

Harmful Sexual Behaviours: Support and Supervision Plan ideas

Realistic and purposeful support and supervision (safety) planning aims to ensure that:

- A workable plan is created where everyone is confident that the young people are safe.
- The alleged 'abuser' does not receive future allegations.

Some things that need to be considered when developing a plan:

- Who should be involved/enlisted to develop the plan?
- What are the risks?
 - What situations might be stressful and/ or bring up old triggers?
 - What situations might create access to vulnerable persons where 're-offence' opportunities might exist?
- What would need to happen to moderate those risks? - Specific management strategies to reduce inappropriate behaviours; reinforce positive behaviours.
 - What skills would the young person need to handle the risks themselves?
 - What's needed from others? How are they to respond to YP?
 - What supervision needs are required
- Is it possible to do the things that would moderate risk?
 - Does the young person have the skills and demonstrated motivation to use the skills when relevant?
 - Is the adult able to provide supervision and support when needed?
- Identify people:
 - Who will help out particularly if/when the primary carer is ill, under stress or unavailable?
 - Key safety people who the children can contact if they have concerns
- Plan for:
 - situations such as anniversaries, parties, celebrations or when carers may be distracted / wish to use alcohol etc.
 - when other children (e.g., relatives, friends etc) are visiting or babysitting
- What if the plan 'fails'?
 - How will people know that the plan has not worked?
 - If preventative measures don't work:
 - How are people going to stay in contact and all talk/communicate with each other?
 - Have a list of support people to call to help problem solve until you find a solution that works.
- Evaluation of plan / time period – when new information comes to light?
 - Re-evaluate the plan with all involved to ensure that the plan works for the child/young person/Carers/home/community.
 - What worked well?
 - What didn't work well?
 - When did the plan fail?
 - Was anything overlooked?
 - What can you do better next time?

Be **proactive** rather than reactive.

Proactive: If a child/young person has a history of harmful sexual behaviour and there are foreseeable stressors in child's environment - pre-empt triggers and safety plan.

Overarching Support and Supervision Ideas:

- Child/young person and adult supervisors to always gain consent prior to physical touch.
 - Relates to sense of control over their environment, potential triggers, point of education and the fact they may not have been taught boundaries etc
- If child/young person makes any sexual comments/sexual jokes/sexual innuendos, it is the adult supervisor's responsibility to respond in a non-judgemental and calm manner in order to clarify that they understood the words and meaning of what they said and to provide accurate information as appropriate.
 - Relates to gaps in knowledge, exposure to adult concepts without understanding concepts etc.
- If child/young person asks any questions about sex, sexuality, relationships it is the responsibility of the adult supervisor to respond in a non-judgemental and calm manner and either:
 - Provide accurate information regarding the question/issue. Or to,
 - Redirect child/young person to ask an appropriate adult who can provide him with accurate information. This must be done in a timely manner.
 - Relates to gaps in knowledge, exposure to adult concepts without understanding concepts etc.

General management ideas:

- Have clear and explicit house rules.
- Have clearly delineated public and private areas of the house – e.g., use pictures or house plan to visually display.
- Provide/increase supervision of all children/young people in household.
- Be prepared with 'scripts' that all adults have and can use readily to redirect harmful sexual behaviours.
- Have time limits on internet usage and supervision.
- Have computers/telephone/smart devices in common areas only.
- Have lots of planned, structured, adult supervised activities.
- Have clear routines for bedtime, bathing, swimming, movies and other outings, that all adults understand and can implement with confidence.
- Reduce/eliminate 'horseplay' (e.g., tickling or wrestling). While these behaviours are not 'bad' in themselves, tickling can be coercive, and wrestling can be a starting point for more 'intimate' behaviours or used as a 'guise'. Either may increase anxiety/stress/trauma and/or sexual stimulation.

Some House Rules Ideas:

- The bathroom/toilet door is closed when in use by an individual.
- Only one person in the bathroom/toilet at a time.
- All children to use the bathroom independently.
 - Child/young person is allowed to ask for assistance from an appropriate adult if they require it.
 - Child/young person may not receive assistance from anyone other than an identified adult.
- Open doors unless alone in bathroom, toilet and bedroom.
- No hovering / floating around the bathroom/toilet.
- After having a bath/shower everyone is to leave the bathroom clothed, no nudity in public areas.
- No sharing beds.
- All dressing to occur in bedroom or bathroom with doors closed.
- With the exception of care provider, no one enters another person's bedroom. If door is closed care provider to knock before entering. Child/young person to also knock and wait for a response before entering care provider's room.
- Child/young person to interact with peers/other children in an open space in frequent auditory/visual sight* of supervising adults i.e., family room, back garden, playground (***the level of 'sight' changes depending on level of risk**).

