



### **DESCRIPTION**

This program for incarcerated women promotes interpersonal effectiveness and targets behavior that can lead women to feel helpless about their lives. The majority of female offenders are survivors of abuse and struggle with low self-esteem. In this program, women learn to be assertive while respecting the boundaries of others. Through homework assignments and role-play, women practice skills learned throughout the program.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

### **LOCATIONS**

Available at all BOP institutions with designated females.

### **NEEDS**

Cognitions and Family/Parenting

### **PROGRAM DELIVERY**

To ensure program fidelity and proper credit, **Assert Yourself for Female Offenders** must be delivered by a Social Worker, Special Population Program Coordinator, or Unit Team.