

When to think about getting help



A lot of changes happen when your child goes through puberty.

You might find that you need some extra support to help you and your child through this time.

This is OK.

You might need extra help with:

- knowing how to start
- needing information that is more specific to your child
- being worried about whether things are normal or not

It is important to remember that you can always ask for help.

You are not alone.





What is on this page:

This page is about knowing when you should get extra help if you are worried about your child's behaviours.

It has information on:

- behaviours that might worry parents
- where to go for help
- how to talk to your child
- things you can try



Behaviours that might worry parents

You might be worried about some of the behaviours that your child is doing.

These might be behaviours that:

- happen all the time (e.g. masturbation in public places)
- happen even though you have tried to teach your child it is not OK (e.g. being obsessed with looking at pornography)
- put your child or others at risk (e.g. self-harm or forced touching of others' private body parts)
- involve force, bribery, threats or other harmful things (e.g. using bribery to touch another child's private body parts)

These behaviours can be very stressful for parents but is important to remember that they happen for different reasons.



These reasons might be:

- not understanding about social rules
- being bored
- being stressed or anxious
- having a medical issue
- copying behaviour from other people (e.g in pornography)
- past or current abuse

It's also important to remember that some behaviours, like touching private body parts, can be a normal part of growing up.

Where to go for help if you are worried about behaviour:



If you are worried, your child's GP is a good person to talk to.

If your child already sees other medical professionals like a:

- psychologist
- behaviour support practitioner
- occupational therapist

They can help as well.

How to talk to your child when you are worried about behaviour:

It is important to talk with your child if you are worried about some of their behaviours.



You can try saying things like:

- **I can see that you're touching your private parts a lot today.**

Are you uncomfortable?

Can you tell me if you are in pain and we can see how to make it better?

- **Touching your private body parts can feel good, but you must do your homework as well.**

Let's sort out when you can have private time in the afternoon to make sure that we get everything done AND you get some time to relax!



- Can you tell me who the boss of your body is?

What does being the boss mean?
(answer: It means that only I can say who can touch me)

Things to try when you are worried about behaviour:

Here are some things to try if you are worried about your child's behaviours:



- Keep track of behaviours that you are worried about.

You might keep a diary of the following:

- What happened?
- Where did it happen?
- What happened before the behaviour?

- What happened afterwards?
- How long did it last for?
- Did the behaviour take over another important activity?



- Make sure your voice and face are calm when talking with your child about things you are worried about.

This will help them to feel safe

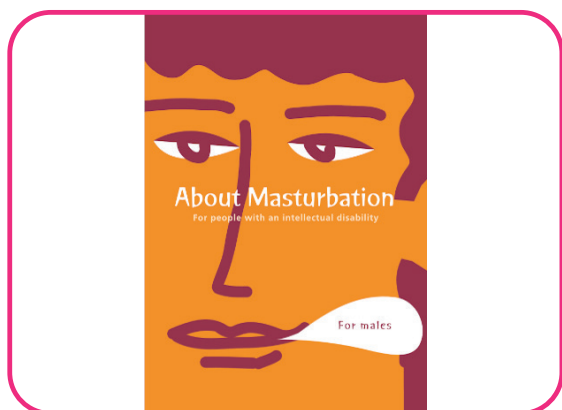
- Talk to your GP or NDIS plan manager about getting support from a professional for behaviours you are worried about



Resources for you to use:

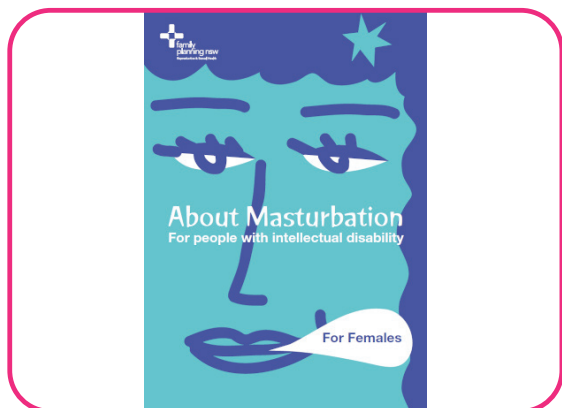
Planet Puberty referral list

<https://www.planetpuberty.org.au/referral-options/>



About Masturbation for Males

https://www.fpnsw.org.au/sites/default/files/assets/mastbook_male_fin_lr.pdf



About Masturbation for Females

https://www.fpnsw.org.au/sites/default/files/assets/mastbook_fem_fin_lr.pdf



A Brief Guide to Planet Puberty

<https://www.planetpuberty.org.au/quick-start-guide/>



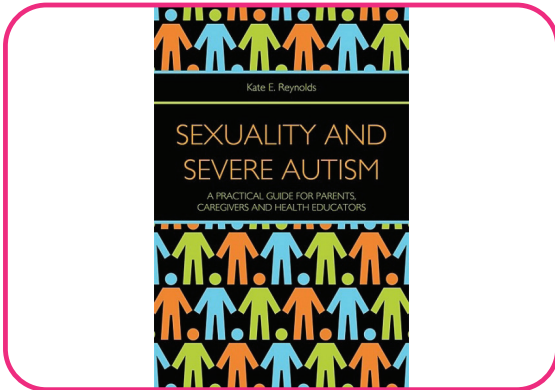
Traffic Lights: Factsheet

<http://www.wbsass.com.au/themes/default/basemedia/content/files/Traffic-Lights-Brochure.pdf>



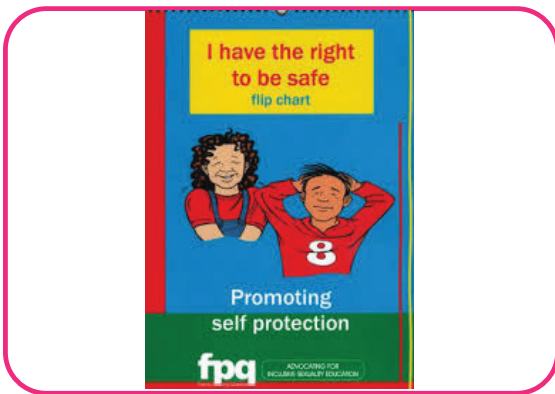
Understanding and working with sexualised behaviour

<https://www.childabuseroyal-commission.gov.au/sites/default/files/SA.0052.001.0288.pdf>



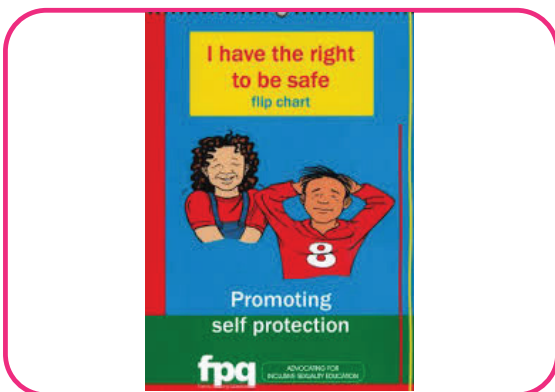
Sexuality and severe autism

by Kate E. Reynolds



I have the right to be safe flipchart

by True Relationships and Sexual Health



An exceptional children's guide to touch

By H Manasco



SAFE Series Resources

<https://ocg.nsw.gov.au/resources/introduction-child-safe-standards-and-child-safe-scheme>

What to read next:

- [Body changes](#)
- [Behavioural and emotional changes](#)

For more information go to the Planet Puberty website

www.planetpuberty.org.au