CREATING SEXUAL SAFETY FOR CHILDREN: ISSUES FOR CHILD WELFARE PROFESSIONALS

WHEN A CHILD MASTURBATES

The very word "masturbation" makes some people feeling like blushing. For hundreds of years masturbation has been pictured as a shocking, harmful habit. And as a result many parents are quite naturally disturbed when they first find their child masturbates.

This whole subject is surrounded by some dangerous untruths which have caused vast harm to children and unhappiness to their parents. To give little boys and girls the best kind of childhood, parents should know the truth about masturbation. They must have the facts.

To approach the subject soundly one must first throw out many of the ideas that have accumulated through the ages, ideas which even some books on medicine and child care have helped spread.

These are the Facts:

Let's get rid of the untruths first...

- Masturbation will not injure people's bodies or make them unable to marry.
- It will not cause them to "go crazy".
- It is not something perverted or to be looked upon with shock or horror.

And now here are the important truths...

- All children do a certain amount of masturbation. In its milder forms, mastur-bation is not serious and it is to be expected.
- Brief or occasional masturbation should cause no concern whatsoever. When it is indulged in *excessively*, it indicates that the child is tense or worried about some-thing and it therefore becomes necessary to find the cause of his/her tension.
- It is not the masturbation itself which is serious or harmful but the worry and anxiety it causes to both parents and children.
- Masturbation is not a cause of other problems but it can be a symptom that other things are wrong in the child's life. When it is excessive it is a sign of emotional distress

It is Natural for Children to Handle Their Genitals

A child may, with no intent to stimulate the genitals pluck at his clothing if it is too tight, or touch the genitals when he wants to go to the toilet, but this is not considered masturbation. Masturbation is the touching or handling of the genitals purposely for the sensation it creates.

Children are natural explorers. They learn about the new world by feeling and touch-ing new things. Sex is no exception. Children have a healthy curiosity and are interested in exploring all parts of their body (and other peoples' too). They stick their finger into their navels, noses, and mouths, and experiment with their toes and fingers. When by chance they touch their genitals and find that this produces a sensation, they are likely to repeat it. To them this is a class with other sensations derived from the senses of touch--sucking the thumb, twisting a lock of hair, caressing a soft piece of silk or a woolly toy animal.

When Parents Are Upset...

To adults it is sometimes a surprise to realize that children do have sexual feelings and that by touching themselves they derive a mild form of sexual pleasure. Parents fear that a child who shows sexual feelings early in life may grow up to be too strongly sexed or in some way abnormal. Actually a moderate amount of handling the sex organs is normal and will be found in all children. The feeling in the genitals is one of the many kinds of sensations which the body gives, a sensation which the child naturally wishes to explore and to enjoy occasionally. Moderate amounts of masturbation, therefore, can and should be ignored.

Perhaps you are one of the many adults who have believed, all your life-every since you were a child- that masturbation is unhealthy, shameful, bad, etc. If so, you are bound to feel troubled when you discover that your child masturbates. Your natural reaction is to try to put a stop to it immediately by the most direct means. But keep in mind this well established fact; some handling of the sex organs is completely normal and to be expected. All children do it.

So, in order to help your child, the very first thing to do is to stop worrying about masturbation.

...The Child's Problem Increases

When you have overcome your own anxiety concerning this part of children's behavior, you will be better able to avoid the mistakes so often made by adults. That mistake is to indicate to the child that you think he/she is doing something bad when he/she is only doing something natural.

To the child, to do something bad is the same as if he/she himself/herself were bad. When children feel they are bad persons, they feel guilty. This, in turn, makes them begin to fear that their parents do not love them because of their "badness". Then they start worrying because to them the love of their parents is the most important, the most necessary thing in their whole world. They can not exist without it. Their happiness and their very life depend on their parents taking care of them and their parents will take care of them only if they love them. The fear of losing this love is the root of anxiety.

These emotions—guilt, fear, and anxiety—spell trouble. They are the basis for the child's worries. They are the underlying cause of many behavior problems of child-hood and may lead to unwholesome, unhappy attitudes in adult life. They may be the causes, too, of other problems such as nightmares, temper tantrums, aggressive behavior and habits such as bedwetting and thumbsucking at a later age. They are also at least partly responsible for the ingoing, introverted personality for which masturbation is sometimes mistakenly blamed.

Therefore, if a child's parents punish him/her for masturbating, they may increase his/her problems. Disapproval, scolding, or punishment intensify the child's guilty and fearful feelings. It may happen that the more he/she is forced to think about masturbation, the harder it is for him/her to refrain. A vicious circle is set up. The more he/she masturbates the more he/she worries; and then the worry causes still more masturbation. Threats may possibly make him/her stop (they probably won't) but even if they appear to be "successful", they are likely to stir up other anxieties.

These are Good Ways to Approach the Problem

- Give the child every assurance that he/she is both safe from harm and a good child.
- Avoid words, attitudes or actions that might make the child afraid or ashamed.
- Give praise and affection at special times, such as when he/she is going to bed, or has been disappointed or has had trouble with other children.
- See that he/she gets plenty of opportunity for happy relations with his/her playmates as well as activities which capture his/her wholehearted interest. If he/she show any interests let him/her pursue them.
- Answer his/her questions, both the ones asked and those which are obviously troubling but remain unexpressed.
- However young a child may be, give him/her an explanation when he/she shows interest or puzzlement over the sex differences. Tell the child in a causal, matter-of-fact tone; boys and men have penises and girls have vaginas and clitorises.
- Answer his/her questions about babies in a way he/she can understand. If his/her natural curiosity is satisfied at each stage of development, he/she will be more likely to have a normal, health attitude toward sex and to avoid some of the fears and confusion so often associated with the subject.

Punishment is Unwise

Punishing a child, either by means of words or force, or even mild reprimands on the subject, is unwise. The chief danger of punishment is that it makes the child feel guilty--that he/she is bad, naughty.

Another reason for avoiding punishment is that it may play upon and confirm the fear which he/she may already have to some degree, that is, fear of injury to his/her genitals. Many children do worry for fear their genitals are impaired in some way or that something is lacking. When children first become aware of the differences in the sexes, they are likely to experience some anxious moments.

A little girl, for instance, frequently asks why she doesn't have a penis like her little brother and in playing games may show her wish to have one. Girls often assume they have been injured or that there is something wrong, missing, or unfinished about themselves. Boys often have similar thoughts when they see little girls and conse-quently may fear that the same thing will happen to them. Because children, with their primitive logic, often associate these fears with masturbation, punishment for masturbation may only increase the fears. What they need is the exact opposite: reassurance. Masturbation is less likely to cause anxiety if children get the right kind of reassurance than if they are punished.

Threats are Punishment Too

People often think that "to punish" a child means to do something to him/her physically and that merely "threatening" him/her with punishment is not punishment itself. Actually it is more accurate to regard as punishment anything which frightens the child or makes thing unpleasant for him/her.

Some Suggestions for Parents and Teachers

Do not use any harsh or severe methods to make a child stop masturbating. Never tell the child that he will injure himself/herself, get sick, become infected, or not grow. And never slap his/her hands or use any kind of punishment or restraint. Don't offer rewards in order to make him/her give it up.

Ordinarily it is better not to call the child's attention to his/her masturbation or to discuss it, especially if he/she is very young (only three or four). At that age, your comments may just cause the child to give it a special meaning that he/she wouldn't have though up himself/herself. However, he/she is pretty likely to hear about it from other adults sooner or later, and possibly in such a way as to upset him/her. Therefore, if he/she is old enough, say five or so, it may be advisable to say, "Some people think that does not look good in public. It is better not do to it when you are around others." If he/she has been scolded elsewhere, or if he/she seems to be trying to get over the habit, discuss it with him/her, reassure him/her, tell him/her that it is not important but that some people object.

If you are a teacher, and a child is masturbating so much in nursery school or kinder-garten that the other parents or teachers seem disturbed or embarrassed, one of your chief tools will have to be distraction. Have activities he/she enjoys most, help him/her to be friends with the other children. Do not let the criticism of others push you into drastic action which you think is unwise.

What to Do to Help Yourself

- Remember that a certain amount of masturbation is only a part of normal growing up.
- If you are worried, learn about why you need not be. This will not be easy if you yourself were taught that masturbation would cause all sorts of dreadful things. But it becomes easier as you gradually grasp the facts.
- Try to understand that some masturbation is to be expected in all young children and indeed in older children too. There is little reason for distress.

What to Do to Help the Child

Look at the child's daily life as one complete picture. Analyze its parts and see if they add up to one satisfying whole.

Here are Some Questions to Ask Yourself

- Is he/she encouraged to be physically active? Does he/she have plenty of space to run and climb, a chance for outdoor play?
- Does he/she have companions of his/her own age: Is he/she included in the group when he/she plays with other children? Is he/she liked by other children?
- Does he/she have appropriate things to play with? Not expensive toys--but things to push, pull, and tug, things to put in and take out and drag around, paints, clay, crayons--things which he/she can handle in his/her own way? Is he/she allowed to take a few favorite toys to bed with him/her so that before he/she goes to sleep and after he/she wakes up, he/she has things to keep him/her busy?
- Does he/she have reason to feel loved and accepted in his/her own home--with not too much expected of him/her, not constantly scolded or punished? Does he/she have assurance that he/she is growing in ability and independence?
- When the answers to most of these questions can be "yes" masturbation is not likely to be a problem.

Recommended Reading

Author: Title:

Markham, Laura Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting

Bryson, Tina Payne &

Siegel, Daniel

No-Drama Discipline

Siegel, Daniel J. & The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your

Bryson, Tina P. Child's Developing Mind

Forbes, Heather

& Post, B.

Beyond Consequences, Logic and Control

Krementz, Jill How it Feels to be Adopted

Pelzer, Dave A Child Called It

The Lost Boy

A Man Named Dave

Perry, Bruce D. The Boy Who Was Raised as a Dog

Purvis, Karen The Connected Child

Siegel, Daniel Parenting From the Inside Out

Siegel, Daniel Brainstorm: The Power and Purpose of the Teenage Brain

Chapman, Gary

& Ross Campbell

The 5 Love Languages of Children

Van der Kolk, Bessel The Body Keeps the Score: Brain, Mind, and Body in the Healing of

Trauma

Kohn, Alfie Unconditional Parenting

Rhodes-Courter, Ashley Three Little Words: A Memoir

Three More Words

Badeau, Susan Are We There Yet?

Recommended Online Videos

Remembering Trauma, Official Film (2017) – CCTASI at Northwest University uploaded on YouTube or find at www.rememberingtrauma.org – Film about Complex Trauma and Misdiagnosis in Youth

ReMoved Videos – Parts 1 (ReMoved), 2 (Remember My Story) and 3 (Love is Never Wasted)

How Childhood Trauma Affects Health across a Lifetime – Nadine Burke Harris Ted Talk

The Power of ONE Caring Adult – Josh Shipp

Various Videos from the Karyn Purvis Institute of Child Development:

Children from Hard Places and the Brain: Chapter 1

TBRI®: Trust-Based Relational Intervention®

TBRI® Animate: Attachment

TBRI® An Overview: Putting the Pieces Together

TBRI® A Sensory World Preview

Adoption Websites

Heartland for Children Adoption Site: http://heartgalleryofheartland.org

National Adoption Site: http://www.adoptuskids.org/

Adoptions in Florida (DCF):

http://www.dcf.state.fl.us/adoption/search/indexnew.asp

Florida's Adoption Information Site (Links to many Heart Galleries, resources, etc.): http://www.adoptflorida.org

The Heart Gallery of Tampa Bay: http://www.heartgallerytb.org/

The Heart Gallery of Pinellas and Pasco:

http://www.heartgallerykids.org/

The Heart Gallery of Brevard:

http://www.heartgallerybrevard.org/aboutadoption.php

The Heart Gallery of Sarasota: http://www.heartgallerysarasota.org/

Resource Sites:

Heartland for Children:

http://www.heartlandforchildren.org/

www.rachelsadoptions.com - The website for adoption attorney, Rachel Medlin

http://www.healingresources.info/emotional trauma online video.htm

Santa Barbara Institute

From Neurons to Neighborhoods: Trauma, Brain & Relationship – Helping Children Heal

Florida's Adoption Reunion Registry:

http://www.adoptflorida.com/Reunion-Registry.htm

North American Council on Adoptable Children:

http://www.nacac.org/about/about.html

Florida's Center for Child Welfare:

http://centerforchildwelfare.fmhi.usf.edu/kb/resource/adoptparent.aspx

Other good sites:

U.S. Dept. of Education:

http://www2.ed.gov/parents/academic/help/hyc.html

Casey Foundation State Data:

http://datacenter.kidscount.org/data/bystate/Default.aspx

National Alliance on Mental Illness:

http://www.nami.org/

Juli Alvarado, Coaching for Life, Emotional Regulatory Healing: http://www.coaching-forlife.com/

Marlynn Pharnes, M.A., LMHC, Adoption Competent Trainer, Adoptive Family Support Groups www.marlynnpharnes.com

Stories with Adoption Themes

Early Childhood – ages 2-5

- Little Miss Spider David Kirk
- A Koala for Katie Jonathan London
- Adoption Stories for Young Children Randall Hicks
- A is for Adopted Eileen Tucker Cosby
- The Day We Met You Keiko Kasza
- Why am I Different? Norma Simon
- We are Different, We are the Same Bobbi Jane Kates
- Horace Holly Keller
- Adoption is for Always Linda Walvoord Girard

Childhood – ages 5-10

- Mommy, Did I Grow in Your Tummy? Elaine Gordon
- Who Am I? and Other Questions of Adopted Kids Charlene Giannetti
- "Why Didn't She Keep Me?" Barbara Burlingham-Brown
- Emma's Yucky Brother Jean Little
- Two Birthdays for Beth Gay Lynn Cronin
- Twice Upon a Time: Born and Adopted Eleanora Patterson
- One Wonderful You Francie Portnoy
- Look Who's Adopted! Michael Taheri and James Orr
- Mr. Rodgers Let's Talk About It: Adoption Fred Rodgers
- How Was J Adopted? Joanna Cole
- Brown Like Me Noelle Lamperi
- The Mulberry Bird Anne Brodzinsky

Older Child and Teenager - ages 10+

- Filling in the Blanks: A Guided Look at Growing Up Adopted Susan Gable
- How it Feels to be Adopted Jill Krementz
- The Face in the Mirror: Teenagers and Adoption Marion Cook
- Twenty Things Adopted Kids Wish Their Adopted Parents Knew Sherrie Eldridge
- Growing Up Adopted: A Portrait of Adolescents and Their Families Peter Benson
- <u>Lucy's Family</u> Karen Schreck
- Adoptees Come of Age: Living Within Two Families Ronald Nydam

Relationship Building, Family Friendly Ideas

This list is helpful for any family – but especially this may be a helpful list when looking for things to do during match visits. TIP: Try to keep it simple (avoid theme park or big trip visits), incorporate something your family already does or that you enjoy doing, incorporate the child's interests, and keep focus on relationship building!

- 1. Library: Read a book together and then lunch
- 2. Hang out at Books-A-Million (or another book store) and eat at Yogurt Mountain
- 3. Ice Cream Pure Magic, other local ice cream shop
- 4. Museum Visit (Polk Museum of Art, MOSI, Explorations IV)
- 5. Paynes Creek Historic State Park, Highlands Hammock State Park, or other State Park
- 6. Visit wildlife rehab center
- 7. Barnett Park
 - a. Play in fountains
- 8. Zoo/Aquarium
- 9. Orlando Science Center
- 10. Dinosaur World
- 11. Attend a performance/event of some sort that interests the child
 - a. Ballgame
 - b. Baseball game: Flying Tigers, Lakeland Tigers, Rays
 - c. Soccer
 - d. Theater play
 - e. Musical performance
 - f. T-Ball
- 12. Band Concert (Lakeland Concert Band, Marching Band competition, etc.)
- 13. Go shopping/window shopping for things the child likes
- 14. Walk around Mall and then go see a movie
- 15. Bowling (day or Cosmic Bowl 6-10 p.m.)
- 16. Miniature Golf
- 17. Arcade
- 18. Bike Riding
- 19. Hiking;
 - a. Nature Trails Take Pictures!
 - b. Map a Course and walk, jog, or bike hike
 - c. Collect Leaves
- 20. Fishing
- 21. Boating (be sure the child is wearing a life jacket!)
 - a. Canoe/Nature trip
 - b. Peddle Boats
- 22. Camping: Hardee Lakes
- 23. Campfire: lunch, dinner
 - a. Roast Marshmallows
- 24. Skating
 - a. Skate Park
 - b. Skate Boarding
 - c. Ice Skating at Lakeland Center
 - d. Roller-skating/rollerblading at Skate World
- 25. Have a Kite Making & Kite Flying day
- 26. Pony Rides
- 27. Pet, groom, feed and ride horses
- 28. Take dogs for a walk Dog Park
- 29. Malibu Grand Prix (Tampa)

- 30. Family Fun Center (Lakeland)
- 31. Off the Wall Adventures: Rock climbing, paintball, batting cages
- 32. Spend time at the Pool
 - a. Water games water guns/sprayers
- 33. Beach Day
 - a. Build a Sandcastle
 - b. Snorkel
 - c. Look for seashells
 - d. Play catch
 - e. Swim
 - f. Fish
 - g. Cook out on the beach
 - h. Walk on the beach
- 34. Swim in the Springs
- 35. Water Tubing at Rainbow River
- 36. Play in Sprinklers at Home
- 37. Slip-n-Slide
- 38. Play Hopscotch
- 39. Jump Rope
- 40. Play Hide and Seek, Tag
- 41. Blow Bubbles
- 42. Plant a Garden/Plants together
 - a. Help everyone plant their own vegetables, fruit, or flowers
 - b. Yard work together gardening
- 43. Pick fruit such as blueberries or peaches
- 44. Explore downtown Lakeland's historic district
 - a. get lunch/dinner/ice cream
 - b. walk around downtown and Lake Mirror, Lake Morton, or Lake Hollingsworth
 - c. visit art work statues on Lime Street
 - d. feed the swans, geese, ducks at Lake Morton
- 45. Grocery shop together to pick out an item for a favorite dish/meal: each person picks their favorite item as a part of the meal and helps prepare it if desired
- 46. Bake cookies, candy, goodies together
 - a. Cupcakes/cake: Decorate together with lots of icing colors and sprinkles
- 47. Drive in Movies for a dinner & show
- 48. Movie Night with Popcorn
- 49. Favorite movie marathon & pizza day
- 50. Chuck E Cheese
- 51. Manicure/Pedicure
- 52. Spend time with other kids in the family, aunts, uncles, cousins, etc.
 - a. Visit/let them meet relatives
- 53. Play child-appropriate music and dance with them
- 54. Play in back yard
 - a. Outdoor games
 - b. Baseball and/or Football games in yard
 - c. Backyard camping
- 55. Worship Service Church
- 56. Parks
 - a. Day trip to park w/dogs and packed lunch
 - b. Playground and Picnic at the Park (Swings, Jungle Gym)
 - c. Go to Southwest Complex in Lakeland (softball fields and playground): play catch, bat, and use playground
 - d. Nearby park/sports complex to play sports

- e. Common Ground Park in Lakeland
- f. Haines City Water Park
- g. Picnic at Circle Bar R Ranch
- h. Four wheelers at River Ranch

57. Lunch

- a. Lunch and a Movie
- b. Park and Picnic (Hollis Gardens, etc.)
- 58. Family Dinner
 - a. Pizza and Movie Night at Home
 - b. Family dinner & movie of child's choice
 - c. Grill out with friends (maybe they have children near the same age)
 - d. Backyard BBQ
 - w/corn toss & football
 - bonfire
 - s'mores
 - with/without extended family/friends
 - e. Cook out around Pool
 - f. Cook a favorite meal together
 - g. "Make your own Pizza" night then a play a game or watch a movie
 - h. Family Dinner at a Child-Friendly Restaurant and ice cream

59. Games:

- a. Board Games: Uno, Checkers, Trouble, etc.
- b. I Spy
- c. Legos, Puzzles etc.
- d. Electronic games suited for the whole family
 - Toy Story video game
- e. Family Game Night
- 60. Write a Story together, create a book
- 61. Arts and Crafts:
 - a. Visit Picasso's Cup/art cafe
 - b. Pottery Painting Paint your own pottery
 - c. Visit Hobby Lobby and pick a small craft to do together
 - d. Make bird toys/crafts
 - e. Scrap Booking
 - f. Arts and Crafts together at Home
 - g. Draw Pictures or Color together to talk about their interest and favorite colors
 - h. Create with Play-doh
 - i. Make Sock Puppets
 - j. Make a Collage
 - k. Sidewalk Art/Chalk
 - 1. Coloring books
- 62. Riding day at the farm
 - a. Horseback riding
 - b. Buggy rides
- 63. Day at the Rodeo
- 64. Day at Dog/Horse Show

Talk about the child's favorite part of book, movie, event, day, etc. to encourage communication

Disclosure Form

*The attached Disclosure Form is for your review only. You do not need to do anything with this form at this time. You will receive this form from the case management organization when you are matched with a child, along with all the noted information. For families who already have children in their home, you will receive this form along with all the noted information. By signing this form, you agree that you have been provided the information. If you do not feel you have received the information, please do not hesitate to discuss this with your Adoption Specialist to ensure all information and documentation is provided.



DISCLOSURE INFORMATION TO ADOPTIVE PARENTS

Child's Name: Date of Birth:_			
Adoptive Parent(s) Name(s):			
Placement through the Department of Children and Families Special Needs Adoption Program. Date of Adoptive Placement:			
	YES	NO	NA
We/I have been informed of the reason our/my child came into foster care	🗌		
We/I have been informed of the reason our/my child was not able tolive with his/her birth family.	🗌		
We/I have been informed of the number of placements our/my child experienced while in the care of the agency.	🗌		
We/I have been offered a copy of or have had the opportunity to read our/my child's:			
Health history records	🗌		
School records	🗌		
Mental health records	🗌		
Hospitalization records	🗌		
Residential setting records	🔲		
We/I have been informed of the age of our/my child's birth parents	🗌		
We/I have been informed of the existence of siblings to our/my child	🗌		
We/I have been informed of all known physical or sexual abuse of our/my child	🔲		
We/I have been informed of all known addictions of our/my child's birth parents	🔲		
We/I have been informed of our/my child's medication history	🗌		
We/I have been informed of all the known genetic history of our/my child	🔲		
We/I have been given a copy of the non-identifying background information	🔲		
We/I have been informed of all unusual incidents or traumas that occurredto our/my child while in care of the agency.	🗌		
We/I have been informed of the availability of Adoption Assistance for our/my child	🗌		
We/I have been informed about the Florida Adoption Registry	🗌		
We/I understand that there may have been events or traumas that occurredto our/my child of which the agency has no knowledge.	🗌		
We/I understand that there may be medical conditions in our/my child's background of which the agency has no knowledge.	🗌		
We/I have been given a copy of this disclosure form.	🗌		
We/I will keep the Department or Community Based Care Agency informed of			

We/I have received the following documents regarding our/my child(ren). (Each adoptive parent must initial receipt of the following documents. All identifying information regarding the birth parents, foster parents and their families, siblings, relatives and perpetrators of crimes against the child or involving the child must be redacted.)

Signature of Counselor	 Date Signed	Signature of Counselor's Supervisor	Date Signed
able to obtain on this child.	ali known intormatio	in to the adoptive parents that the cou	inseior nas deen
The Adoption Counselor,	all known informatio	, on behalf of the Florid on to the adoptive parents that the cou	
Signature of the separate of t	Date Signod	Signatars of Frosposition Faront 2	Zato Olgrida
Signature of Prospective Parent 1	Date Signed	Signature of Prospective Parent 2	Date Signed
Names of providers who provide in foster care	ed services to our/m	y child while	
		essments	
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Case plans that address the chil	ld's needs		
Child Study			
Post TPR report if applicable			
Original Predisposition Report			
Most recent Judicial Review Soc	cial Study Report and	d Order	
Termination of Parental Rights p	petition and TPR Ord	der	
Modification petition and modific	cation order if applica	able	
Dependency petition and depen	dency order		
Shelter petition and shelter orde	r		

Parent's Initials