

## NEW WORDS

### Sexualized Behaviours & Sexual Offending

Are you 10 years + ? These words are for you to learn.

**Accountable:** To take responsibility for your behaviour.

**Anger:** When you feel really mad and don't like what happened.

**Assertive:** Standing up for yourself and saying what you want without hurting others.

**Bestiality:** Doing sexual things with animals.

**Bribe:** Making promises to trade one thing for another thing you want. An example would be giving your little sister or brother candy so she won't tell on you.

**Child Sexual Abuse:** An older person doing sexual things with someone not old enough to say it is okay.

**Coercion:** To make someone do things, or let you do things to them that they don't want to.

**Confused:** To not understand or to feel mixed up.

**Conscience:** A voice inside you that tells you right from wrong, and how to make good choices.

**Consent:** Permission.

**Consequences:** The results of your behaviour.

**Deny:** To say something didn't happen when you know it did.

**Empathy:** To understand and care about the thoughts and feelings of someone else.

**Fantasy:** Thoughts about being sexual, like a daydream.

**Feeling:** An emotion that happens from the neck down; like sad, mad, worried, or happy.

**Fondle:** To touch someone's private parts without their permission. This is a sexual offense.

**Force:** Physically make other do things they do not want to do.

**Frottage:** To rub your hands or private parts against someone without permission. This is a sexual offense.

**Frustration:** To feel like nothing is going right.

**Groom:** To set others up so you can sexually offend them.

**Honesty:** Truth; the truth, the whole truth, and nothing but the truth.

**Hopeless:** Feeling like everything is bad or wrong and nothing or no one can make it better.

**Illegal:** Something that is not allowed by law.

**Inside Blocks:** Walls that you make up in your heart and head that remind you to make good choices, like to not sexually offend.

**Intimidate:** Saying or doing things to scare others.

**Jealous:** To want something that someone else has, like a new toy or your mom or dad's attention.

**Legal:** Something that is allowed by law.

**Legal Age of Consent:** The age it is legal to give permission to do something sexually.

**Manipulate:** Tricking others into doing things you want them to do.

**Masturbate:** To touch your own private parts.

**Minimize:** To make something sound not important.

**Outside Block:** Walls that you place outside of you to stop you from sexually offending, like making sure you're not around little kids.

**Personal Space:** The amount of space that people need around them to feel comfortable.

**Positive Attention:** Attention you get for doing good things.

**Private Parts:** The parts of your body that are covered by a swimsuit.

**Problem Solving:** Working things out when there is a problem.

**Rape:** Using coercion or force to make someone have sex. This is a sexual offense.

**Rationalize:** To make up reasons for what you did to take the blame off of you.

**Respect:** To think and care about how other feel.

**Responsible:** Taking credit or blame for your thoughts and behaviours.

**Revenge:** To hurt or "get back" at someone for something they did to you.

**Sadness:** To be unhappy.

**Sexual Abuse:** Sexual behaviour that harms another or is illegal, like having sex without consent.

**Sexual Arousal:** Exciting or tingling urges in your private parts that sometimes happen with sexual thoughts.

**Sexual Offense:** A sexual action that hurts another person and is against the law.

**Sexual Offense Cycle:** The steps of thoughts, feelings, and behaviours leading up to doing a sexual offense.

**Sexual Touching Problem:** A problem kids have who want to touch or hurt other sexually or do sexual things with others without their permission.

**Sexuality:** All the things that have to do with having sexual parts, being a sexual person, and being sexual with others.

**Sexually Transmitted Diseases:** Sickesses you can get when you do sexual things with people who already have these sicknesses.

**Support System:** The group of people who help you with your problems.

**Therapist:** A trained person to help you with your problems.

**Thinking Problems:** Thoughts that make it easier to sexually offend. Some examples of thinking problems are: minimizing, denying, or rationalizing.

**Thought:** Something that happens from your neck up. The thing that you say to yourself on your mind or head.

**Threat:** Telling others bad things will happen if they do not do what you want.

**Trigger:** Something that makes it easier for a kid to start thinking or feeling like hurting someone sexually.

**Trust:** When you feel safe around someone.

**Victim:** Someone who is hurt by others.

**Voyeurism:** Being sneaky and watching others be naked or have sex without their consent, this is a sexual offense.

**Warning Signs:** The things we teach ourselves about how to tell when our sexual offense cycle is about to happen.