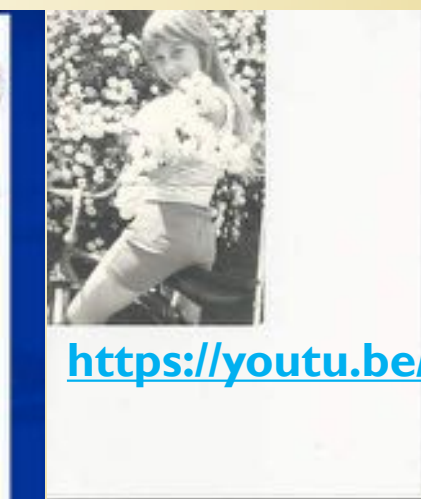
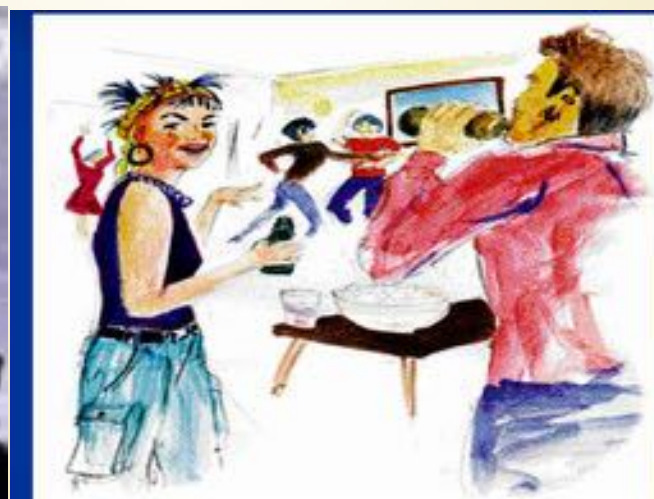


# CHILD SEXUAL ABUSE & ADOLESCENT DEVELOPMENT: MOVING FROM TRAUMA TO RESILIENCE

## *FINDINGS FROM THE MALTREATMENT AND ADOLESCENT PATHWAYS (MAP) RESEARCH STUDY*

CHRISTINE WEKERLE, PH.D., PEDIATRICS



<https://youtu.be/OT2RlrBpTmk>

## “Triple Dividend:”

- (1) youth mental health now,
- (2) adulthood wellbeing
- (3) potential as parents

## The Lancet Commissions



# THE LANCET



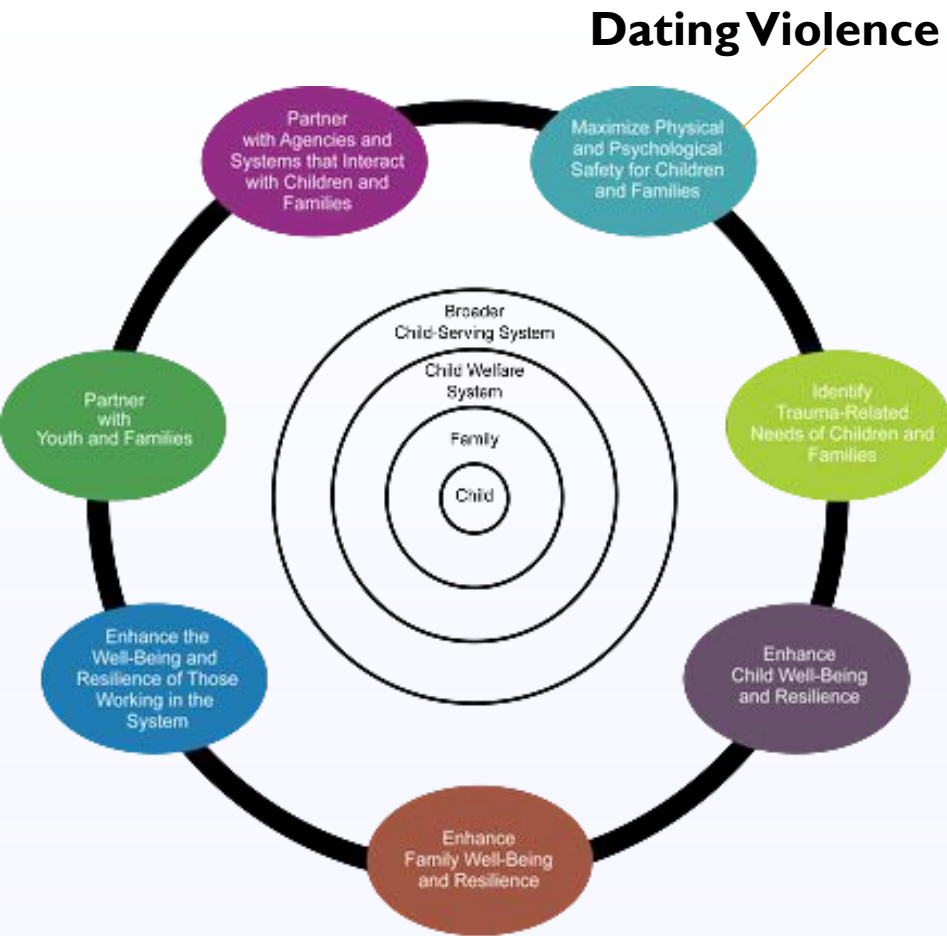
## Our future: a *Lancet* commission on adolescent health and wellbeing



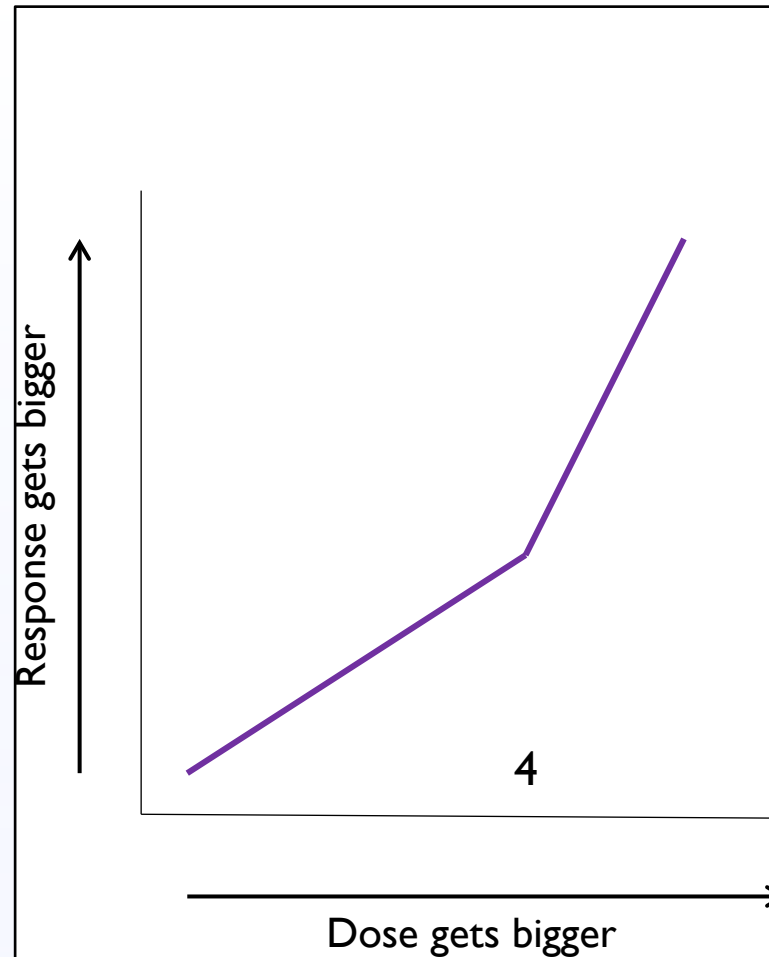
George C Patton, Susan M Sawyer, John S Santelli, David A Ross, Rima Afifi, Nicholas B Allen, Monika Anora, Peter Azzopardi, Wendy Baldwin, Christopher Bonell, Ritsuko Kakuma, Elissa Kennedy, Jaqueline Mahon, Terry McGovern, Ali H Mokdad, Vikram Patel, Suzanne Petroni, Nicola Reavley, Kikelomo Taiwo, Jane Waldfogel, Dakshitha Wickremarathne, Carmen Barros, Zulfiqar Bhutta, Adesegun O Fatusi, Amitabh Mattoo, Judith Diers, Jing Fang, Jane Ferguson, Frederick Ssewamala, Russell M Viner

# ADVERSE CHILDHOOD EVENTS (ACES)

Cumulative ACES increase risk for poor health outcomes



NCTSN Child Welfare Committee, 2012



***4+ ACES increases the risk of poor outcomes at a higher rate***

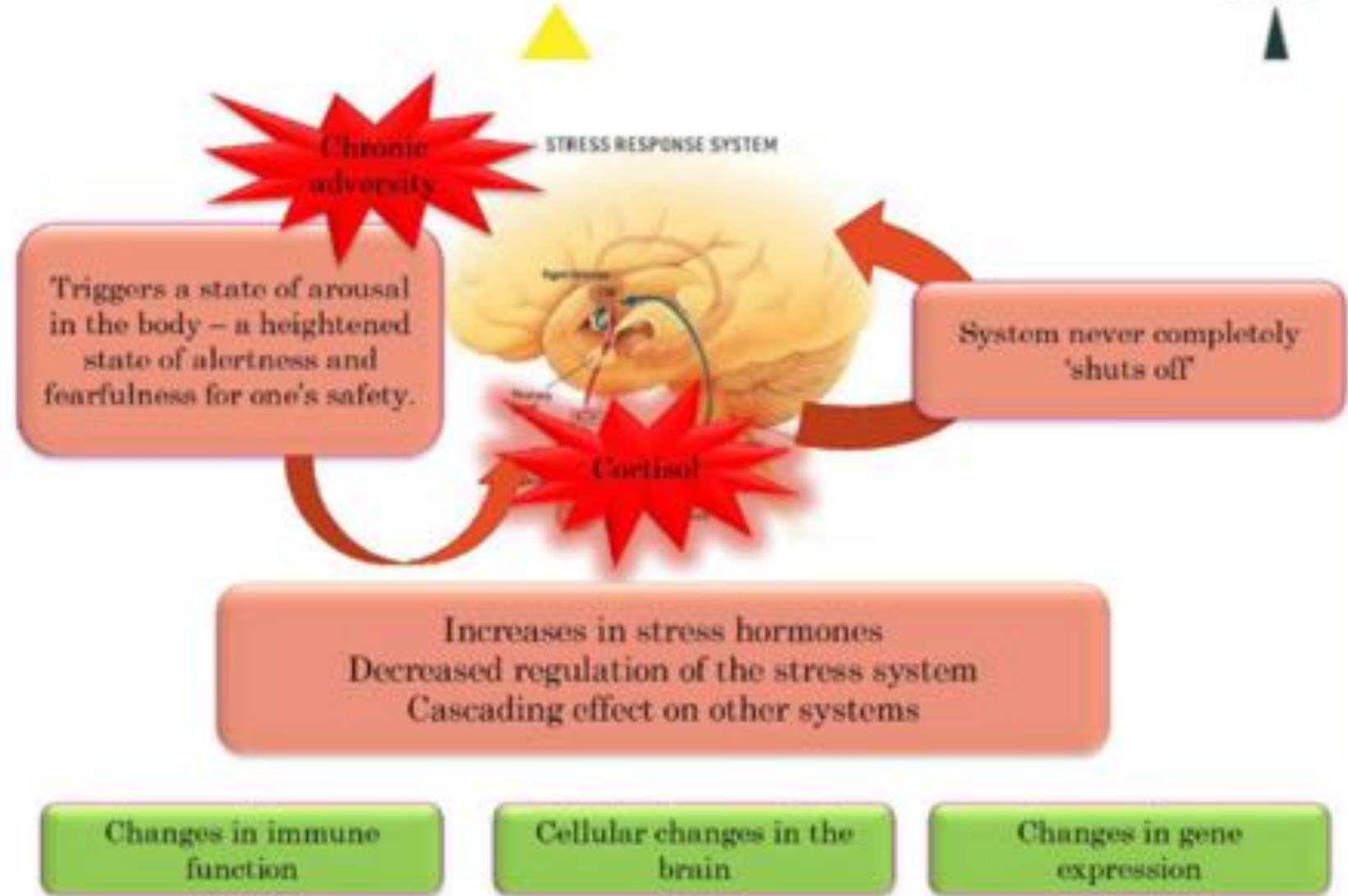
Pereira et al. (2017) Cohort Study  
> risk for all types of financial outcomes (lack of assets, education/training, unemployment, long-term sickness absence)

Hughes et al. (2017) Review Study

3x	- Anxiety/Depression
5x	- STIs
5-10x	- Substance Abuse
7x	- Relationship Violence
30x	- Suicide Attempts

# The Biology of Toxic Stress

Death



Influence Health and Well-being Throughout the Lifespan

- **“Stress Desensitization Hypothesis”** (Turner & Lloyd, 1995)
  - *Higher threshold for stress*
  - *Delayed stress responding*
  - Emotional avoidance
  - Dissociation levels
- **“Stress Sensitization Hypothesis”** (Hammen, Henry & Daley, 2000)
  - *Lower threshold for stress*
  - *Stress Reactivity*
  - Emotion-focused coping
  - Rumination



## GENDER NORMS SOCIALIZATION CONTEXT

- Early adolescence (10-14) target for addressing gender norms (social expectations) towards health and equality values – ***sex differences***
- Ages 10-14 - boys' top cause of death road injury & drowning
- Ages 15-19 – boys' top cause of death road injury & interpersonal violence
- Ages 10-19 – boys' > likely than girls to have early & unprotected sex
- **2018 Meta-analysis – about 30% of youth engaged in sexting**
- **and 12% are sexting without consent (Temple et al., 2018)**
  - **Global Early Adolescent Study** (Kagesten et al., 2016 review; 15 countries)
  - “Boys” = Toughness, physical strength, competitiveness, ‘not act like girls’ (homophobic), need to demonstrate manhood by having sex with many girls (quantitative items endorsed by both boys and girls)

# CIHRTEAMSV: 2017 SYSTEMATIC REVIEW SEXUAL EXPLOITATION

## Sexually Exploited Boys:

What We Know  
and What We Don't

A Systematic Review



- SE = trading/exchanging sex for basic needs, drugs, protection
- Search of high income and LMIC countries (22 studies)
- High income countries **1.7% – 4.8%**
- LMIC – **16.1%**
- Risk factors:
  - Home breakdown
  - Born outside of country/newcomer
  - Substance abuse
  - Identification as homosexual or bisexual

TEAM RESEARCH ON SEXUAL VIOLENCE  
VICTIMIZATION: “WHAT ABOUT THE BOYS”?

# WHAT IS THE THE MAP STUDY?

- Multi-disciplinary team: M. Boyle, D. Goodman, B. Leslie, E. Leung, H. MacMillan, B. Moody, N. Trocmé, R. Waechter, A-M. Wall
- First Canadian Child Welfare Study to track youth outcomes over time (at 6 month intervals) to 2-3 years
- Adolescents in the 14 - 17 year age range *randomly selected* from child welfare agencies' lists of active cases
- Average Age = 16 years old
- Sampling from 3 large, urban agencies
- In total, 561 youth assessed, about 2/3 were Crown Wards/Guardians of the Government, about even sex representation (males/females). About 1/3 identified as bi- or multi-racial
- Utilized caseworker reporting on history of youth maltreatment (substantiated/risk) & youth self-report
- Outcomes: (1) mental health; (2) substance use; violence; (3) dating violence (4) health (sleep); (5) resilience



Sexually Active MAP Youth  
(having intercourse)

53% overall

57.6% Females

42.4 % Males

89.6% Heterosexual

9.7% Bisexual

Age at 1<sup>st</sup> Sex < 15

Males > Females

3+ Sex Partners

CSA > non-CSA

Sex w/ unknown/not  
known well person

Males > Females

Use protection > 80%

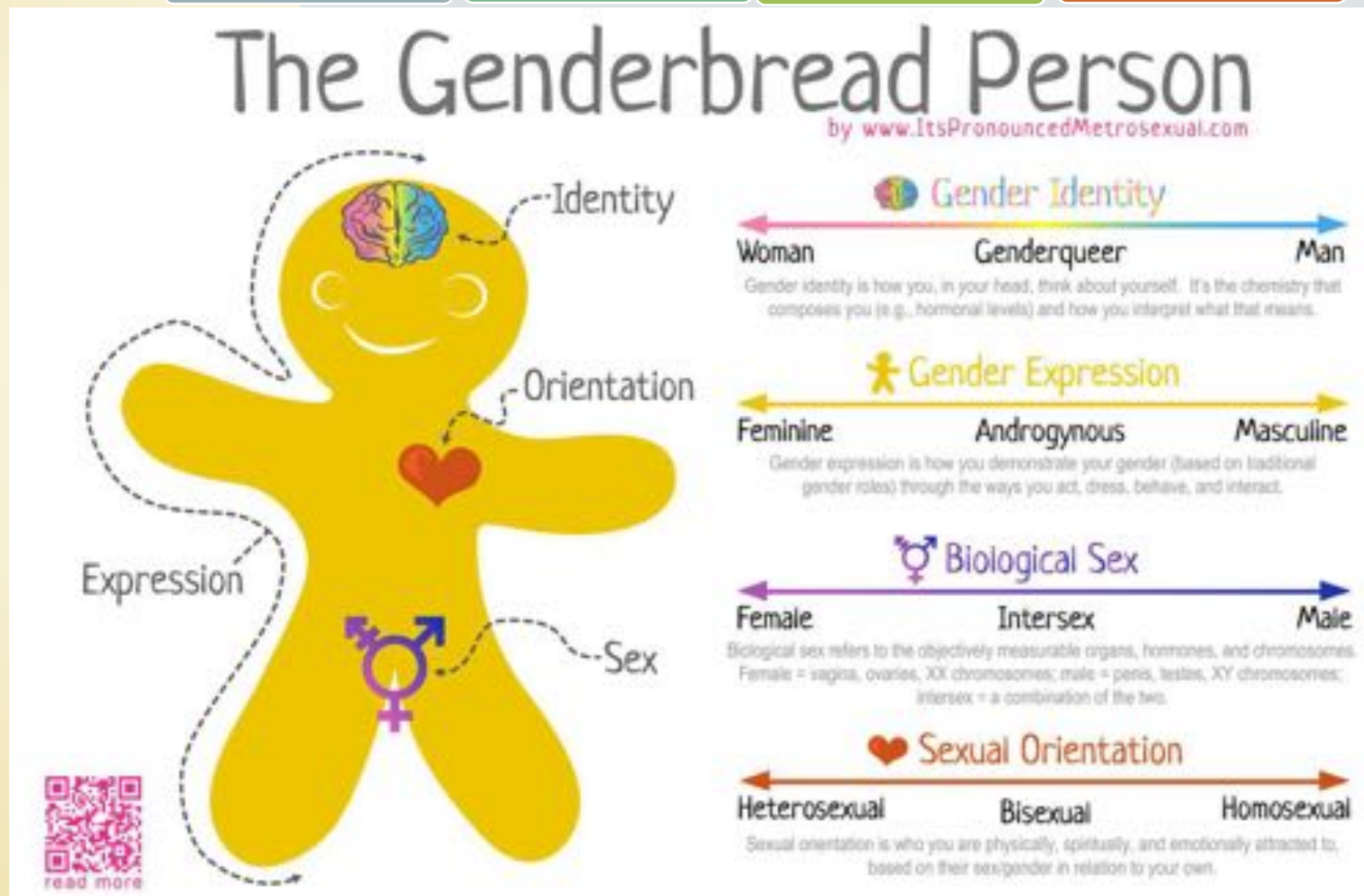
## GENDER & TRAUMA-INFORMED APPROACH

Fight

Flight

Freeze

Faint



## **MAP CHILD SEXUAL ABUSE EXPERIENCES**

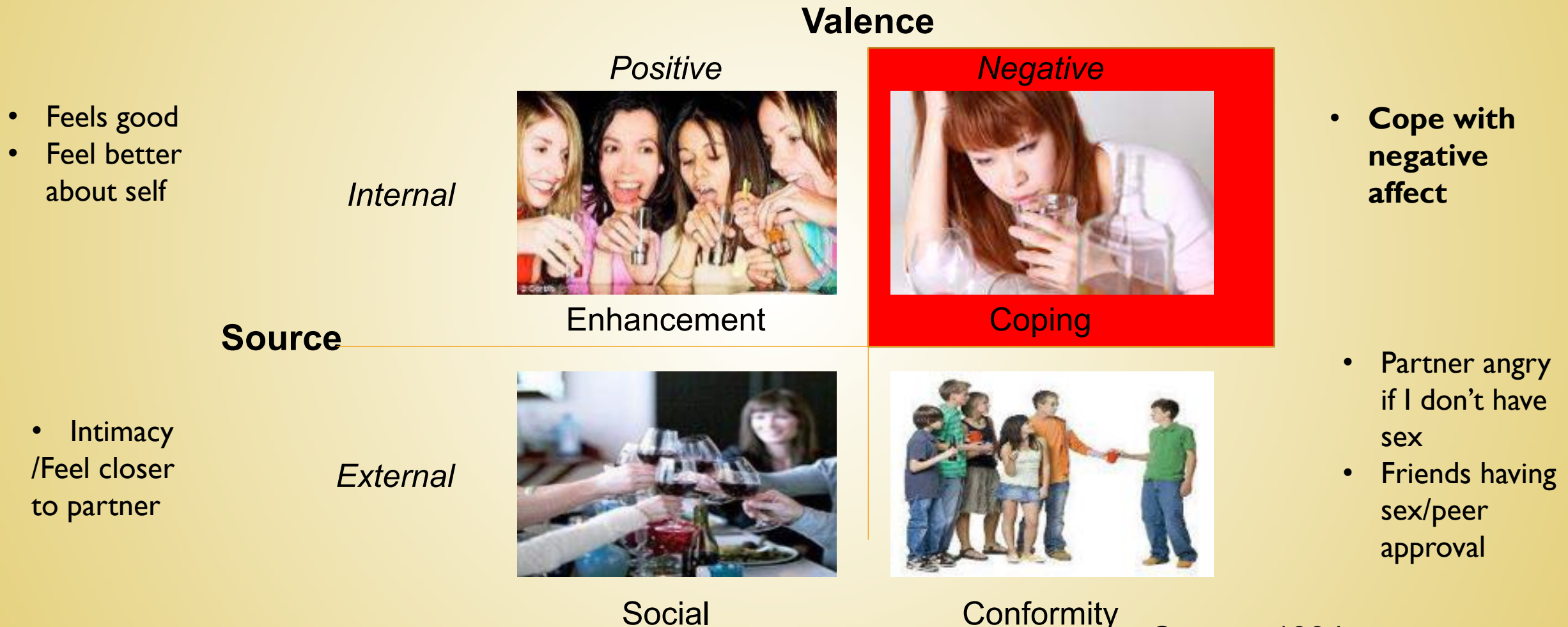
- From initial assessment (N=561) – Grouping into CSA experiences using youth self-report (CTQ/CEVQ) and Caseworker Report

**Females (n=145; 49%)    Males (n=70; 27%)**

### **Using CTQ**

<b>Fondling</b>	<b>54%</b>	<b>45%</b>
<b>Molested</b>	<b>47%</b>	<b>38%</b>
<b>“I was sexually abused.”</b>	<b>55%</b>	<b>41%</b>
<b>Agreement w/ Caseworker</b>	<b>37%</b>	<b>5%</b>

# MOTIVES FOR BEHAVIOURS: LINKS TO ADOLESCENT HEALTH RISKS



- Feels good
- Feel better about self

- Cope with negative affect

- Intimacy /Feel closer to partner

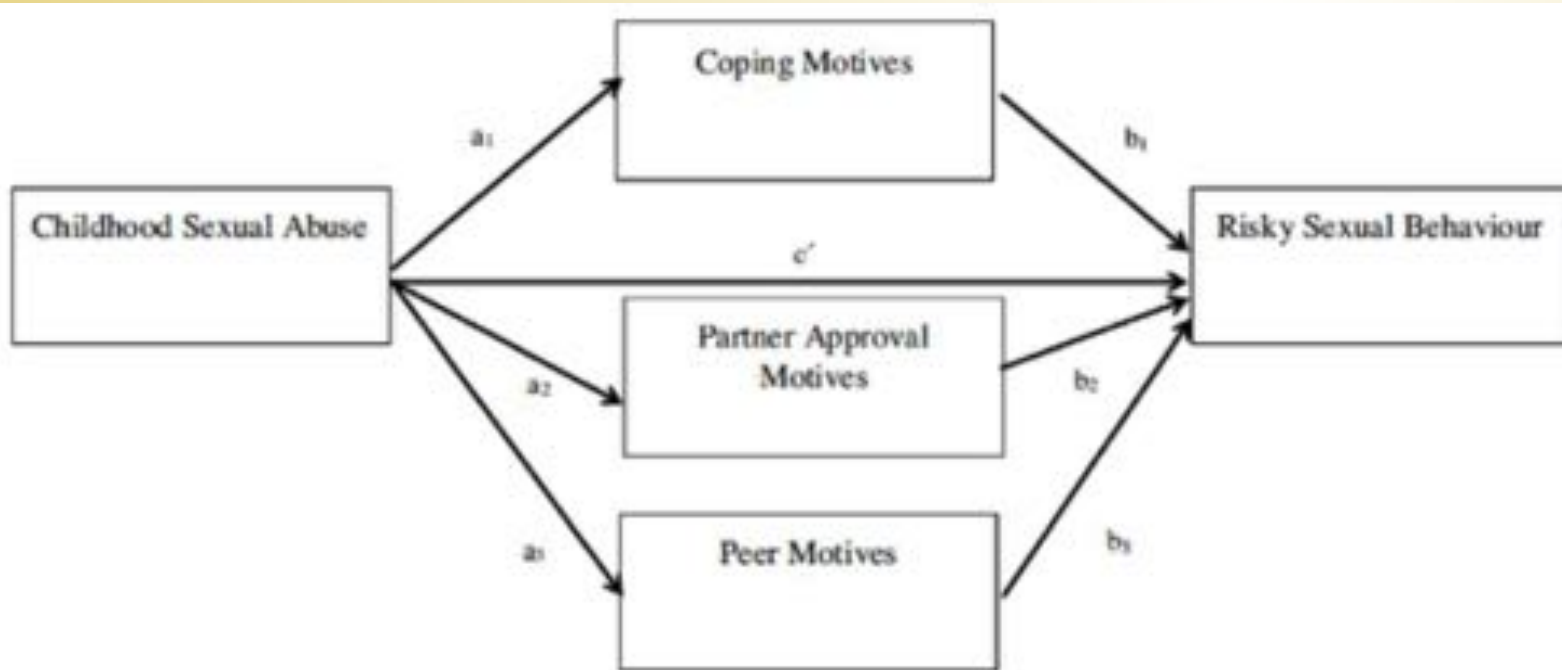
- Partner angry if I don't have sex
- Friends having sex/peer approval

Cooper, 1994

# SEXUAL MOTIVES STUDY



- CSA youth report higher levels of all other forms of maltreatment than non-CSA youth
- Male CSA youth > Emotional Abuse & Exposure to Verbal IPV
- No significant difference on having sex for motives of:
  - Enhancement/pleasure
  - Intimacy/feel close
  - Self-affirmation



# MAP STUDY VIDEO TALKS AWARDEE



- <https://www.youtube.com/watch?v=3Zes-PJi2OY&list=PLxVWz0fEGuv6oBzjm34lYd2ykUH8loXkCX&index=4>



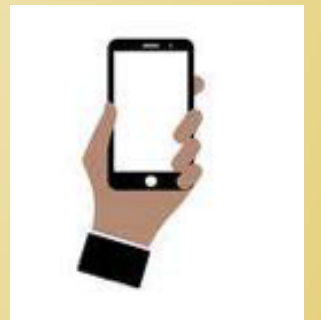
# when you feel ANXIOUS

@POSITIVELYPRESENT



There's an App for That!

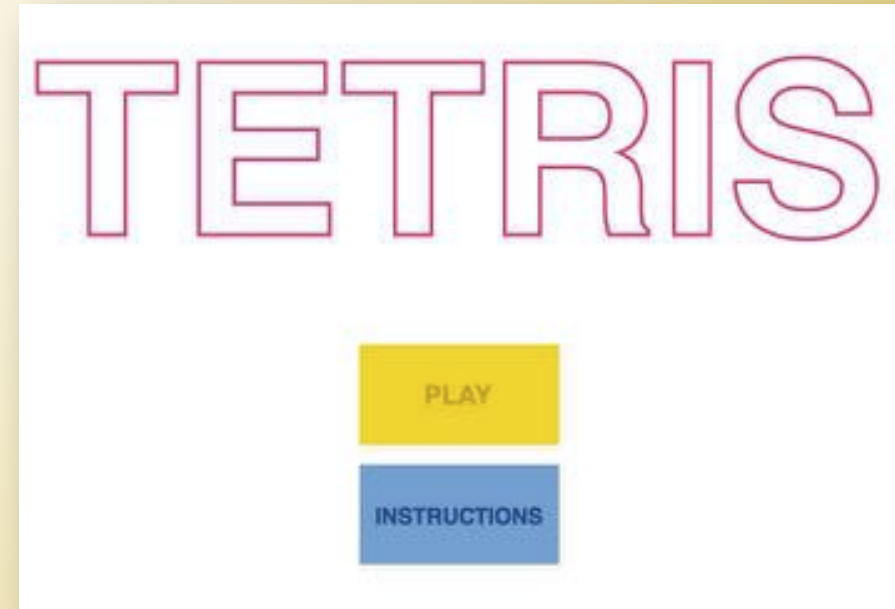
- **Mood Tracking**
  - Positive Affect focus
  - Negative Affect > Action
- Evidence-based Strategies
  1. **Journaling**
  2. **Safe Social Connectedness\***
  3. **Gaming**
  4. **Art**
  5. **Puzzles**



# TETRIS GAME

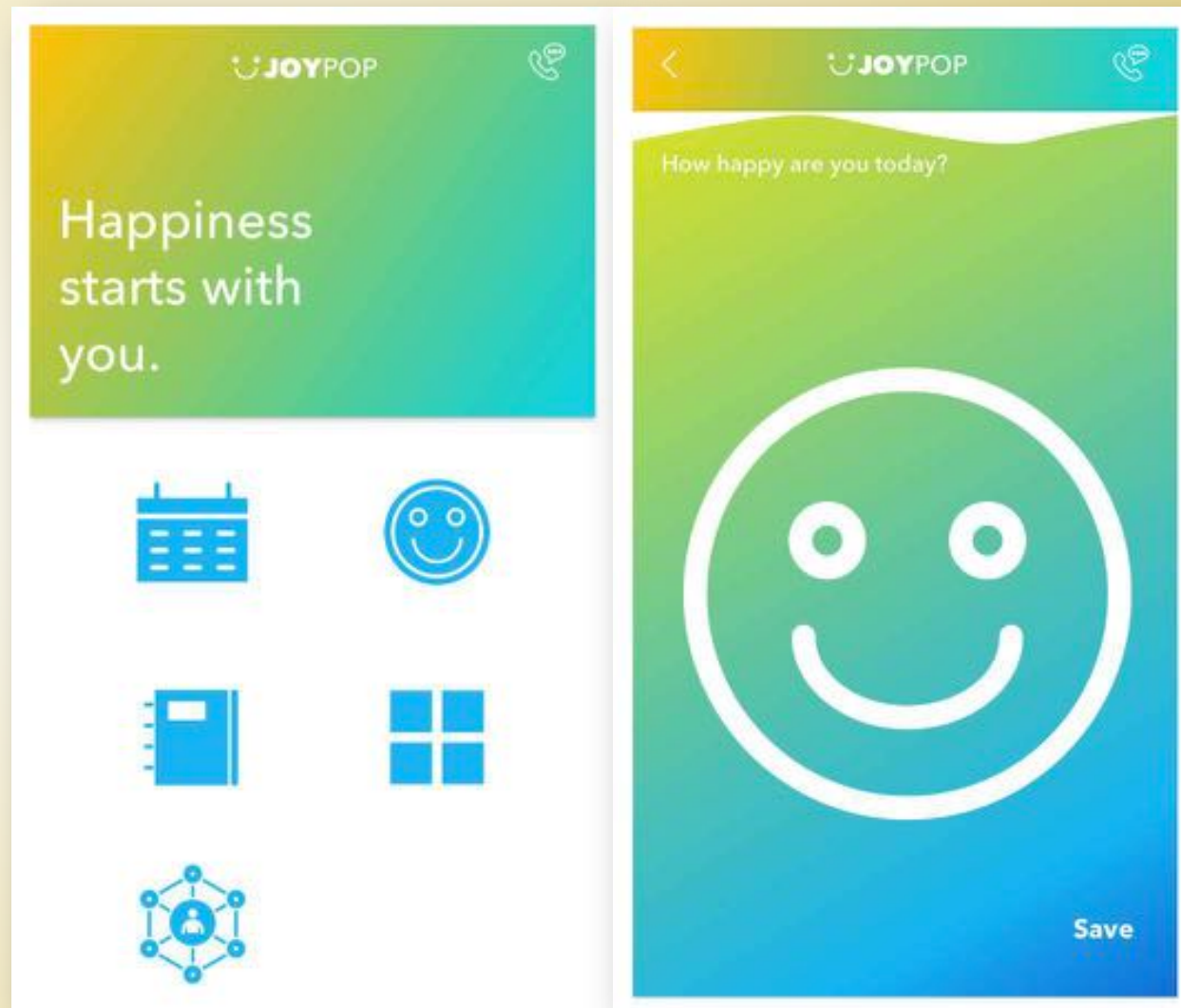
Goal: Cognitive organization > ER and positive distraction

- Strategy games linked to self-regulation over time (Gabbiadini & Greitemeyer, 2017)
- Playing Tetris linked to decrease in traumatic memory flashbacks (Holmes, James, Coode-Bate, & Deeprose, 2009; James et al., 2009)
- Positive effects on spatial working memory (Bikic, Christensen, Leckman, Bilenberg, & Dalsgaard, 2017)






# : A MOBILE-APP TO FOSTER RESILIENCE IN YOUTH

- **Age Range of 17-21**
- **Targets underserved populations of youth:**
  - **University/College entry youth**
  - **Crown Wards/At-risk youth**
  - **Indigenous youth**
  - **Rural/Remote youth**
  - **Youth transitioning systems**





# MANAGING EMOTIONS W/ RESILIENT ACTIONS




  




(journal entry for May 2, 2018)

Name a compassionate way you've supported a friend recently. Then write down how you can do the same for yourself.


Title

Write your thoughts...


   Save


Take a breather! Pick an activity to start!




Puzzles



Breathing Exercises



Petris



Art

Would you like to talk to someone in your circle of trust?




Professional

Me

Emergency

Emergency



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<https://twitter.com/ResilienceInYou>



Instagram: @resilienceinyouth



<https://www.instagram.com/resilienceinyouth/>

Youtube: resilienceinyouth



<https://www.youtube.com/channel/UCwb2FU5KNOMazMXI75ALKFQ>

■ Slideshare: Christine Wekerle



<https://www.slideshare.net/ChristineWekerle>

■ LinkedIn: Christine Wekerle



<https://www.linkedin.com/in/christine-wekerle-27603013>





THANK YOU FOR YOUR ATTENTION!



**#CIHRTEAMSV Project:** <https://www.researchgate.net/project/Understanding-health-risks-and-promoting-resilience-in-male-youth-with-sexual-violence-experience-CIHR-Team-Grant-TE3-138302> and [www.in-car.ca](http://www.in-car.ca) for open-access journal: *International Journal of Child and Adolescent Resilience*

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