**Session 3 Lesson Plan:**

Finding common themes:

Break them into groups of 2-3 to discuss the following prompts.

* Share what you feel comfortable with.
* Explain how you see yourself as a victim, survivor, or if it’s a mix.
* Write down at least 2 common themes the group members shared.

Group share and processing:

After small group discussion, groups will share two or more common themes.

Facilitator discussion:

Facilitator will share what the research says about the power of writing a victim narrative.

Mental Break:

“We understand this has been heavy information, greatly appreciate you all or sharing as much as you have. We would like to allow space for an emotional break. If anyone needs to have a moment with one of the facilitators leave a red flashcard with a nearby location where you feel comfortable talking. We will return in 15 minutes.”