**
 - M/SPSY – MS/General Psychology (2011)
 - Postgrad in ABA (Chicago School, 2012-13)
- **BCBA/LBA since 2013 and IBA since 2023**
 - Practicum and Start at ESMW in 2012 – additional Sex Therapy practicum completed
- **Owner of Empowered since 2015**
- **AASECT-Certified Sexuality Counselor (CSC)**
 - Bylaws Chair
 - Career Mentor
- **MAMFT and LGBTQIA+ Specialist Certificate in 2021**
 - Eligible for Provisional Licensure in MO after having completed MFT practicum
- **Codirector of the Certified Behavioral Sexologist (CBS) Certification Program** with Study Notes ABA



6

Quick Vocab!


- **Sex**
 - Chromosomal/Phenotypic determinant of male, female, intersex
- **Gender**
 - Social construct in which behaviors are linked to concepts of masculine, feminine, or non-binary
- **Assigned Sex at Birth**
 - The determined sex, based upon genitals and/or chromosomes, at birth
- **Assigned Gender at Birth (Siegel, 2021)**
 - The instantaneous expectation-setting surrounding behaviors and preferences, correlated to Assigned Sex; an aspect of *Gendering*



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Birth to Early Childhood


- **Gendering (Saygan & Uludagli, 2021)**
 - Gender stereotypes are linked to Assigned Sex at Birth, essentially creating Assigned Gender at Birth
 - These inform expectations:
 - What the child should like
 - How the child should dress
 - How the child should respond emotionally
 - How the child should speak
 - Which areas of social functioning the child should be expected to engage in
 - *Items and activities become gendered in this process, too*



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Birth to Early Childhood


- Exploration is natural and occurs with all children as they learn about the world, incl. their bodies and quite often, those of their age-related-peers (Reinisch, 1990).
- Emphasis on sexual parts (i.e., vagina, anus, or penis) is common – feels good (Spiro, 1965).



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Birth to Early Childhood


- Teaching sexual parts as natural and normalizing with other parts reduces potential maladaptive classic Attention-Seeking through sexual bxs because *these can't really serve that function.*
- Trying to prevent exploration is typically ineffective and can instill values that may lower the child's self-esteem or love of their body (Taverner, 2014, citing Vogelaar, 1999).



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Older Kids (aged 6-9)


- Exploration phase ends circa 4-6; may go as late as 9; Kids begin to value the privacy of their private parts (Rathus, et al., 2011)
- Accidentally accessing pornography online in childhood *may* alter timeline of sexual behaviors (Hornor, 2020); consider the type of porn and the context of the familial and friendship situations, including openness about factual sexual information, as potential factors (SIECUS, 2021)



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Older Kids (aged 6-9) & Tweens (10-12)


- Puberty brings sexual hormones that cause a new type of arousal (Rathus, et al., 2011)
- Many/most kids have same-sex experiences (Guttmacher, 2009) and this is increasing (Savin-Williams, 2014).
 - Does not imply LGBTQIA (Kort, 2019; Reinisch, 1990)
 - Is more about sharing in a learning experience prior to opening up to more



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Tweens (aged 10-12)


- Sexual attractions and greater understanding of gender develop
 - Often confusing and self-shameful if not heteronormative (Nadal, et al., 2013).
 - Suicide for unsupported LGBTQIA youth is upwards of 300% more likely than their peers; this increases further if they are on the Autism Spectrum (Strang, et al., 2018)



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Common Tween Sexual Behaviors


- First “real” kiss ☒ Making out
 - May happen at parties, hangouts, or at school
- Holding hands/public dating on Insta, Tik Tok, etc.
 - May be required in public spaces/forums as a means of demonstrating “taken”
 - The infamous HICKEY...come on, like we haven’t all been there...



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Common Tween and/or Early Teen Sexual Behaviors


- Long Facetime/Messenger/Discord/Twitch sessions
- At least 1 romantic relationship where they want to be together ALL THE TIME
 - Often, they will express this is true love, or “the one”
 - Such is best considered *puppy love*, but believing it is true love is a common set of internal verbal behaviors, often reinforced by common narratives
- Frequent solo sex (Rathus, et al., 2011)
 - Porn-viewing increasingly common; if tweens can access, why wouldn’t they?



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Teens...They Know EVERYTHING!


- Sexual Decisions (Rathus, et al., 2011)
 - Impacted by values that are in CONSTANT shift (peers' role)
 - Reinforced or punished by social environment(s)
 - Reinforced or punished by natural sensations
 - Anxiety from getting into something illegal or counter-value (i.e., morally incongruent) can be arousing (Grubbs, et al., 2018; Lehmiller, 2019).
 - Pair this with the stimulus of porn, and it may be that the act of looking at it is more exciting when parents make a big deal about it beyond noting that it is illegal for teen viewing
 - Pair this with the stimulus/opportunity for sex, and it may be that they take the plunge in part because they feel badass for being so naughty
 - Either way, once paired with physical stimulation, good luck hiding that magic button in the future



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Teens...They Know EVERYTHING!


- Google = Knowledge
 - Higher ed devalued by youth as a con
 - "If I need to know it, I'll just Google that sh**."
- Wiki sites = fact-checking (ugh)
- Twitter = news
- Redditors
 - The opinions of people are validated (their legitimacy is reinforced) by upvotes
 - So...if something has a lot of upvotes, it is clearly true...



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Common Teenage Sexual Behaviors


- Bromance and "Helping a buddy out"; sex with "fembois" (Kort, 2019; Savin-Williams, 2014) -- *not seen as gay, just open/confident*
 - Cuddling
 - Prolonged hugs
 - Kissing on forehead, cheek and/or occasionally lips
 - Sleeping together in the same bed during sleepovers
 - Watching porn together
 - Manual stimulation of friend's genitals (i.e., handjobs or jerking off)
 - Oral sex
 - Anal sex with a gay guy (particularly a femboi) -- but only topping, because *bottoming would be gay*



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Common Teenage Sexual Behaviors

- > Viewing Pornography (Honor, 2020)
 - > Accidental exposure in up to 32% of adolescents
 - > 67% adolescents reported seeking porn in the year prior
 - > [Accidental] SD → Response → MO to get this response again/satiate
- > Sexting (Fix, et al., 2020)
 - > Sexual messages and/or imagery
- > Sending/"Sharing" Porn as SEXTS (Fix, et al., 2020)
 - > Sexual Selfies & Dick Pics
 - This may be *perceived* as consensual
 - > Nude video chat
 - > File sharing – Drives and email



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Dating and Sexual Advances

In-Person

- > Flirting with strangers has become rare in many locales
 - > Cafes, bookstores, the mall – *it has become unexpected now that people connect online*
- > Actual dates to sit-down places before formal events or parties
 - > Need \$ for this – a good MO to pair with chores/skill obtainment
- > Netflix & Chill ("no drama" sex)
 - > Increasingly common style of casual dating

Online


- > Connecting with various potentials through apps; varies from casual to explicit (*and explicit may be valid & SR+ in certain contexts*)
 - > Messaging lots of folk when single, maybe also while partnered
- > Certain apps are more aligned sexual, some more romantic -- *context matters!*
- > Watching porn together
 - > Most common in MSM



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What ELSE is Coming...


- > This is only PART 1 of this presentation
- > **PART 2**
 - > Date: TBD
 - > Covers:
 - > Challenges Adults with ID/DD face
 - > Challenges providers face assisting these humans
 - > A helpful guide of when to reach out to the sexual and sociosexual behavior Subject Matter Experts (SMEs) within the DMH system
 - > Such as the team at **Empowered: A Center for Sexuality LLC!**



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Reaching Me/My Team for DMH Waiver Behavioral Services

- > Website: www.empoweredcenter.com
- > Phone: 314-932-1105
- > Email: nicholas.maio@empoweredcenter.com
- > Social Media
 - > Facebook & Instagram: @Empoweredcenterstl
 - > Twitter: @AetherianN
 - > LinkedIn: www.linkedin.com/company/empowered-a-center-for-sexuality/
 > OR www.linkedin.com/in/nicholasaether




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