

UAA Center for Human Development

Supporting Relationship Development and Healthy Sexuality

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ACRF "Helping Youth Grow Healthy Relationships" Conference

Presented by Caitie Jones and Kelley Hartlieb





Speakers from UAA Center for Human Development

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Objectives

- Why supporting interpersonal relationship development and healthy sexuality is important:
 - Fundamental Human Right
 - Important to physical and emotional health
 - Parental obligation
 - Protective factor

When it comes to friendships, dating, and sexual health for the children in your care,

What are your hopes?

What are your fears?

Go to: www.menti.com

Enter the code: 6558 1850



Rights Under Foster Care

“Young people don’t need quality sexuality education because too many of them are unintentionally pregnant or because too many of them contract STIs.

They deserve it because they are human beings, and humans have a right to the knowledge and skills they need to lead healthy lives and to make the decisions that are best for them.”

<https://siecus.org/sex-ed-is-a-human-right-its-time-we-start-treating-it-like-one/>



Importance of Relationships



Health

Quality of one's social network is connected to one's physical and mental health



Self-Worth

Having a broad range of relationships correlates to a greater sense of identity, belonging, purpose, meaning, and self-worth

Family Contact

An Essential Element of Foster Care

(Mat-Su Family Support Center Flyer)

- Hope
- Build Bridges
- Bond
- Roots
- Parenting Opportunities
- Normalcy



Barriers

- Unhealthy formative relationships – dysfunctional role models
- Witnessed and/or experienced domestic abuse, neglect, exploitation, sexual violence, etc.
- Effects of trauma – fight, flight, freeze, fawn
- Feeling unsafe, low self-esteem, depression/anxiety
- Unfamiliar with healthy relationship dynamics
- Difficulty with trust & forming attachments with caregivers
- Trouble with friendships
- Lack of understanding of sexual boundaries
- High-risk behavior
- Had to “grow up





Trust Based Relational Intervention (TBRI)

Created by Dr. Karyn Purvis & Dr. David Cross

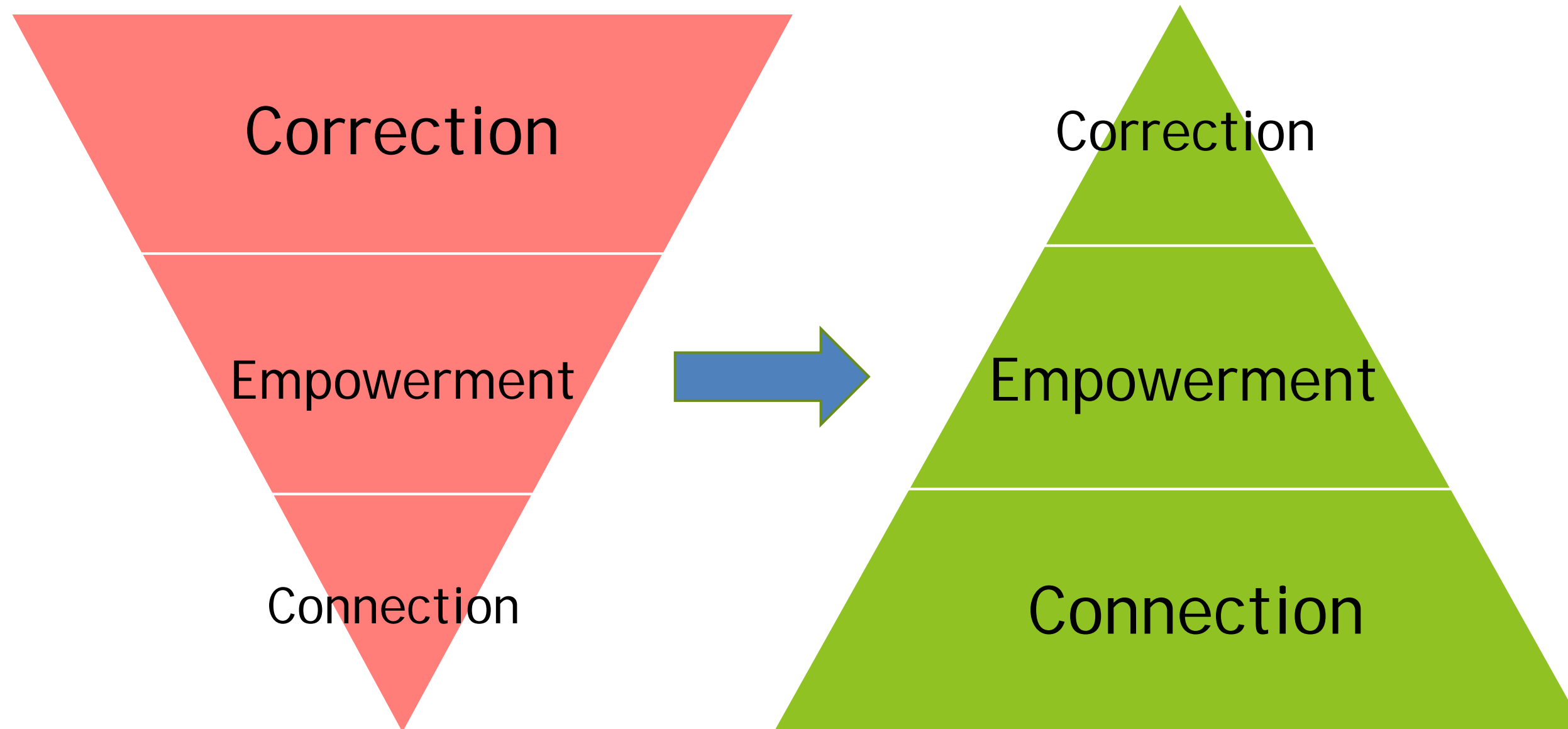
More than anything we need to know that we're safe, we're precious, and we have a voice.

- TBRI® is an evidence-based, trauma-informed intervention that is designed to meet the complex needs of vulnerable children. Ages 0-17
- Connecting principles to address attachment needs
- Empowering principles to address physical needs
- Correcting principles to disarm fear-based behaviors

TBRI Video



TBRI Principles [®]



Connecting principles to address attachment needs

Empowering principles to address physical needs

Correcting principles to disarm fear-based behaviors

- What is your strength?
- Which was your parent(s) strength?
- What do you spend the most time doing?

TBRI Pillars & Strategies

Connecting (attachment)

- Eye contact
- Body position
- Voice inflection
- Matching
- Active listening
- Nurturing interaction
- Playful engagement
- Give care/receive care
- Negotiate needs
- Autonomous self

Empowering (physical needs)

- Felt Safety
- Predictability
- Transitions
- Safe touch
- Physical activity
- Sensory input
- Nutrition & hydration

Correcting (disarm fear-based bx)

- Proactive – Emotional regulation, Encourage the positive, Choices for growth
- Re-directive – Choices for discipline, Re-dos, Consequences
- *A child that has a voice and is heard, does not have to resort to manipulation and control. A child who does not feel heard WILL resort to another form of communication that doesn't depend on connection.*