**Session 1 Lesson Plan:**

Welcome & Facilitator Introductions:

Welcome: Thank all for attending, briefly explain group topic (Surviving Childhood Sexual Assault)

Facilitator introductions: Name, age, Longwood University Student, Major, Career goal or fun fact.

Member Introductions:

Group members will share their names, age, fun fact.

Orientations:

Give out the following forms: Group Rules, Inform constant, and risk assessment.

Read over with the group and allow space for questions.

Get each member to fill out each form.

What are your expectations?, Group Goals and objectives, Talk through group process, Open up to questions, Explore clients’ concerns.

Ice Breaker:

Find someone in the group you don't know well.

Find 3 things you have in common.

Trigger Warning:

This topic is emotionally sensitive, so we understand if you need a moment to step out. If you would like the company of a facilitator when you step out , just leave the red flash card on the corner of your desk. If you want a moment alone, leave the green card on the corner of your desk when you step out.