

Factsheet

HARMFUL SEXUAL BEHAVIOURS

Safety planning



Safety planning is an essential aspect in helping our children do well. When developing a safety plan, seek the assistance of a professional, like a specialist child and adolescent counsellor.

Start by reviewing your home environment, your household expectations and behaviours. Here are some suggested questions to consider. This is not an exhaustive list.

Home environment

Questions to consider

General - Who lives in the home? What ages, gender and relationships? Any pets?
Who visits the home regularly? Does anyone else regularly care for children?

Supervision - Who supervises the children if parents and carers are unable to? When? How often?
Are children left unsupervised?

Are children able to access pornography? Are there pornographic materials in the home? If so where are they kept?
Other aspects to consider, cubby house, shed or games room, with limited supervision?
Are there rules on play fighting and tickling games?

Bedrooms - Who sleeps in the house and where/proximity to each other? Is there a bedtime routine?
Has harmful sexual behaviour occurred in the bedroom?
What are the rules about sharing bedrooms/beds?
Are there any locks on bedroom doors? Are they used (when and why?)
Do children (and friends) play in bedrooms? Are bedroom doors open or closed?

Private places - Has harmful sexual behaviour occurred in bathrooms/toilet?
How many bathrooms/toilets are in the house and proximity to other rooms?
Do bathrooms/toilet have a lock? Do people share bathrooms or bathe together?
Are there any rules around bathroom use (One at a time, privacy etc.)?
Who assists younger children with bathroom use?

Intimacy and Nudity - Are parents or children nude or wearing underwear in front of each other? In what context?
What are parents/carers views on nudity?
Do adults in the home display any intimate or physical touch in front of the children?
Do parents discuss sex or sexual acts in front of the children?
Who do the children go to when they have questions about sex/sexuality?
What are the expectations/rules around sexual activity, masturbation in the home?

Screen access - Do the children have access to screens including TV, internet? How? When? Timing?
What channels/websites do they access? Is access monitored/supervised? How?
Are there passwords/filters/content restrictions/parental controls/security? Is there a webcam?

School Environment

Questions to consider

Which staff teach/support the child? Teacher, principal, librarian, school nurse, PE teacher, social worker, admin staff?
Which of these staff are aware of the behaviour or need to be aware of the behaviour? Who informs relief staff?

Who in the school is vulnerable? Which students?

Are there areas at school that are unsupervised? Are seating arrangements satisfactory?

Are there indicators that the child is struggling to manage feelings and emotions or feeling unsettled? What activities help the child feel safe/regulate?

Safety Planning resource examples

Behaviour observed

Date	Time	Behaviour of concern/setting	Action taken to manage	Outcome
19.08.2020	4:50pm	'Jordon'(11 years old) was found in bedroom instructing their younger sibling (6 years old) to 'kiss my penis' using physical gestures.	Younger child redirected. Enforced household rules (with Jordon) on appropriate use of language and solo playing in bedrooms.	Parents and carers to always address any sexually explicit language. Parents and carers to supervise play between siblings in open spaces. Only solo play occurs in bedrooms. House rules revisited.
21.08.2020	6:34am	'Jordon'(11 years old) was playing naked in the front garden in full view of the street, with the family dog.	Talk to Jordon. Jordon is directed to put on some clothing to cover private parts. Reminder given to play safely with the dog.	Reminders of family rules. Everyone must be clothed appropriately in public spaces and expectations of safety for all household members including the dog.

Strengths based plan

Environment: Supervision of private and public space		Date: 01.09.2020	Date reviewed: 20.09.2020
<p>Supervision of private and public space - The household rules are as follows: The bathroom and toilet are private places. The bedroom is a private place. We knock before entering, and when people are naked this is a private place. Only solo play to occur in bedrooms. Shared 'public' play areas are to be supervised at all times. Screens are only to be used in public areas, with supervision. Jordon's bedroom is located next to the bathroom, parents' bedroom separates children's rooms. Shared 'public' play areas are in view from kitchen and outdoor play areas for easily supervision.</p>			
Strengths	Concerns/risks	Action plan and recommendations	
Consistent bedtime routine. Rules regarding play are reinforced. Parents' bedroom separates children's rooms. Parents support bathroom turn taking and toilet use. House rules established regarding privacy, nudity in place.	Using explicit sexual language and instruction with sibling in the bedroom, a private space. Public nudity demonstrated by eldest child (outside community expectations/norms).	<p>All children have their own bedrooms. House rules include expectations around private and public spaces. Supervision plan to be followed in shared 'public' play areas. Screens are only used in public spaces, have parental controls and are supervised. Expectations regarding play, nudity and dress are made clear and reminders given when needed.</p> <p>Who is responsible: Lisa (mum) to supervise evening showering/ bathing schedule within the home. Jordan (eldest child) to acknowledge that whilst playing outside in a public area, clothing must be worn, swimmers at a minimum requirement.</p> <p><input type="checkbox"/> The child is involved and understands the plan.</p>	

Behaviour Observed

Date	Time	Behaviour of concern/setting – Details of behaviour and where this occurred	Action taken to manage – How did you manage the situation?	Outcome – Possible strategies to help manage the behaviour next time?

Strengths based plan (example)

Environment	Date	Date reviewed
<p><i>E.g. Where does everyone sleep? Number of bedrooms, locations, proximity to each other? Are bedroom doors kept open or shut? Are siblings allowed in each other's rooms? Do the children play in their rooms? What other things happen in the bedrooms aside from sleep (TV viewing, study, gaming etc.)? Is there a bedtime routine etc? What are the family's rules on nudity? Are there defined private spaces within the house? Are there shared spaces for supervised play?</i></p>		
Strengths	Concerns/risks	Action plan and recommendations
<p><i>E.g. Family follow consistent bedtime routines, clear guidelines around private and public space</i></p>	<p><i>E.g. Young person displaying harmful sexual behaviour shares a room with younger sibling. Harmful sexual behaviour has happened in the bedroom.</i></p>	<p><i>E.g. All children have their own bedrooms. House rules include bedroom doors always being open and no playing in bedrooms.</i></p> <p>Who is responsible: <i>Parents and children (specific names, organisations etc. Lisa (mum to supervise evening showering/bathing schedule within the home.</i></p> <p><input type="checkbox"/> The child is involved and understands the plan.</p>

Strengths based plan

Environment		Date	Date reviewed
Strengths	Concerns/risks	Action plan and recommendations	
		Who is responsible:	
		<input type="checkbox"/> The child is involved and understands the plan.	