



## Adolescents Group

### (For teens who have been sexually abused)

The purpose of this group is to provide a safe and confidential environment in which teens can share their thoughts and feelings about their abuse while learning skills for healthy relationships and self-protection.

#### Topics to be covered:

- **Peer Relationships and Social Skills:** Personal boundaries and values are explored; trust in relationships, self-respect, and safety is discussed.
- **Communication and Assertiveness Skills:** Different communication styles are presented. Communication problems are identified and solutions explored.
- **Sexuality:** Accurate information about sex and sexuality is taught. Sexual myths and stereotypes are discussed as well as sexual attitudes, values, and healthy practices.
- **Feelings:** Feelings about the sexual abuse are explored and normalized. Managing intrusive thoughts and feelings will be taught as well as healthy coping skills.
- **Perpetrator Characteristics:** Theories regarding perpetration, the negative behavior cycle, and grooming behaviors are discussed.
- **Victimization and Family Violence:** Factors that cause trauma, symptoms, coping styles and strategies for healing are explored. Violence in intimate relationships is examined with an emphasis on early recognition and self-protection.
- **Prevention:** Strategies are practiced for recognizing dangerous situations and responding assertively. High self-esteem is encouraged and valued.
- **Healthy family functioning:** Family roles, relationships, behaviors and practices that foster safety and empowerment are discussed. Healthy boundaries are encouraged.

***Group Meeting Time:*** This is an ongoing group. Members can join at any time. It takes a year to complete the curriculum.

For more information or to register, call Val Macri-Lind, 472-4133, Ext. 202.

We accept Victim's Compensation, health insurance, and private pay. Sliding scale available.