

# RSafe<sup>SM</sup> Parenting Class

For those concerned about  
a child's sexual behavior

## CLASS SCHEDULE

### Week 1—INITIAL CRISIS

Process and affirm intense feelings of shock and shame upon learning a child has a sexual behavior problem.

### Week 2 - FEELINGS / DENIAL

Discuss feelings in general and how to talk/listen to a child about their feelings. Learn about the seven types of denial related to sexual abuse.

### Week 3 - NORMAL SEXUAL DEVELOPMENT

Review information and discuss the criteria to differentiate between normal and problematic childhood sexual behavior.

### Week 4 - SAFETY PLANNING

Learn the rationales and components of the new rules your family will have to prevent future problems.

### Week 5 - THINKING ERRORS

Explain concept of thinking errors and how they can be applied to other behaviors the child may have. Watch a video on teenagers' thinking errors.

### Week 6 - FAMILY DYNAMICS

Define and review healthy family traits, hierarchy and boundaries. Explain how family dynamics contribute to sexual problems in children.

### Week 7 - VULNERABILITY FACTORS

Identify and discuss the various internal factors & complicated issues in a child's life that can lead to inappropriate sexual behavior.

### Week 8 - SEXUAL RESPECT IN SOCIETY

Discuss influences from pop culture: TV, music, internet and teen magazines. Identify the differences in teaching sexual health to children with complicated histories.

### Week 9 - TECHNOLOGY 101

Explore latest advances in technology and social media that impact children. Share tips regarding parental supervision of technology and other resources to inform parents.

### Week 10 - LIFE AFTER TREATMENT

Discuss realistic expectations for the child in the future regarding safety planning and risk for re-offense. Learn how to balance safety and prevention with healthy social development.



## Who should attend:

Parents, Caregivers or human service professionals concerned about a child's sexual behavior.

**New members are welcome at anytime.**

**Please note: Childcare is not provided**

## Day and Time:

Mondays 6:30 pm to 7:30 pm

*Starting August 15, 2011. No class on September 5, 2011 for Labor Day*

## Location:

Downtown office of Lutheran Family Services  
120 South 24<sup>th</sup> Street suite 100  
(402) 661-7100

## Cost:

\$20 per person, per session. Total fee for class is \$200. *Reduced fee is available for existing clients of the RSafe<sup>SM</sup> Treatment Program. Please ask for details before class starts. Sorry, but scholarships are not currently available.*

## Format:

Classroom setting with enforcement of strict confidentiality. Class facilitated by Sheryl Overby, MS NCC LMHP. **Attendance of all 10 classes is necessary to receive a certificate of completion.**

**To register for this class, contact the RSafe<sup>SM</sup> Treatment program at (402) 661-7100 or (402) 661-3120**

*If you would like to enter the RSafe<sup>SM</sup> program, please call (402) 661-7100 in Omaha or (712) 242-1040 in Council Bluffs.*