

The Insight

in-sight ~ (n) an instance of

apprehending the true nature of a thing, esp. through intuitive understanding

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APRIL 2009



By : Trudy Spicer
Title: Community Educator

Since the late 1980's, April has been recognized as Sexual Assault Awareness Month (SAAM). SAAM is a time to focus on preventing over 73,000 cases of sexual assault that occur each year in the United States. It is a time to engage communities around the issue of sexual violence and raise awareness about its devastating effects.

People of every age, race, religion and physical appearance are raped. Sexual assault is the least reported of all violent crimes. According to the 1992 National Women's Survey, only 16% of all rapes are reported to the police. The same study also found that stranger rapes are more likely to be reported than rapes by non-strangers. Many people tell no one about their assaults and try to cope with it alone.

Hope Crisis Center will raise awareness of sexual assault and honor the many survivors and victims in our communities through the following events.

- *Prevention Education—Good Touch, Bad Touch, Secret Touch presentations offered to the schools within our service area to educate children on how important it is to tell if someone has touched them inappropriately*
- *Library Displays –sexual assault information available at various libraries throughout our seven counties of service*
- *Sexual Abuse on College Campuses—when students make a purchase in the book store on the campus of SCC Milford or SCC Beatrice, information regarding Sexual Abuse on College Campuses will be placed in their bag*
- *Beatrice Middle School 8th Grade Art Project—students were asked to draw what a healthy relationship looks like to them; drawings will be judged by the Hope Crisis Center Board of Directors on April 6th; top 3 selections will be recognized; art work will be displayed in Gage County*
- *Insert included with letter to the Parents of Gage County High School Students –The "Teen Dating Bill of Rights" and "Fast Facts" about dating violence was created as an insert to be sent along with a letter to the Parents of Gage County High School Students from Gage County officials*
- *Water Bottle Project—"Good Looks. Hot Dress. Cool Tux. Sweet Car. Perfect Couple? Maybe not. If you've been hit, called names, shoved or threatened, get help." Hope Crisis Center had 500 labels of the above slogan printed. The labels were then placed on water bottles in which Hope Crisis Center donated to Tri County, Wilber, Thayer Central and Crete High Schools for their Post Proms. St John Lutheran Church ELCA, Beatrice donated 200 water bottles for the Beatrice High School Post Prom.*
- *5th Annual "Put Your Foot Down Against Sexual Assault" 10k Run/2 Mile Fun Run Walk—For participation and registration information see insert*
- *2nd Annual "Rock Against Rape" Stop the Violence—See page 3 for further details*

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Sexual Assault Statistics

- Every two minutes, somewhere in America, someone is sexually assaulted.
- 1 in 4 American women and 1 in 33 American men will experience a sexual assault in their lifetime.
- Girls 16-24 have a greater risk of being a victim of rape than the general public.
- 70% of victims know their perpetrator.
- 1 in 4 girls and 1 in 6 boys will experience a sexual assault before they are 18.
- 72% of rapes/sexual assaults are not reported to the police. (Site stats)
- 67% of child sexual abuse is perpetrated by a family member. (Child Advocacy Center)

First Quarter Donors 2009

The key to success for any agency is the support of the community. Support from community members takes on many forms. One form that is vital to the continued success of Hope Crisis Center in serving victims of domestic violence /sexual assault is financial. Here is a list of donors for the months of January, February and March. Thank you to all who donated; your gifts are greatly appreciated. We apologize if we inadvertently missed listing you as a contributor.

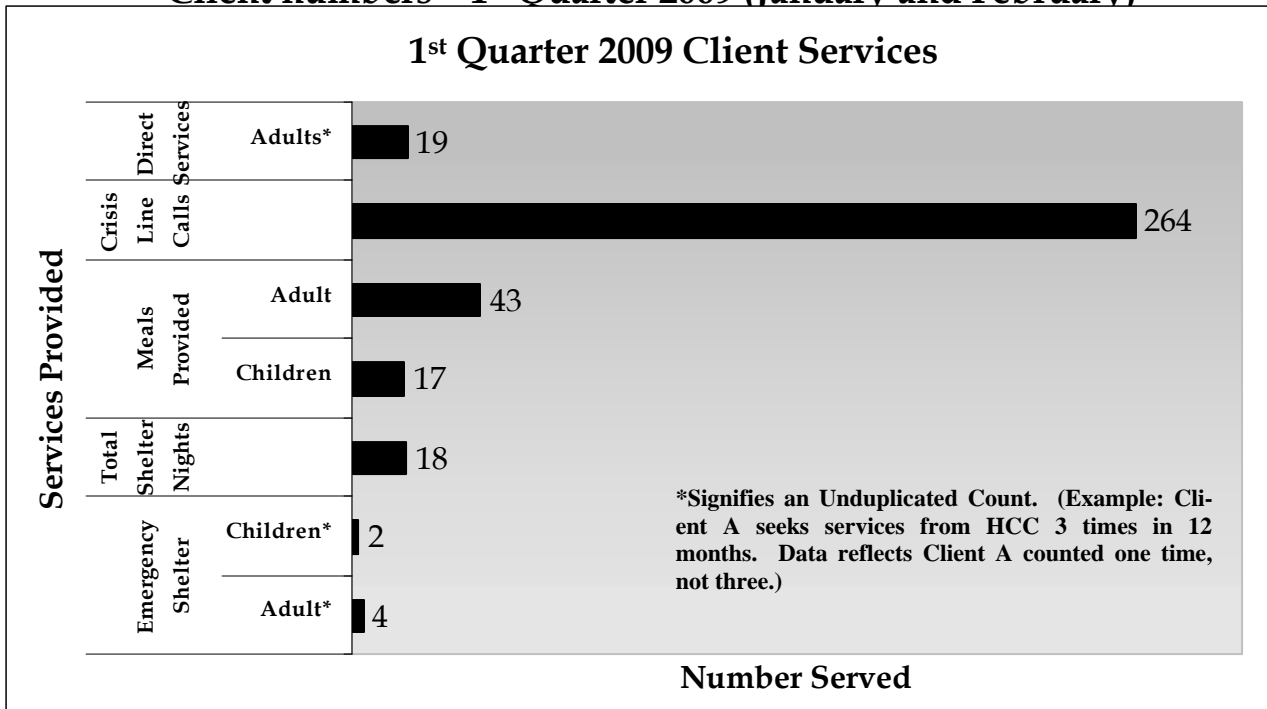
- Doane College – Crete, NE
- Jacey Shottenkirk – Beatrice, NE
- Dennis and Janet Byars – Beatrice, NE
- Thayer County Rotary Club – Hebron, NE
- Seward Women’s Club – Seward, NE
- Presbyterian Church – Fairbury, NE
- FYI Center – Fairbury, NE
- Center for People in Need – Lincoln, Ne
- Wal Mart – Fairbury, NE

ASK ME WHY I’M NOT SPEAKING TODAY?

The United States Senate declares one week a year in the month of February as National Teen Dating Violence Awareness and Prevention Week. Statistically, 1 in 5 high school students will be in an abusive relationship before they graduate. To educate students about what a healthy relationship looks like and signs of a possible unhealthy relationship, Hope Crisis Center asked student volunteers from Meridian, Fairbury, Thayer Central and Wymore Southern High School to wear a green t-shirt during National Teen Dating Violence Awareness and Prevention Week February 2nd-6th. The t-shirts read, “Ask Me Why I’m Not Speaking Today?”. When the student volunteers were asked why they were not speaking, instead of speaking they handed out a card with information on teen dating violence statistics and signs to be aware of while dating that could possibly indicate an abusive relationship. Hope Crisis Center would like to thank the student volunteers who participated in this project.



Client numbers – 1st Quarter 2009 (January and February)



"Pages Of A Teen Diary" A New Interactive Game About Dating Violence

By: Tami Redfield

Title: Victim Advocate

Each year, a week in February is designated as National Teen Dating Violence Awareness and Prevention Week. This year, February 2nd through the 6th was dedicated to educating the public about dating violence among teens.

The U.S. Senate's "Teen Dating Violence Awareness and Prevention Week" resolutions call on government representatives and agencies, private organizations and public officials to promote activities in their respective communities that raise awareness of the high incidence of teen dating violence that occurs among our teens every day, as well as prevention strategies (Teen Dating Violence Awareness and Prevention Web site, U.S. Senator Mike Crapo).

In recognition of the need for increased public awareness on the dangers and consequences of teen dating violence, Hope Crisis Center developed an interactive game, "Pages of a Teen Diary," in which we are currently introducing to area high schools grades 9-12.

"Pages of a Teen Diary," consists of seven, teen characters. All seven characters are involved in some type of an abusive situation. For example, one character begins communicating with an individual via Facebook. As we all know, technology is a huge part of many teen's lives. The communication between the character and the individual on Facebook becomes intense. The character gets scared and tries to cut off all communication with this individual. The individual continues to stalk this character and eventually finds her, kidnaps and then kills her.

"I have Facebook, as well as a lot of my friends. I remember a creepy guy trying to talk to me once so I am going to go home and check the safety of my page. I learned only to add people I know. Not anyone whom I've never heard of," stated one high school student after participating in the interactive game.

So, how do students play the game? First, students are given a character card to read. The first character card will give the student some insight as to who their character is. The student is to place themselves in that character's situation. Each student will be making choices, based on what they would do if they were that particular character, which will advance them to the next station. Students will pick up their next character card at their next station. Stations include going to see an advocate/crisis line, family, the mall, criminal justice, friend, medical, movie, Facebook, counselor, home, youth center, school or the violence station where they will receive a mark representing a bruise from the abuse that they are encountering. Depending on the character, some may find a way to escape their abuse and others may find themselves at the funeral home.

All seven characters in "Pages of a Teen Diary" have very different, but very realistic situations going on in their lives. Through the interactive scenarios, Hope Crisis Center hopes to reach out to students to help them understand the kind of violence that youth are experiencing today and what they can do to protect themselves if they are experiencing violence in their own relationships.

FYI CENTER YOUTH TIE 46 BLANKETS FOR VICTIMS



By: Trudy Spicer
Title: Community Educator

AmeriCorps members serving at the FYI Center in Fairbury utilized Martin Luther King, Jr. Day as "A Day On, Not a Day Off!". The AmeriCorps members and youth at the FYI Center including the FYI Service Clubs of JOOI (Junior Optimists), 4-H, GoGirlGo and the Youth Leadership Counsel committed themselves to tying 46 blankets for victims and children of domestic violence and sexual assault. They made the holiday a day ON by helping support the victims and children served by Hope Crisis Center.

Hope Crisis Center would like to acknowledge the hard work of the AmeriCorps members and the FYI Center youth who helped to make the blanket project a success. We are grateful that they chose our organization as a recipient of their hard work.

"Everybody can be great, because everybody can serve."

-Dr. Martin Luther King, Jr.

Client Needs

It is not the sole responsibility of Hope Crisis Center to make the lives of victims safe. It is the responsibility of every community member to make victims' safety a goal. We have to work together to achieve a violence-free community. In order to help us better serve victims and children of domestic violence and sexual violence, we have included a list of needed items below. Your support and contributions are desperately needed and appreciated more than words can express.

Hope Crisis Center's Wish List

- | | |
|-----------------------------------|------------------------|
| Monetary donations | Pillows |
| Phone cards | Blankets |
| Trash Bags | Diapers/Pull-Ups |
| Paper plates | Deodorant |
| Gas cards (Casey's cards) | Kleenex |
| Shampoo/Conditioner | Toothpaste |
| Plastic silverware | Wal-Mart gift cards |
| Toilet tissue | Paper towels |
| Women's Underwear (NEW) | Sports Bras (NEW) |
| Women's Socks (NEW) | Flip Flops (All Sizes) |
| Children's Underwear, Socks (NEW) | |

If you or your organization would like to donate or volunteer, please contact our Administrative Office at 402-729-2570.

Hope Crisis Center Newsletter

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Hope Crisis Center is a non-profit organization committed to empowering victims of domestic violence and sexual assault as well as our communities through advocacy, education, and confidential emergency services.

If you would like to receive this publication as an e-version only, please e-mail Trudy at communityed2@hopecrisiscenter.org with your request.



Please Recycle-Share this Newsletter with others!



Administrative Office

PO Box 365
Fairbury NE 68352
(402) 729-2570

Beatrice Outreach Office

(402) 223-6635

Crete Outreach Office

(402) 826-5727

Toll Free Confidential Crisis Line

1-877-388-HOPE (4673)

Board of Directors

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Treasurer

Sylvia Cross, Fairbury
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Member

*If you would be interested in serving on Hope Crisis Center's Board of Directors, please contact Carmen at the Administrative Office (402) 729-2570.

Staff

Carmen – Executive Director

Stacey – Program Manager

Cari – Victim Advocate, Gage, Jefferson and Thayer Counties

Elvira – Bi-lingual Victim Advocate, Saline County

Trudy – Community Educator

Tami – Victim Advocate, York, Seward, and Fillmore Counties