

## #3 Establish Rules and Get Back Into Routines

I was at an Indian School in the mid-70s. We had housing units that were built to be apartment-based, with 12 kids in them. A group of boys in one of the units were engaging in PSB with kids about half their age. We decided to keep the unit together but separated them. In those days, we did not have the terminologies we have now. I think it was 1985 when the terms related to PSB came about. Usually, what would happen is that kids would just get kicked out of school. We decided to let them go to school, but we kept them and us working together to address this issue. I started reading a lot of work about PSB. These were the first kids I dealt with to understand what PSB is or sexual behavior problems are all about. If you looked in the literature back then, there was nothing.

We established rules for them and started working with them. We began slowly getting them back into routines. In a three-month time-frame, we had the same group of boys, but they were no longer sexually acting out.

We did not fully identify where those behaviors were initiated from. We knew it was something that was part of their boarding school experience. We were able to abolish inappropriate behavior patterns for them and practice appropriate behaviors. I worked with them in group therapy to build an understanding of appropriate behavior and rules were created along the way. As far as I know, those boys made it through school. I was there for six years. Those kids came back every year and responded well.



### Teaching

Treatment, education, and prevention practices work. Kids respond well when engaged and taught who they are and what to do. They need to know what is right and wrong; they need adults in their lives to teach them why certain behaviors are okay and why others are not.