

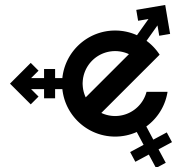


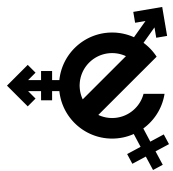
Best Practices Re: Sexuality When Working with ID/DD Youth

Feel free to write a question/concern down on the notecard
on your seat

Who I am

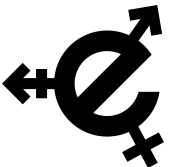
- Rachel Benson (she/her), MEd, BCBA, LBA
- Master's in Education
- BCBA since 2018
- AASECT Professional Member since 2022
- Sex Educator in practicum under Dr. Logan Levkoff



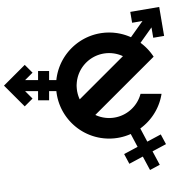


Learning Objectives

- Attendees will be able to identify which person/level/organization to contact when seeking specialized services.
- Attendees will be able to list a minimum of three different ways ABA can be abusive.
- Attendees will be able to list a minimum of three examples of ethical ABA.
- Attendees will be able to describe a minimum of three ways to reduce problem behavior and/or increase desired behavior.



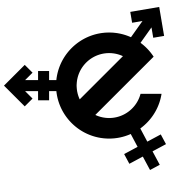
What is Sexuality



Building Advocacy Language



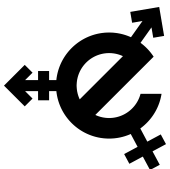
- Get over your own hesitations!
- Use proper anatomy names
- Teach about hygiene, health
- Teach about autonomy
- Consent
- Teach who is safe to talk to



What ABA Can and Should Be

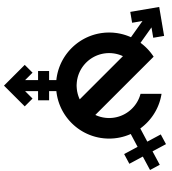
- Generalizable
- Effective
- Technological
- Applied
- Conceptually Systematic
- Analytical
- Behavioral

GET A CAB



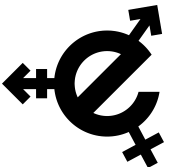
Abuses Committed in the Name of ABA

- ABA is often equated with Behavior Modification/Management (BM) and Forced Compliance
- BM is a subset of tools/methods that may include elements of Forced Compliance



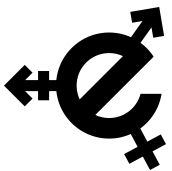
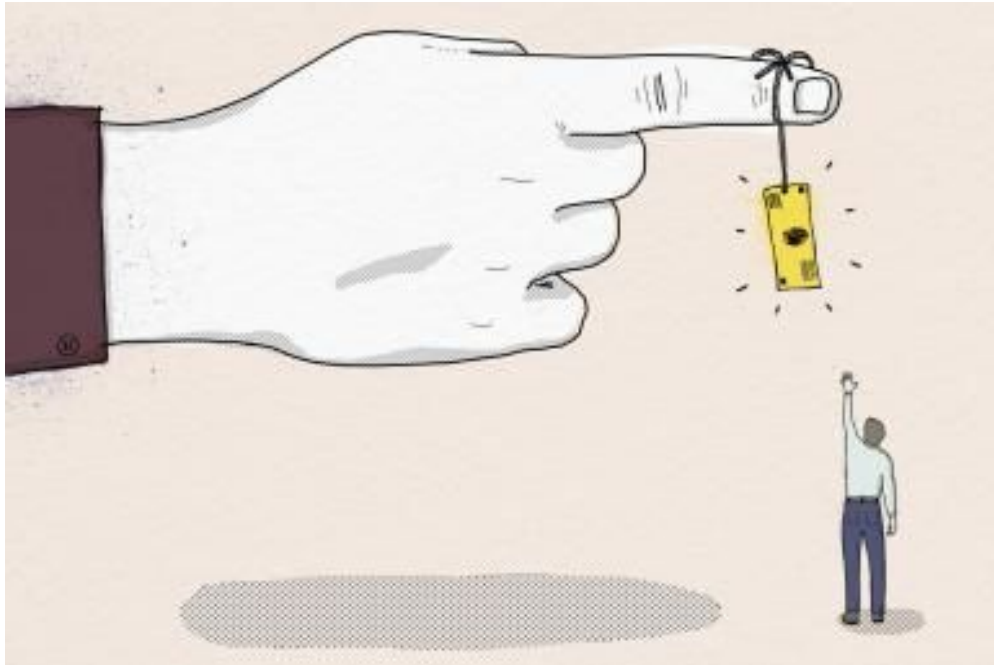
Abuses Committed in the Name of ABA

- In the shower example, many parents would have done the same thing as the treatment suggests.
 - It is not creative, not based in humanistic philosophy, but rather -- what can generate the outcome the fastest?
 - It is punitive
 - It is not looking at the purpose behind the kid's desire to avoid the task



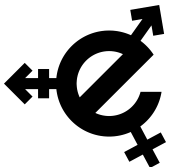
Abuses Committed in the Name of ABA

Examples of Forced Compliance often Cited



What ABA Is Becoming

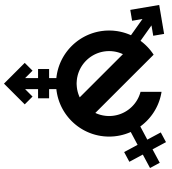
- Until 2008, ABA was not a regulated field with Board Certification and Licensing
- Now, ABA as an overseen field with a huge focus on ethics and adherence to the GETACAB principles
- Punishment/Forced Compliance utilized as last resorts after Positive Behavior Support, and only in regard to safety and health



What ABA Is Becoming

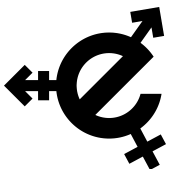


- Ethics code makes punishment in most situations unethical and can result in loss of certification.
- BCBAs caught abusing are stripped of title and license.
- We are also seeing more Autistic BCBAs helping change the field.



What ABA Already Is and Continues to Be

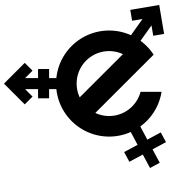
- ABA is not Autism Therapy and never has been
 - Clinical
 - Autism, ID, Smoking, Weight Loss, Life Coach (LBA)
 - Business Success (OBM)
 - Sociological, Narcotic, and Intensive Psychiatric Studies (EAB)
 - Animal Training/Rescue (AAB)
 - Sexual and Sociosexual Skills (SBA)



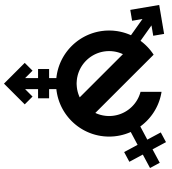
How can we help



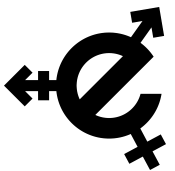
Treatment Team Delegation



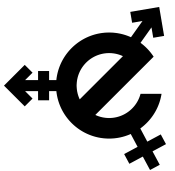
Interactions: Regional Office, Other Agencies, Payers



What is “Acceptable”

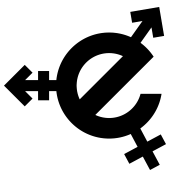


When to Intervene?



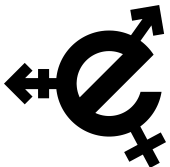
Basic Behavioral Techniques

- **If socially motivated: VICARIOUS MODELING**
 - Take a behavior desired for increase and model using it yourself
 - Add some verbal component to ensure the person notices and correlates
 - Example:
 - Skill = Putting sanitary pad in underwear
 - How can we teach this?



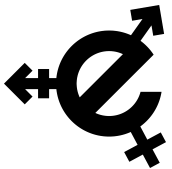
Basic Behavioral Techniques

- **Anyone In-the-moment: DIRECT MODELING**
 - The behavior is needed now and they don't know what to do
 - Engage in the behavior and show/indicate the result
 - Example:
 - Skill = Coping with rejection
 - Stimulus = Person is turned down by potential partner + starts escalating



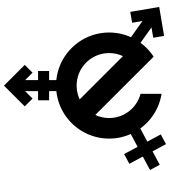
Basic Behavioral Techniques

- **REDUCING “PROBLEM BEHAVIOR” -- IN KIDS/TEENS**
 - Avoid punishment
 - Recognize rewards as a common part of life
 - Recognize difference between rights and rewards.
 - Set contingencies only around rewards



Basic Behavioral Techniques

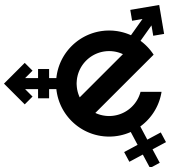
- **REDUCING “PROBLEM BEHAVIOR” -- ANYONE**
 - Note that even the problem behavior serves a function
 - EX:
 - Sal often looks at porn in living room on a shared family computer, especially if people are over.
 - Function?
 - Alternative Behavior?
 - Consequences (positive and/or negative)



Basic Behavioral Techniques

- **INCREASING “DESIRED BEHAVIOR” -- IN KIDS/TEENS**

- Is restricting access to peers a punishment?
- EX:
 - Erin likes to hang out with their peers from school on the weekends. Everytime they do, Erin misses curfew and days later parents find out Erin has been engaging sexually with a few of their peers during these hangouts.
 - What is the desired behavior?
 - How can we make this a reward and not a punishment?

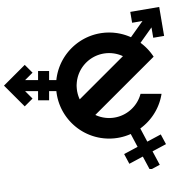


Basic Behavioral Techniques

- **INCREASING “DESIRED BEHAVIOR”**

- Pro Tips:

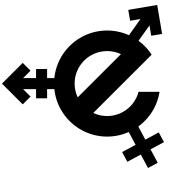
- Do not assume what another person wants to earn
 - Do not assume you know the function of a behavior
 - Don't react to behavior, respond to it wisely
 - Utilize/point out natural contingencies whenever possible
 - Teach them to accept failure as an outcome early on



Navigating Resources

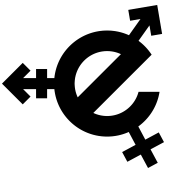


- SSD Library
 - Sex Ed Curriculums
 - Storybooks about Puberty
 - Storybooks about Public VS Private Behavior
- Client Events
 - Safe Circle Coalition
 - (safecirclec@gmail.com)
- Trainings and CEs/CEUs
 - AASECT.org has listings of webinars and events
- Supervision of Case by SME



Navigating Resources

- Asperger/Autism Network
 - Articles, blogs
- Sexetc.com
 - Articles, blogs, videos
 - By teens, for teens
 - Moderated by Certified Sexuality Educators
- LGBTQIA+ additional
 - PFLAG.org (parents)
 - Google: It Gets Better
 - Google: Trevor Project
 - lgbtcampus.org



In Summation...

- Thank you!
- The floor, so to speak is now open to questions.
- If you would like further information or assistance, I provide consultations, trainings, and team support:
 - rachel.benson@empoweredcenter.com
 - 630.715.7726

