

# Harmful Sexual Behaviour Trauma Therapy

## What is Harmful Sexual Behaviour (HSB)?

HSB refers to sexual behaviours expressed by children and young people under 18 that are developmentally inappropriate, potentially harmful to self or others, or abusive toward another child, young person, or adult.

Our work is underpinned by Hackett's Continuum of Sexual Behaviour, AIM3 assessment principles, and evidence-based research.

## Why does it happen?

HSB can be linked to a range of factors, such as unresolved and/or ongoing trauma, attachment issues, connection seeking behaviours, exposure to sexual content, or difficulties with boundaries and relationships.

## Get support:

With timely support from Sunrise Therapy Service, children and young people can move forward to a safer, healthier 'new normal'.



**Scan the QR to get Support**



**SUNRISE  
THERAPY  
SERVICE**

**HARMFUL SEXUAL  
BEHAVIOUR**

**BARNARDOS**

## Our Approach

We deliver **24 therapeutic sessions** through **three structured stages**, using evidence-based models to support children and young people displaying harmful sexual behaviors.

## CSSO Framework

**Child-Directed:** The child leads the process by setting and shaping their own goals.

**Systems-Focused:** Work collaboratively with the child to design support plans within their environment.

**Strengths-Based:** Goals are grounded in the child's unique strengths, interests, and preferences.

**Outcome-Informed:** Plans are implemented and regularly reviewed to ensure progress toward agreed outcomes.

## Psycho-Education

The AIM3 assessment principles guide psycho-educational work by referencing five domains: sexual behavior, non-sexual behavior, developmental factors, environmental and family influences, and self-regulation skills.



## What We Hope to Achieve

A Ray of Sunshine at Sunrise Therapy Service. We're here for children and young people to build hope, strength and belief that a brighter tomorrow is possible—even in the toughest times.

## Good Lives Model

We support children and young people as they plan for a “new normal” and build a positive future. Our approach focuses on key areas of development: finding peace and purpose, enjoying play and creativity, learning and connecting with community, building confidence and forming strong, healthy relationships.

