

Child Care Training and Resource Kit
Healthy Sexual Growth and Development
Lesson Plan

HEALTHY SEXUAL GROWTH AND DEVELOPMENT LESSON PLAN

Submitted by: Deanna Houck, Health Educator and Ellen Flamiatos, Public Health Nurse, Child Care Health Program, Public Health, Seattle and King County.

Course Length: 2 hours

Public health staff in Washington State has provided all of the materials in the Child Care Training and Resource Kit. The only materials included are those where copyright could be located and permission to use was received. In all cases the copyright owner has requested to receive credit for the use of their materials. Please do not use these materials in any other way without getting your own copyright release.

How to use the Child Care Training and Resource Kits: Each lesson contains:

- **Lesson Plan** file, with the general directions for the lesson.
- **Overhead file** with the overhead materials. Those files on the CD are in color.
- **Teacher Notes** file which outlines the points of discussion for each overhead.
- **Handouts file** includes pages related to the overhead for those learners who like to take notes as well as other materials for the learner to take with them. Occasionally, some materials you must request yourself from the vendor. Instructions on how to get these materials are included in the lesson plan file. Some materials you must download from the Internet and the web address is included in the lesson plan file.
- **Teacher Enrichment** - In some cases the lesson developer may have included materials for teacher enrichment. Where possible, those materials are included here. If permission to print could not be obtained then the citation is included below for you to obtain.

Overheads: Overhead file.

Teacher Notes: See Teacher Note file.

Objectives: Participant will be able to:

- Identify key stages of sexual growth and development in children through age 12.
- Describe inappropriate sexual/emotional behavior signals in children.
- Clarify their personal beliefs and values around sexuality.
- Develop a plan/checklist in anticipation of potential concerns around sexuality issues.

Handouts:

- Healthy Sexual Growth and Development Pre-Test: See Handout file.
- Major Tasks and Stages in Sexual Development: See Handout file.
- Sexual Behaviors: See Handout file.
- Suggested Provider Guidelines for Answering Children’s Questions About Sexuality: See Handout file.
- Teaching Children About Sexuality: Suggestions for Parents: See Handout file.
- Handling Disclosure*

Materials Needed:

- Overheads for children’s questions about sexuality discussion and masturbation discussion*
- Flip chart and markers
- Pre-Test answers: Include in this file, Lesson Plan file.
- Scenarios: Included in this file, Lesson Plan file.

Instructor Enrichment:

- Child Sexual Abuse: What It Is and How To Prevent It: Guidelines for Parents: See Teacher Notes.
- Fact Sheet #10: Nudity: See Teacher Enrichment file.
- A Timetable for Sexuality: The Middle Years: See Teacher Enrichment file
- Sexuality Education in Beginning Families: See the Teacher Enrichment file.
- How “Askable” A Parent Are You?, Sol Gordon, Good Housekeeping Magazine, October 1977
- Right from the Start: Guidelines for Sexuality Issues, Birth to Five Years Early Childhood Sexuality Education Task Force These Guidelines are designed to help childcare centers and preschools lay the foundation for young children's sexual health. It provides a model that presents information on the psychological and sexual development of young children, provides a framework for developmentally appropriate learning and instruction, and offers suggestions and strategies for promoting healthy attitudes and behaviors. 1995; \$7.95; SIECUS, 130 West 42nd Street, Suite 350, New York, NY 10036-7802; Phone: 212/819-9770; Fax: 212/819-9776.
- From Diapers To Dating: A Parent’s Guide to Raising Sexually Healthy Children Debra W. Haffner, M.P.H. 2001. \$23.95; ISBN 155704385X; SIECUS, Publications Department, 130 W. 42nd Street, Suite 350, New York, NY 10036-7802; Phone 212/819-9770; Fax: 212/819-9776; Web site: <http://www.siecus.org>
- Raising A Child Responsibly In a Sexually Permissive World Second Edition, Sol Gordon, Ph.D. and Judith Gordon, M.S.W. This book provides practical information for parents to discuss sexuality issues with their children. Chapters include “Promoting Self-Esteem in Children,” “Becoming an Askable Parent,” “What Children Need To Know,” “and “Fostering a Child’s Sexual Integrity in Special Situation.” 2000; \$10.95; ISBN 1580621775; Adams Media Corporation, 260 Center Street, Holbrook, MA 02343; Phone: 800/872-5627; Fax: 781/767-0994; Web site: <http://www.adamsmedia.com>
- Small Group Discussion: Family Planning Program, Tacoma-Pierce County Health Department: See Teacher Enrichment file.
- Sex Education Helps Keep Children Safe from Abuse: See Teacher Enrichment file.
- Psychosexual Development in Infants and Young Children; Implications for Caregivers, Alice Sterling Honig, “Young Children”, September 2000, pg 71, <http://www.naeyc.org/resources/journal/default.asp>
- Sexuality and Young Children, Alice Sterling Honig, Child Car Information Exchange, 3/0027, <http://www.ccie.com/>

<p>Activity: Welcome and Introductions:</p>	<p>Process: Welcome and Introductions: Have participants introduce themselves to their neighbor. Have them ask: “How did you learn about sex?” or “How comfortable are you in talking about sex?” or “Where do you think kids get their sex information today?”</p>	<p>Time: 10 minutes</p>	<p>Materials: Welcome and Introductions</p>
<p>Pre-Test</p>	<p>Pre-Test: Have participants take the test individually.</p>	<p>5 minutes</p>	<p>Pre-test: Participants will need the test. They do not show their answers to anyone.</p>
<p>Interactive Lecture:</p>	<p>Interactive Lecture: Using the handout: <u>Major Tasks and Stages in Sexual Development</u> review with participants what these tasks and stages are. Using teacher notes, include risk factors.</p>	<p>45 minutes</p>	<p>Interactive Lecture: Write the stages on flip-chart paper and generate list from participants.</p>
<p>Break:</p>		<p>10 minutes</p>	
<p>Discussion:</p>	<p>Discussion: Are you concerned? A discussion about children, events and appropriate responses. Using overheads, talk about the guidelines for answering children’s questions about sexuality and masturbation. Then choose 2-3 scenarios and discuss. implications/issues.</p>	<p>35 minutes</p>	<p>Discussion: Overheads and scenarios.</p>
<p>Pre-test Discussion and QA time:</p>	<p>Pre-test Discussion and QA time: Have a group discussion, especially around mis-information.</p>	<p>15 minutes</p>	<p>Pre-test Discussion and QA time:</p>
<p>Evaluation:</p>	<p>Evaluation:</p>	<p>5 minutes</p>	<p>Evaluation: Forms</p>

ANSWERS TO HEALTHY SEXUAL GROWTH AND DEVELOPMENT PRE-TEST

Please check the best answer

1. True False _____ Masturbation is practiced sometime in their lifetime by most men and women?
2. The best method for handling a child who is masturbating is:
_____ Say "no" firmly and slap hands
_____ Warn the child of dangers (diseases, etc.)
 Redirect the child
3. When a child first uses inappropriate (bad) language the most appropriate way to handle the situation is:
_____ Apply Tabasco sauce to the child's tongue or wash the mouth out with soap
_____ Ignore the child
_____ Time out

Simple explanation: "We don't use . . . ,"

4. You discover Jan and Joey, both 4 year-olds, under the slide showing each other their genitals. An appropriate response would be:
_____ Scold the children and call the parents to come and get their child
_____ Tell the children "genitals are private body parts and you need to keep them covered at school"
_____ Separate the children and redirect them, saying nothing about their behavior

Calm redirection, expand, be matter of fact, depends on what is provider's "comfort zone"

5. True _____ False _____ Each child care provider should handle children's sexual question honestly and according to their own beliefs and values?
6. You are diapering an 18-month old and notice blood on the diaper and a small tear in the vaginal area. The child is well cared for and the parents seem responsible. What do you do?
_____ Ignore it this time and watch for additional signs
_____ Notify parents
 Call CPS

Big discussion led by trainer about "NICE" parents and abuse

7. True _____ False _____ Self-esteem directly affects sexual behavior?

Child Care Training and Resource Kit

Healthy Sexual Growth and Development

Scenarios

Here are some possible situations that might arise in a child care setting. Please discuss the behavior/situation and possible solutions or answers.

1. Three 6-year-old boys were discovered playing in the bathroom. One boy was "creating" designs in the toilet bowl with his urine. Two other boys were seeing who could stand the farthest away and still have the urine reach the toilet bowl. The teacher was upset and thought their behavior was "perverted". Do you agree with the teacher? What would be your response to the 3 boys? Would you contact the parents? What suggestions do you have as a follow-up in this situation?
2. A 3-year-old boy frequently tries to get other children to lie on their stomach and put their bottoms in the air. He then rubs his penis on their bottom. He is very persistent in trying to get other children to play this "game". The Director mentioned this behavior to the mom but she just laughed, saying, "all kids do this". Is this normal behavior for a 3 year old? What would your action plan in this situation and for this child and his family? Do you contact the parents of the other children involved? Is this reportable?
3. During lunch a 5-year-old girl says (completely unexpected) that her vaginal area tickles sometimes. How do you respond? Will you respond in front of the other children? Would you tell the parents of the other children about the incident and what was discussed? If the situation makes you uncomfortable would you ignore it?
4. A 5-year-old boy and a 4-year-old girl were playing out of sight of the teacher on the playground. The teacher asked them to play where she could see them. Later, the mother of the girl approached the teacher and said that her daughter told her the boy had asked her to pull down her pants and then touched her "private parts". The boy denied this. The mother of the girl was very upset because her daughter was currently receiving therapy following a previous incident of sexual abuse. What is your response to the mother of the girl? Should you contact the boy's parents? What immediate actions would you take in this situation? Is this reportable to CPS? Are there any follow-up actions you would take?

Please discuss the following scenarios and briefly answer. Answers will be discussed in the larger group.

1. A 4 year old boy masturbates at naptime every day. He becomes very aggressive and active with himself and makes sounds. Sometimes this can last 15-20 minutes. The other children are curious and make comments.
 - a. Is this behavior normal or of concern?
 - b. How would you respond to the boy?
 - c. How would you respond to the other children?
 - d. Would you discuss this with the parents? If yes – How?
 - e. Is this reportable?

2. A 3 year old boy frequently tries to get other children to lay on their stomach and put their bottom up in the air. He then rubs his penis on their bottom. Some days he is very persistent in trying to get his peers to play this way with him. The teacher and director have mentioned this behavior to mom but she just laughs and says, “oh, all kids do this.”
 - a. Is this normal behavior for a 3 year old?
 - b. What would be your plan of action for this child/family?
 - c. Do you contact parents of his playmates?
 - d. Is this reportable?

- 3 Two boys, ages 4 and 5 were playing outside behind a big toy out of the teachers line of vision. The teacher went to them and told them to play where she could see them. Later, the mother of the four year old approached the teacher and said that her son told her that the 5 year old boy told him to pull down his pants and touched his “private parts”. The 5 year old boy denied this. The mother of the 4 year old was very upset because her son was currently receiving therapy following a previous incident of sexual abuse.
- What is your initial response to the mother of the 4 year old?
 - Should you contact the 5 year old’s parents?
 - What action will you take with the 4 and 5 year olds?
 - Is this incident reportable?
4. The mother of four year old Annie told you that she was concerned that Annie favors her father and doesn’t seem to like her anymore. Annie’s mother is also concerned that Annie has seductive behavior towards her father and inquires if there is similar behavior towards the other male teacher in your classroom.
- What would you think about Annie’s mothers concerns?
 - How would you respond to her concerns?
 - Is this normal behavior for a four year old?
 - Do you suspect sexual abuse by Annie’s father?