



The Shapes and Sizes of Boundaries: Part 1 Grooming

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objectives



Definition of child sexual abuse



Definition of grooming



Clarify and know your boundaries

Definition of child sexual abuse

Sex abuse includes both touching and non-touching behaviors.

Sexual abuse does not have to involve penetration, force, pain, or even touching.

Non-touching sexual abuse is an adult engaging in any sexual behavior with a child to meet the adult's interest or sexual needs.

This includes the manufacturing, distribution and viewing of child sexual abuse material.

Definition of grooming

Grooming is a process by which the perpetrator gains the trust of a child for purposes of molesting them.

This can include grooming the family.

Grooming is typically a non-violent process.

The intention of grooming is to make a child progressively more comfortable with an abuser.

Examples of grooming

Becoming a confidante for a student.

Paying more attention to students who don't appear to have enough support.

Complimenting the student to appeal to their lack of self-esteem.

Giving extra time to a student, making them feel special, i.e., giving extra time for homework, small gifts you know the student will appreciate, finding time to spend with the student.

If necessary, grooming the parents to avoid suspicion of the relationship with the student becoming inappropriate.

Introducing non-threatening touch.

Appropriate boundaries

- ▶ No unclear situations
- ▶ Respecting a child's ownership of their body
- ▶ Respecting your role and responsibility as a leader/mentor/authority figure
- ▶ Respecting the student's personal space and personal belongings
- ▶ Pay attention to your "gut instinct"
- ▶ If in doubt, have another professional in the room with you and the other student

Is grooming always a bad thing?

- ▶ Cultural considerations much be taken into account.
- ▶ Have a safe space to consult other teachers regarding boundaries with challenging students.
- ▶ Sometimes it is difficult to determine if there is grooming, or if an authority figure is truly concerned. This is why seeking out other professionals' opinions is imperative.

Eliminating appropriate boundaries

Increasing amount and types of touch to include kissing, embraces

Encouraging relationship outside of school, to include increased presence of social media

As you continue to eliminate boundaries, potential for sexual touching increases

Because of growing trust, victim rationalizes touches and physical encroachment to justify their own reactions and responses

Harm Occurs When Boundaries Are Crossed

Desensitizes child to inappropriate behaviors becomes less certain of his/her autonomy

Child becomes more dependent on the attention and approval of the offender

Embarrassment and confusion about their own sexual identity

Child's fear of getting in trouble for reporting

Self-blame "this is my fault"

Damaged self esteem

Damage to future and current relationships

Self-harm, suicide, depression, anxiety

Student becomes less certain of his/her autonomy

How do we have these conversations with our colleagues?



Sexual offending is much more pervasive than usually believed



Sexual offending has a significant and lifelong impact on victims and the community



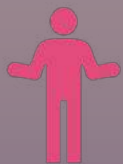
People react to myths about sex offenders and forget the facts

Common myths about offenders

- ▶ They have problems related to their age or developmental period
- ▶ They have severe mental illness
- ▶ They are intellectually impaired and don't know any better
- ▶ They have no other sexual outlets and are frustrated
- ▶ They are socially inadequate or shy and can not find appropriate partners
- ▶ They are an impulsive person
- ▶ They are victims of others past and present
- ▶ They abuse substances

Model for understanding sex offenders

Peggy Heil, 2007



Avoidance of internal thoughts of fear and inadequacy by seeking activity or excitement to shut them out, such as rape fantasies



Try to seek activities where they can establish a sense of adequacy and sense of control. Best worker, high status, control of a relationship such as rape or child sexual abuse.



Inability to establish a relationship could be fueled by biological issues, such as depression, anxiety, obsessive compulsive disorder, or can be a result of a personality disorder such as narcissistic, antisocial personality disorder, or a skills deficit



Have an inability to empathize with others, results in self-centeredness and feeling like a victim, leading to anger, alienation, loneliness, and a sense of entitlement

Model for understanding sex offenders



VICTIM THINKING
ALLOWS THE
OFFENDER TO
JUSTIFY
VICTIMIZING
OTHERS



SEXUAL
INTEREST/DRIVE
OR VIEWS ABOUT
SEX CONTRIBUTE
TO WHY THEY
PICK SEXUAL
MEANS VERSUS
BURGLARY, ETC.



SEXUAL
OFFENDING IS A
COMPLEX, MULTI-
DETERMINED
BEHAVIOR



MANY SEX OFFENDERS
HAVE ENGAGED IN
DEVIANT SEXUAL
BEHAVIOR MULTIPLE
TIMES OVER THE
COURSE OF MANY
YEARS, PRIOR TO
COMING TO THE
ATTENTION OF
AUTHORITIES AND
TREATMENT PROVIDERS

typologies



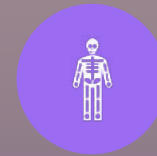
RAPISTS



CHILD
SEXUAL
ABUSE OF
CHILDREN IN
THEIR OWN
FAMILIES



CHILD
SEXUAL
ABUSE OF
CHILDREN
NOT IN THEIR
OWN
FAMILIES



NON-
CONTACT
OFFENDERS
(VOYEURS,
EXHIBITIONIST
S, CHILD
PORNOGRA
PHY)



CURRENT
RESEARCH
SHOWS THE
SEXUAL
OFFENDERS MAY
HAVE A
“PREFERRED”
TYPOLOGY, BUT
WILL
“CROSSOVER”
INTO OTHER
TYPOLOGIES
READILY

Crossover behavior

Crossover sexual offenses are those in which victims are from multiple age, gender and relationship categories

Sex offenders are have multiple victims and cross between female, male, adult, child, stranger, family, and victims in a position of trust

Rapists also molest and molesters also rape

Bestiality is also considered crossover behavior

Signs of burn-out; When should I check in with my colleague if I have concerns?

Unable or unwilling to work

Increase in mistakes due to lack of communication or inability to react

Unsympathetic, self-centered, preoccupied to the detriment of responsibilities

Negative response to caring for others

Symptoms of fatigue that can alert you it may be time to have a discussion with your colleague

HEADACHES

HYPERTENSION

FATIGUE

WEIGHT GAIN

NOT SLEEPING
WELL

GI CONDITIONS

Ideas to support staff when you notice potential burn out or poor choices being made

 Practice self care

 Set your emotional boundaries, not just physical boundaries

 Hobbies

 Prioritizing Meeting your physical and mental health needs

 Healthy friendships

 Use positive coping strategies

 Identify workplace strategies

 Personal therapy

Getting your
own therapy
can be useful



The therapy
dog after I
share all my
problems

When setting a boundary, you don't need to smooth over the tension.

You don't need to protect people from feeling uncomfortable.

It makes sense for people to feel bad and weird when they have crossed a line.



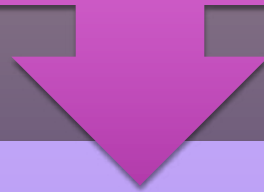
@jordanpickellcounselling



Keep your
boundaries!

Educators are also mentors

One aspect of mentoring is helping the mentee master the necessities of the position



Other aspects should include:

Helping people
shape their
character

Values

Self-awareness

Empathy

Capacity for
respect

Summary

Child grooming is establishing an inappropriate emotional connection with a child, and sometimes the family, to lower the child's reticence with the objective of sexual abuse.

Child grooming is used to lure minors into various illicit activities including child trafficking, child prostitution, cybersex trafficking, and the production of child sexual exploitation imagery.



Dr. Michelle
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MOVING THROUGH
LIFE WITH GRACE

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