



Metropolitan Organization to Counter Sexual Assault

Outline & Resources for Teen Support Group Spring 2020

Group Facilitator: Kate Barts, kbarts@mocsa.org, (816)302-5899

Although groups are unable to meet in person right now, here some helpful resources for teens/parents to utilize during this time. The resources listed coincide with what would be covered in group each week. The information listed below may be triggering, so please take some time to review the information before discussing with your child. If you have questions or need support, please contact the group facilitator.

Week 1: Review group format, rules, and process.

Week 2: Definitions, dynamics, root causes, and potential impact of sexual abuse and assault. This week also reviews common myths regarding sexual violence.

https://www.nctsn.org/sites/default/files/resources//its_never_your_fault_the_truth_about_sexual_abuse.pdf

<https://www.thesurvivoralliance.com/definitions-sexual-assault/>

<https://www.thesurvivoralliance.com/sexual-assault-myths/>

https://www.nctsn.org/sites/default/files/resources//teen_sexual_assault_teens.pdf

Week 3: Information on how stress affects individuals, as well as healthy and unhealthy coping behaviors.

https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Helping-Teenagers-With-Stress-066.aspx

Think about the different types of coping skills you have, healthy and unhealthy (if you can, make a list). Even unhealthy coping skills serve a purpose—to help get through a stressful situation. Healthy coping skills are healthy behaviors that allow you to do the same things as the unhealthy coping skills—reduce anxiety, feel safer, get your feelings out, feel calm and happy without the negative aftereffects.

3100 Broadway,
Suite 400
Kansas City, MO
64111-2591

Main:
(816) 931-4527

Crisis Line:
(816) 531-0233 MO
(913) 642-0233 KS



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Week 4: Peer perceptions, stigma, shame and guilt.

<https://youniquefoundation.org/child-sexual-abuse-stigma-and-how-to-combat-it/>

<https://brenebrown.com/blog/2013/01/14/shame-v-guilt/>

Week 5: Boundaries: knowing our own boundaries and how/when to speak up for others

<https://www.essentiallifekills.net/personalboundaries.html>

http://www.ncdsv.org/images/WCSAP_PISCBystandersAgentsPrimaryPrevention_2010.pdf

Week 6: Healthy Relationships: navigating consent, healthy vs. unhealthy relationships

https://www.scarleteen.com/article/abuse_assault/drivers_ed_for_the_sexual_superhighway_navigating_consent

<https://www.michigan.gov/datingviolence/0,4559,7-233-46553-169739--,00.html>

<https://youth.gov/youth-topics/teen-dating-violence/characteristics>

<https://www.hrc.org/resources/teen-dating-violence-among-lgbtq-youth>

Week 7: Cultivating a positive self-image

<https://www.newportacademy.com/resources/well-being/teen-body-image/>

<https://www.nationaleatingdisorders.org/sites/default/files/ResourceHandouts/20WaystoLoveYourBody.pdf>

Week 8: Moving into the future. This is the week where we process group closing and goals for the future.