



RSafe®

The ABCs of Sexual Abuse Class

Who Should Attend:

Anyone seeking to understand sexual abuse dynamics or worried about a child who may have been sexually abused, whether by an adult or a youth, is welcome to participate. However, individuals with allegations of sexual abuse against them are not eligible to take part.

Please note that childcare or interpretation services are not provided.

Day and Time:

Wednesdays 5:30 pm– 6:30 pm

The class will continue throughout the year, but all participants must be registered to start. Classes may be canceled due to breaks and holidays.

Location:

Project Harmony Campus, 11807 Q Street, Omaha, NE

Our building is in the parking lot directly east of the main Project Harmony building, the easternmost building on campus. Participants must attend in person. Virtual attendance will be permitted on a case-by-case basis and must be approved by the class facilitator.

Class Format

This class has an open format; new members can start anytime; however, participants must be registered. If the current class is full, participants may be placed on a waiting list. Each class is 60 minutes and includes education and support for 12 weeks. **Strict confidentiality will be enforced.** Attendance at **ALL 12** classes is necessary to receive a certificate of completion. The class is facilitated by Licensed RSafe® Therapists.

Cost:

The program costs \$455 for 13 weeks. All fees must be paid before starting the program or receiving a certificate of completion.

Class Modules

Module 1: Introduction to Sexual Abuse

- Course Introduction and FAQ's

Module 2: Darkness 2 Light Part 1

- Nationwide program with documentary-style video.

Module 3: Darkness 2 Light Part 2

- Focus on protecting children from sexual abuse.

Module 4: Guest Speaker

- Hearing a successful recovery story after sexual abuse.

Module 5: Survival Techniques

- Persisting through the child welfare system.

Module 6: Self-Care is Building a Strong Foundation

- Coping strategies include breathing, relaxation, meditation, and yoga.

Module 7: Deciding About Treatment

- TF-CBT and the therapeutic relationship.

Module 8: Support for the Child Who Was Abused

- Statistics on false allegations.
- What to say and do to help your child recover.

Module 9: Understanding Offenders

- The difference between adult offenders and youth with sexualized behaviors.
- How ordinary people can do terrible things.

Module 10: Family Dynamics

- how hierarchy and boundary problems contribute to sexual abuse or incest.

Module 11: Preparing for the Future

- How trauma changes normal sexual development.
- Fighting the effects of our sexualized society.

Module 12: Children with Problematic Sexual Behavior

- Understanding age-appropriate versus concerning sexual behaviors in children.

Classes are ongoing throughout the year.

Questions? Call us at (402) 595-1338. [Register today!](#)

Lutheran Family Services

11807 Q Street | Omaha, NE 68137 | (402) 595-1338



OneLFS.org

Scan the QR code to
register today.

