

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

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

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<https://youtu.be/OT2RlrBpTmk>

“Triple Dividend:”

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

The Lancet Commissions



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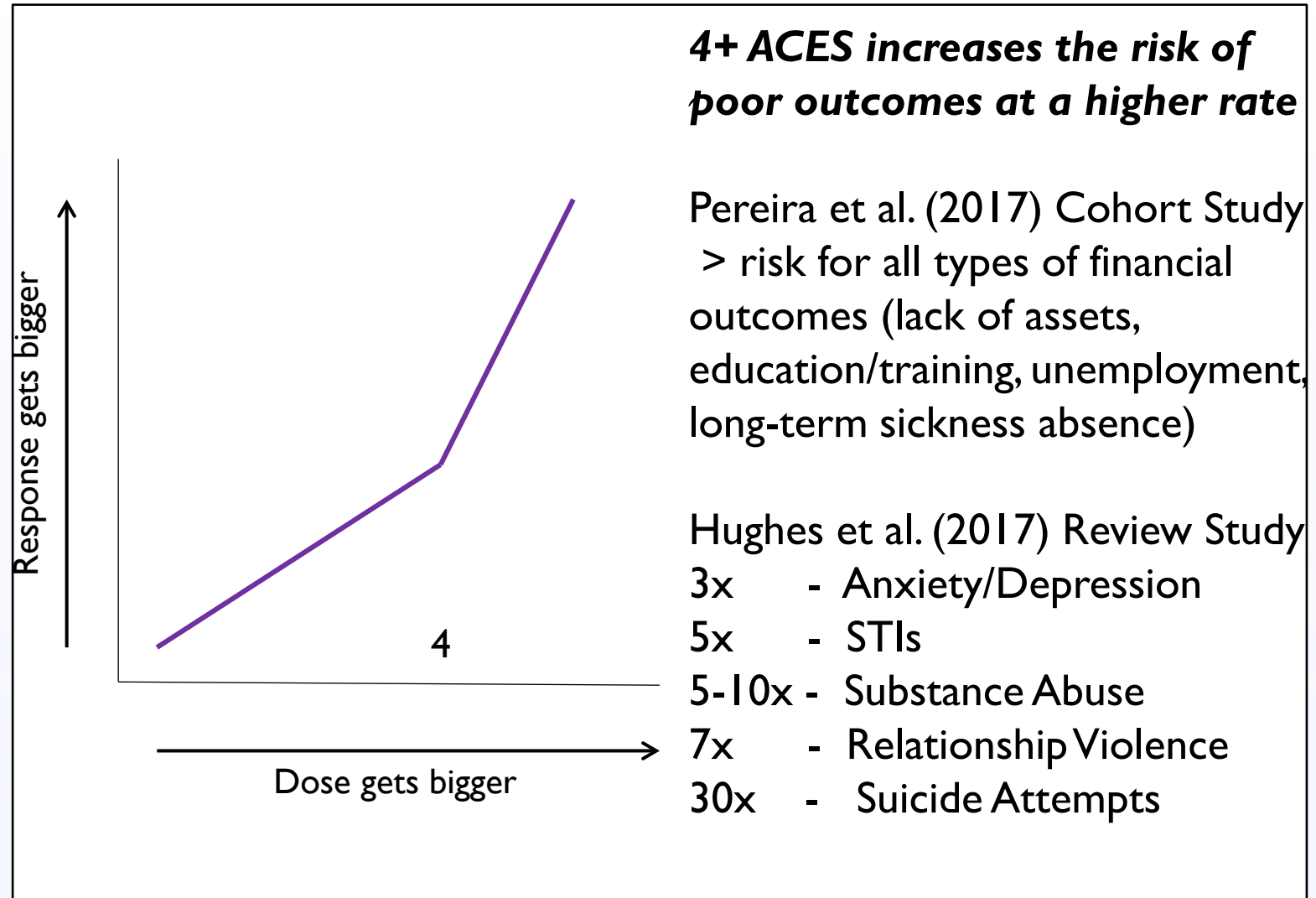
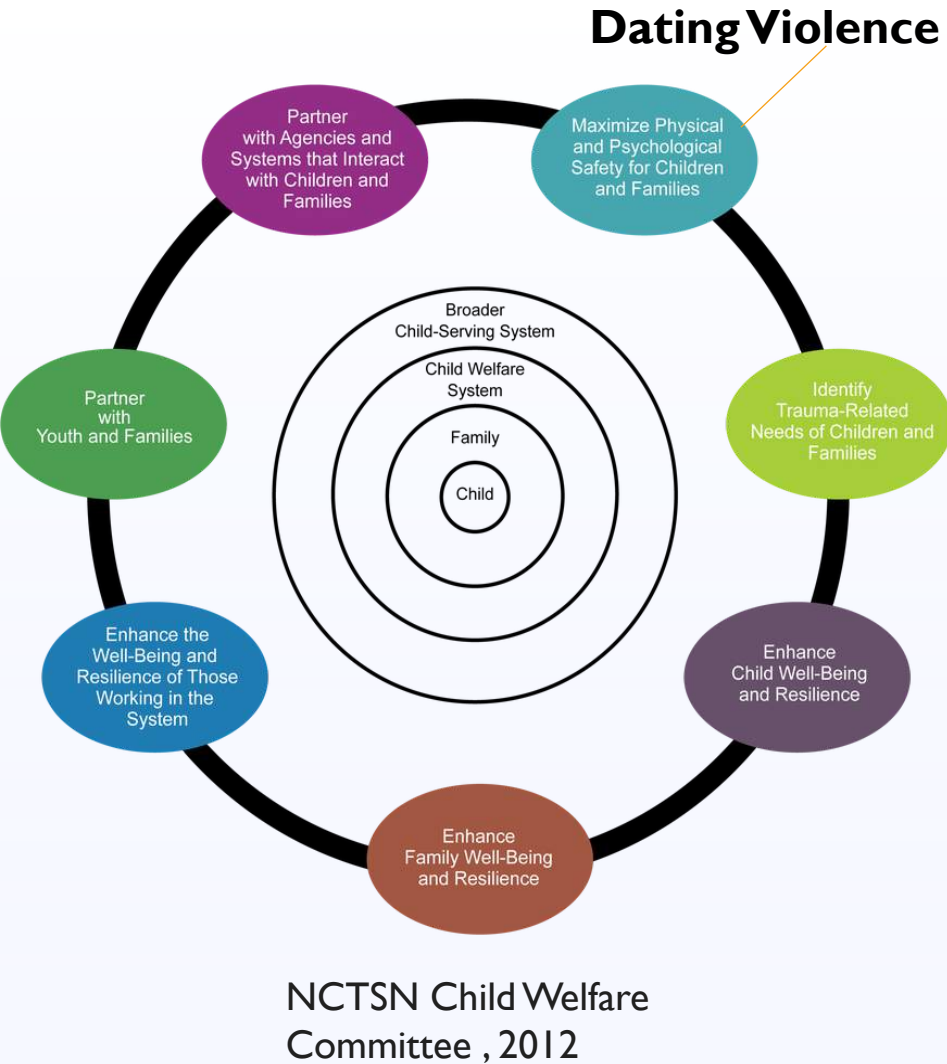
Our future: a *Lancet* commission on adolescent health and wellbeing



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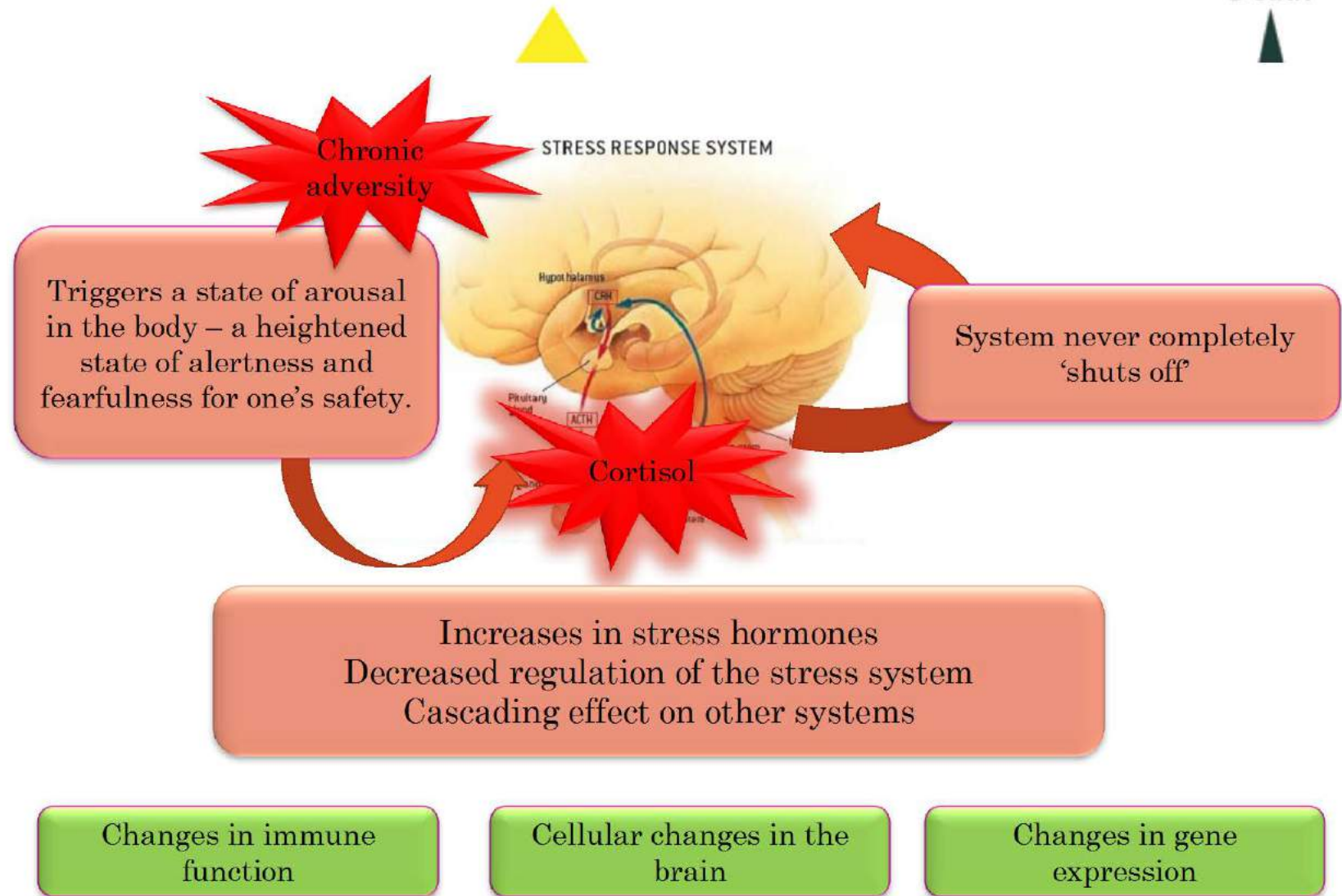
ADVERSE CHILDHOOD EVENTS (ACES)

Cumulative ACES increase risk for poor health outcomes



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 1st 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

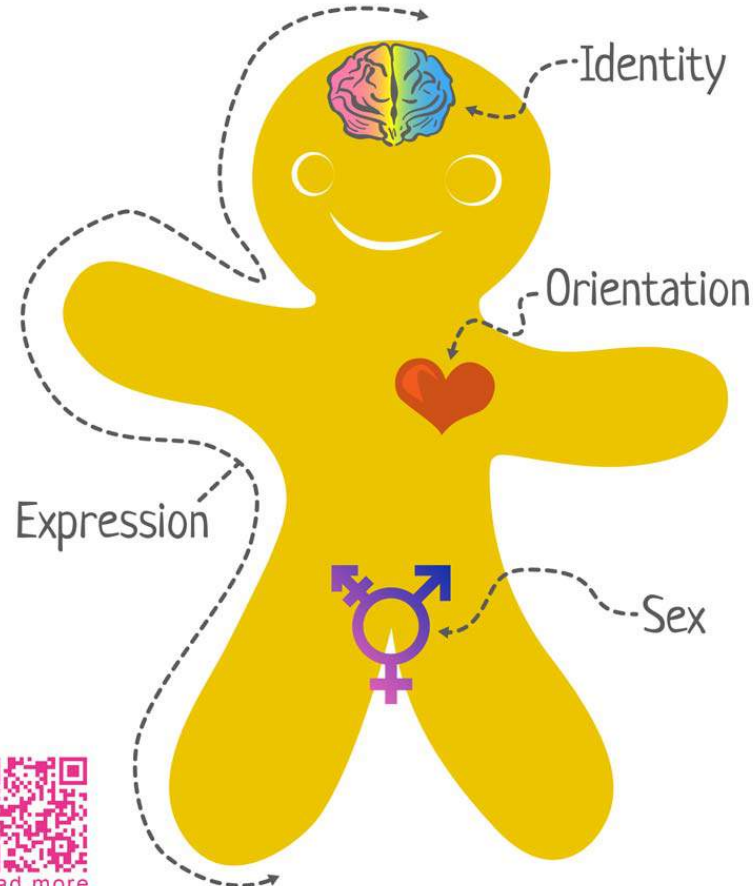
Flight

Freeze

Faint

The Genderbread Person

by www.ItsPronouncedMetrosexual.com



Gender Identity

Woman

Genderqueer

Man

Gender identity is how you, in your head, think about yourself. It's the chemistry that composes you (e.g., hormonal levels) and how you interpret what that means.



Gender Expression

Feminine

Androgynous

Masculine

Gender expression is how you demonstrate your gender (based on traditional gender roles) through the ways you act, dress, behave, and interact.



Biological Sex

Female

Intersex

Male

Biological sex refers to the objectively measurable organs, hormones, and chromosomes. Female = vagina, ovaries, XX chromosomes; male = penis, testes, XY chromosomes; intersex = a combination of the two.



Sexual Orientation

Heterosexual

Bisexual

Homosexual

Sexual orientation is who you are physically, spiritually, and emotionally attracted to, based on their sex/gender in relation to your own.

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

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

MOTIVES FOR BEHAVIOURS: LINKS TO ADOLESCENT HEALTH RISKS

Valence

Positive



Enhancement

Negative



Coping

Internal

- Feels good
- Feel better about self

- Cope with negative affect

Source

External

- Intimacy /Feel closer to partner



Social



Conformity

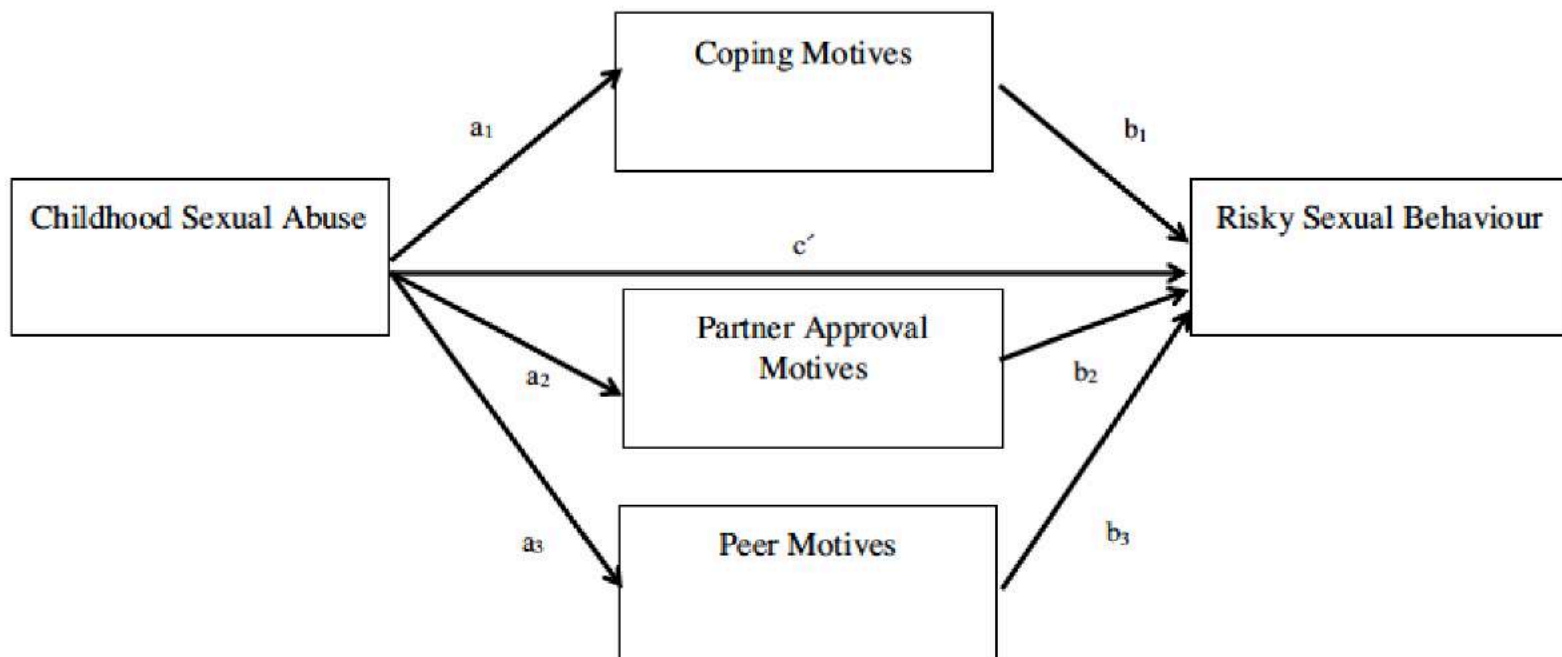
- Partner angry if I don't have sex
- Friends having sex/peer approval

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!

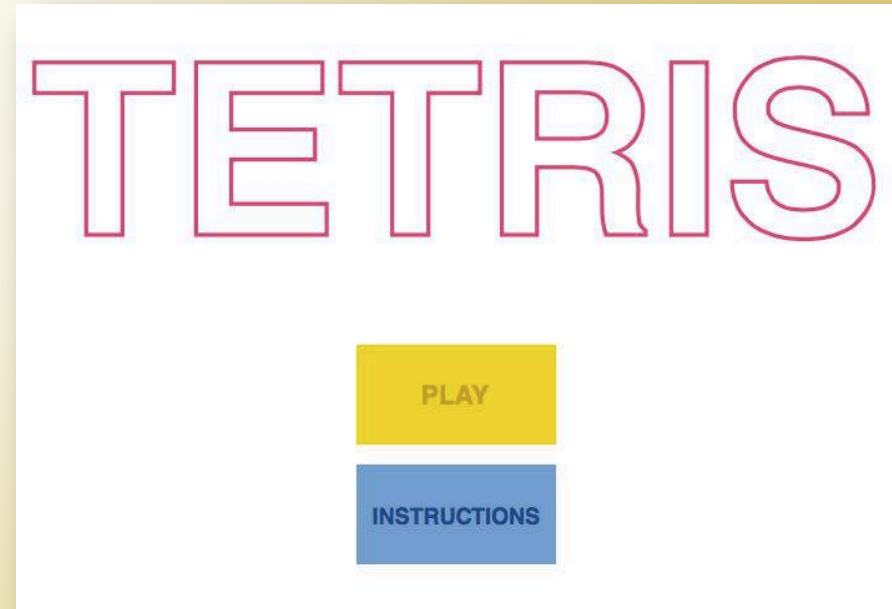
- **Mood Tracking**
 - Positive Affect focus
 - Negative Affect > Action
- Evidence-based Strategies
 1. **Journaling**
 2. **Safe Social Connectedness***
 3. **Gaming**
 4. **Art**
 5. **Puzzles**



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, & Deebroose, 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 3, 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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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 for open-access journal: *International Journal of Child and Adolescent Resilience*

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