



No Shame: The Importance of Parent Child Communication about Sex, Self-Confidence, and Healthy Relationships

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Abstract:

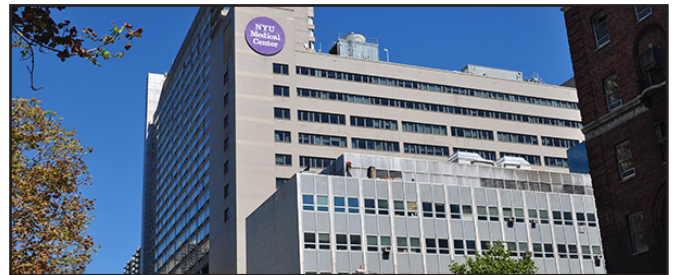
About 1-in-10 children will be sexually abused before their 18th birthday. About 1-in-7 girls and 1-in-25 boys will be sexually abused before age 18. 44% of rapes with penetration occur to children under age 18. Victims younger than 12 account for 15% of those raped, and another 29% of rape victims are between 12 and 17.

Children are most vulnerable to sexual abuse and assault when parents have not discussed sex. Early sex education has a protective effect. Young children who do not know the proper words for their genitals are at risk for sexual victimization as they cannot provide an accurate description of events. Older children who have developed shame around their sexuality may decide to keep their victimization secret rather than tell a trusted adult. Schools teaching comprehensive sex education saw 16% fewer boys and 15% fewer girls had sex by the end of 8th grade compared to students at other schools. Parents must be trained and embrace talking early and often about sex since schools vary in sexual education and comprehensive programs. Earlier introduction to sexual activity may predict depression, alcohol use, multiple sexual partners, and STIs. This talk will address evidence based protocols for parents to talk to their kids about sex, sexuality at every developmental stage and using modern therapeutic techniques like CBT and DBT to open the lines of communication. Lastly, informing how therapists and parents can help children handle rejection, express their boundaries, and have healthier relationships.

Biography:

Dr. Lis is a medical doctor who is a double board certified Adult and Child Psychiatrist. Dr. Lea is active in the American Psychiatric Association, having served as a member of their National Ethics

Committee and on the Board of Trustees. She served



as Assistant Clinical Professor of Psychiatry at New York University Medical Center, and has presented numerous symposia and workshops at the annual APA meetings and at the meetings of the Institute of Psychiatric Services. Her Academic publications have appeared in the Journal of Psychiatric Practice and the Journal of Academic Psychiatry.

Publication of speakers:

1. Grossman JM, Tracy AJ, Charmaraman L, Ceder I, Erkut S. Protective effects of middle school comprehensive sex education with family involvement. *J Sch Health*. 2014;84(11):739-747. doi:10.1111/josh.12199
2. H Gonçalves et al., "Age of Sexual Initiation and Depression in Adolescents: Data from the 1993 Pelotas (Brazil) Birth Cohort," *Journal of Affective Disorders* 221 (2017): 259-66, DOI: 10.1016/j.jad.2017.06.033.
3. P.A. Cavazos-Rehg et al., "Number of Sexual Partners and Associations with Initiation and Intensity of Substance Use," *AIDS and Behavior* 15, no. 4 (2011): 869-74, DOI: 10.1007/s10461-010-9669-0.
4. J.S. March et al., "The Treatment for Adolescents with Depression Study (TADS): Long-Term Effectiveness and Safety Outcomes," *Archives of General Psychiatry* 64, no. 10 (2007): 1132-43, DOI: 10.1001/archpsyc.64.10.1132.
5. CBT for reducing behavioral problems: D.G. Sukhodolsky et al., "Behavioral Interventions for Anger, Irritability, and Aggression in Children and Adolescents," *Journal of Child and Adolescent Psychopharmacology* 26, no. 1 (2016): 58-64, DOI: 10.1089/cap.2015.0120."

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