



CREATING SAFE SPACES

Development of sexuality through the lifespan

focus on child, adolescent, and the elderly

Establish class values



- We will be talking about sexuality, gender, pleasure, abuse and safety in these sessions. What will make this class a safe space for everyone to share, express their views and discuss freely?
- How do we want others to behave?
- How will we behave?

Group Activity



Time for activity: 15 min

Make groups of 5-6 persons - If there are more than 5 groups, the extra groups repeat the activity assigned to Gr A, B and so on.

Gr A- imagine you are all aged 6-9 year old

Gr B- imagine you are all aged 10-14 year old

Gr C- imagine you are all 15-18 year olds

Gr D - imagine you are all 19-24 year olds

Gr E - imagine you are all 65-70 year olds

Discuss and note the answers to these

1. What are your doubts regarding sex and sexuality at this age? What are you confused about? Or what about sex and sexuality makes feel uncomfortable?
2. Whom would you ask these doubts?
3. Who would you prefer answered your doubts/ discussed this with you?

25 minutes: Each group briefly presents these to the whole class

Popcorn round - participants share their takeaway from today's session (optional)

Group Activity



Time for activity: 15 min

Make groups of 5-6 persons - If there are more than 5 groups, the extra groups repeat the activity assigned to Gr A, B and so on.

Gr A- imagine you are all aged 6-9 year old

Gr B- imagine you are all aged 10-14 year old

Gr C- imagine you are all 15-18 year olds

Gr D - imagine you are all 19-24 year olds

Gr E - imagine you are all 65-70 year olds

Discuss and note the answers to these

1. What are your doubts regarding sex and sexuality at this age? What are you confused about? Or what about sex and sexuality makes feel uncomfortable?
2. Whom would you ask these doubts?
3. Who would you prefer answered your doubts/ discussed this with you?

25 minutes: Each group briefly presents these to the whole class

Popcorn round - participants share their takeaway from today's session (optional)

Sexuality



- Sexuality is much more than sexual intercourse
- Humans are sexual beings throughout the lifespan
- Foundation of sexuality- At conception

Attitude towards sexuality during childhood



List your feelings and beliefs you have or have heard of.

Normative development of sexuality: 0-3 years



- In utero erections in male fetus; Self stimulation
- Touch and physical closeness
- Curiosity and interest in bodies- self and others
- Interest in nudity- No inherent sense of shame / dirtiness
- Aware of differences in genitals- know and begin identifying with a particular gender

Normative development of sexuality: 3-6 years



- Intense interest in physical sensation.
- Fascination with words denoting genitals and excretory functions.
- Increased curiosity - playing doctor games
- Beginnings of peer sexuality explorations, including genital examination
- Imitate adult social and sexual behaviors
- Modesty- privacy
- Aware of marriage and understand living together
- Children are capable of protosexual feelings
- Identifies with a particular gender

Normative development of sexuality: 6-9 years



- Asks questions about genitals, breasts, intercourse, babies
- Plays house, simulating mother/father roles
- Self-stimulation of genitals; shows others his/her genitals in private locations; Single or infrequent occurrences of peeping/exposing
- Compares genitals with siblings and peers (close in age). Use of slang /“dirty” words for genitals / sexual behavior
- Plays socio-sex games with same-aged children involving touching and looking (e.g., truth or dare).
- Affectionate behavior with peers (e.g., kissing, flirting -by older children), physical intimacy with trusted adults (parents/caregivers)
- Tease, call names, make sexual comments to or about opposite-sex peers

Normative development of sexuality: 9-12 years



- Puberty begins and continues
 - Shows secondary sex characteristic (signs of puberty)- result in anxiety and confusion; need reassurance that changes are normal
 - Menstruation and nocturnal emission
 - Masturbates (in private) for pleasure and orgasm
- Seeks out information on sexuality- from media, books and internet.
- Becomes aware of different forms of sexual orientation
- Have heard about sex, rape, abuse and wants to know more
- Seeks privacy- keeping the doors locked
- Aware of own and other's sexual orientation
- Shows sexual interest in peers of similar age (feelings of sexual attraction)

Normative development of sexuality: 12- 19 yrs



- Pubertal changes continue - Sexual desires and urges increase
- Increased need for privacy
- Watching porn to satisfy curiosity
- Masturbation
- Need for sexual touching/exploration with same or other genders: sitting close, deliberate brushing against peer or adult body
- Experience increased interest in romantic and sexual relationships.
- As youth mature, they experience strong emotional attachments to romantic partners.
These attractions and attachments may be intense, but short lived.

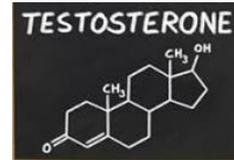
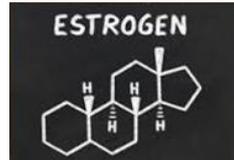
Changes during puberty

Physical (Body)

9-17 years

- Height, weight, muscles
- Pimples
- Broader - shoulder, waist
- Voice change
- Body hair - facial hair, chest, underarms, pubic
- Breast development
- Menstruation, white discharge
- Nocturnal emissions

Emotional (Feelings)



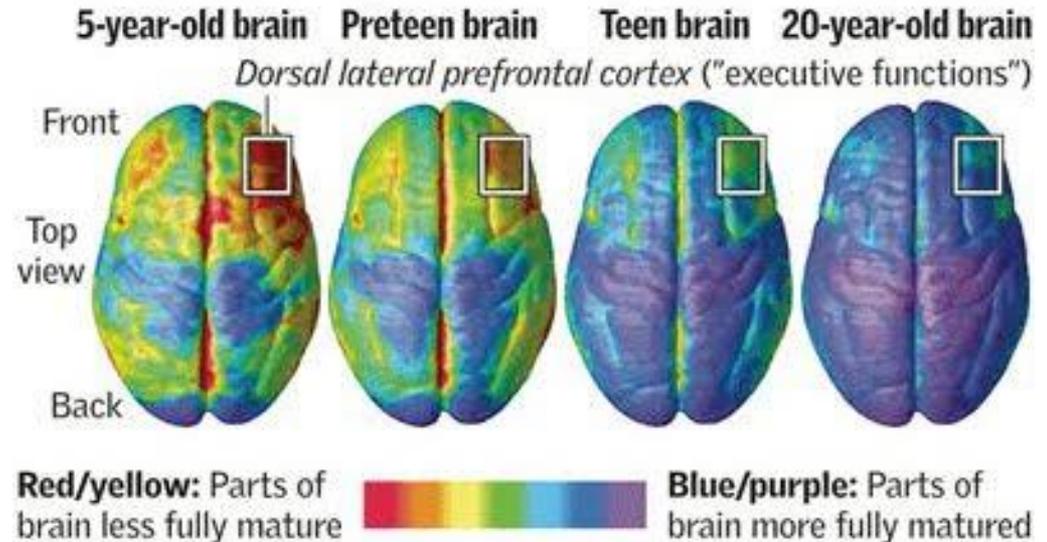
Psychological (Values)

Upto 24 years

- Independence
- Forming own values
- Decision making
- Self identity, orientation
- Handling choices
- Confusion/uncertainty
- Peer influence
- Exploration
- Interpersonal behaviour

Maturation of the brain

- Adolescence - brain is still under construction- structural changes
- Prefrontal cortex (PFC)- matures by 24-25 years of age
- Prefrontal cortex - responsible for executive functions and decision making
- Amygdala - seat of emotions, impulsive and instinctive behaviour
- Adolescents depend on amygdala for problem solving and decision as PFC is still developing
- Risk taking , impulsive behaviour



Sources: National Institute of Mental Health;
Paul Thompson, Ph.D., UCLA Laboratory of
Neuro Imaging

Thomas McKay | The Denver Post

- POCSO Act criminalizes sexual activity with minors. This includes consensual sexual activity among adolescents.
- In a case in 2017 (*Independent Thought v. Union of India*), SC ruled that sexual intercourse between a married couple, where the wife is below 18 years, constitutes rape.

Development of gender identity



- Feels “sameness” with others of a certain gender
- Influenced by multitude of factors
- Gender identity begins to develop in early childhood
- Begin to identify themselves with a particular gender around 2-3 years of age
- By 6 years of age- modelling the behaviours, gender roles of the gender they identify with
- By 6-9 years of age- engage more with same sex and similar aged playmates
- Adolescents- mostly the gender identity developed is in accordance with their assigned sex and gender
- Persists into adulthood

Development of gender variant identity



- Gender identity does not conform with the physical sex characteristics or the assigned gender at birth.
- Consolidation of gender variant identity is believed to be influenced by
 - Onset of puberty with its physical and psychological changes
 - Sexual activity and exploration with others
 - Peer and family and other social interactions
- Prenatal androgen exposure - may affect gender role behaviour
- Gender dysphoria - underestimated
- Reprimanding, ridiculing, punishing or physically restraining children - cause confusion, anguish and anxiety for the child who may withdraw socially and emotionally
- Dearth of studies w.r.t people with intersex identity

Development of sexual orientation



- Components which influence each other -self identification, sexual behavior, romantic attraction, and sexual attractions
- Can be fluid and can change in one's life span
- Gender identity and sexual orientation - entwined to some extent, more so in sexual minorities
- Self identification with a particular sexual orientation may not occur until in adolescence or early adulthood

Development of sexual orientation - LGBT



- Transgender and gender non confirming people- influenced by biological, sociocultural and developmental factors
- **Cass Model** of Identity Development Stages
 - Identity Confusion
 - Identity Comparison
 - Identity Tolerance
 - Identity Acceptance
 - Identity Pride
 - Identity Synthesis
- Adolescent begins to acknowledge and accept themselves. They seek out information and persons with similar orientations from the LGB community.
- They compare their feelings and experiences with others, have relationships that confirm their identity and become more accepting of their orientation

Extra Readings



[Research Paper on children's sexualities](#)

This PowerPoint is part of a project to prevent Gender based violence. This project is supported by Ford Foundation.



CREATING SAFE SPACES

Thank You!

ENFOLD PROACTIVE HEALTH TRUST

+91 802552 0489 | +91 99000 94251 | enfoldindia.org



SURAKSHITH APP

Information, stories on personal safety for children.



BAL SURAKSHA APP

Information on answering children's questions,
managing child sexual abuse.



STRI SURAKSHA APP

On crimes against women, laws, interventions and
healing techniques.

All Apps in 10 languages, free on android Developed with UNICEF and MeitY (CDAC Hyderabad)