

NETWORK NEWS

UPCOMING EVENTS:

MAR. 06 TRICARE in 2019: What You Need to Know
11:00 am - 12:00 pm ET

MAR. 12 Landlord-Tenant Protections for Military Members
11:00 am - 12:30 pm ET

MAR. 19 Sexualized Behaviors in Children and Youth
11:00 am - 12:30 pm ET

MAR. 28 International Lifestyle Recommendations for PCOS
11:00 am - 12:30 pm ET

APR. 02 Research and Tools for Supporting Military Transitions
11:00 am - 12:30 pm ET



Sexualized Behaviors in Children and Youth

It is estimated that 1 in 10 children are sexually abused before their 18th birthday.¹ Most perpetrators of child sexual abuse are often family members or close friends of the family. However, one interesting statistic is that one third of child sexual abuse cases are perpetrated by children under the age of 18, categorized as a child-on-child sexual abuse.²

Child sexual abuse can be a very tough topic to discuss. However, it is very important when preparing families and professionals with strategies to keep kids safe and thriving during childhood and youth. According to the CDC³ it is imperative to recognize the prevalence of child sexual abuse and its consequences, which can lead to many issues later in life like drug and alcohol use, eating disorders, suicide, and other issues highlighted in the Adverse Childhood Experience (ACEs) research. The National Child Traumatic Stress Network⁴ also stresses that whether this abuse is perpetrated by an adult or another child or teen, we must be aware of the trauma, both immediate and long-term, that can bubble to the surface disguised as unfavorable social and emotional reactions.

We are excited to announce an upcoming series launching March 2019 from the Family Development concentration area!

Sexualized Behaviors in Children and Youth

Join us March 19, 2019 for a free webinar on this very important topic. "Sexualized Behaviors in Children and Youth" will be facilitated by Dr. Shelley Martin, a child abuse pediatrician and US Air Force Lieutenant Colonel. Dr. Martin provides consultation in cases of child maltreatment, child abuse, and neglect to all branches of the Armed Services.

To RSVP for this webinar please visit our event page.

Throughout this webinar and series you will discover the answer to the following questions:

- What are normal sexualized behaviors in children and youth?
- How do we determine types of behaviors that are concerning or problematic?
- How are children and families affected by concerning sexualized behavior?

Also included in this series are various Anchored podcast episodes!

We are thrilled to have Dr. Gregory Leskin of the UCLA National Center for Child Trauma and the National Child Traumatic Stress Network's Military and Veteran Families Director as one of our guests focusing on helpful information for both parents and professionals working with children.

Be sure to bookmark our "Sexualized Behaviors in Children and Youth" series homepage as we will continue to update it with podcast episodes and additional resources as they become available.

References

1. Townsend, C., & Rheingold, A.A., (2013). Estimating a child sexual abuse prevalence rate for practitioners: studies. Charleston, S.C., Darkness to Light. Retrieved from: <http://www.d2l.org/wp-content/uploads/2017/02/PREVALENCE-RATE-WHITE-PAPER-D2L.pdf>
2. Finklehor, D., & Shattuck, A. (2012). "Characteristics of Crimes Against Juveniles." Crimes Against Children Research Center. Retrieved from: www.unh.edu/ccrc/pdf/CV26_Revised%20Characteristics%20of%20Crimes%20Against%20Juveniles_5-2-12.pdf
3. Center for Disease Control (2016). Adverse Childhood Experiences (ACEs). Retrieved from: https://www.cdc.gov/violenceprevention/childabuseandneglect/acesstudy/index.htm#CDC_AA_revised%20Characteristics%20of%20Crimes%20Against%20Juveniles
4. The National Child Traumatic Stress Network (2019). Effects of Child Sexual Abuse. Retrieved from: <https://www.nctsn.org/what-is-child-trauma/trauma-types/sexual-abuse/effects>

Check out some of the feedback we've gotten from our most recent webinar in the Kids Serve Too series with Sesame Street for Military Families - Safe and Sound: Caring in Our Community

"This will help me implement new trainings for our military parents with younger children especially during the deployment process."

"This meant a lot to me as the military community is a unique community with some very specific challenges and needs."

"I learned that a lot all of the curriculum was intensely researched based. This meant a lot to me as the military community is a unique community with some very specific challenges and needs. I was glad to learn that they update their site monthly with new resources so that families and providers can use this as an ongoing support resource. I plan to use this with 2 of my units that are deploying this year."

[NEWSBITES]



Are You Experiencing Seasonal Affective Disorder?

Seasonal Affective Disorder (SAD) is a form of depression. SAD tends to be experienced during the fall and winter months by the vast majority of people. It is important to recognize the potentially serious symptoms associated with SAD. [This blog post discusses symptoms, causes, and risk factors of SAD.](#)

Set Boundaries to Achieve Financial Goals

Research indicates that one of the best ways to stick with goals is to set boundaries. How can people set boundaries? Dr. Barbara O'Neill wrote this blog post that provides specific ideas for those looking to create financial restrictions...[read more.](#)

Practicing Emotional First Aid: Maintaining Our Psychological Health

Many of us prioritize our physical health, especially this time of year as we go through flu season once again. But what about our psychological health? Dr. Winch proposes that we start prioritizing our mental health just as much as our physical health by practicing emotional first aid...[read more.](#)

Planning for Your Child's Special Needs: Working with Medical Personnel

There are several types of doctors/medical personnel parents or guardians will need to work with as they manage the health of their child with special needs. Learn what you can expect from each type of practitioner in this [blog post.](#)

Kids Serve Too!

Home is Where Your Heart Is

In the third installment of the Kids Serve Too series, representatives from the Sesame Street Workshop address potential child concerns and developmentally appropriate responses to relocation transitions, explore resources that caregivers can use when addressing these concerns, and provide useful related tips on the Sesame Street for Military Families website.

Save the date! April 19, 2019, 11:00 am to 12:30 pm ET.
Registration is now open!

Podcast Episodes:



Baby Blues Clues: A Glimpse at Postpartum Depression

This is 60-minute podcast delves into the personal experience of a mother who has experienced postpartum depression, highlighting her struggles, triumphs, and other insights. Strategies and resources for other parents and mental health clinicians are also shared.

[Listen to this podcast.](#)

Power of an Anthem

As a follow-up to the MFLN Family Transitions webinar "Building Resiliency During Change – Finding Courage Within", an interview was conducted with facilitator Trisha Wohlfeil, to provide additional content that military service professionals can use immediately in their work and within the community.

[Listen to this podcast.](#)

