

Spring 2009 VOL 5, Issue 1
Family Violence Resource Network News

**A periodic newsletter sponsored by the *Walking Together*
program
Samaritan Counseling Center
www.scclanc.org
Lancaster PA 17601**



AND Sexual Assault
Awareness Month

You're Invited!
Family Violence Resource Network Quarterly Meeting
Wednesday April 15 10:00AM – Noon



9:30 AM – Coffee and Pastries

Sponsor: Sexual Assault Prevention & Counseling Center

Location: YWCA of Lancaster, 110 N. Lime St.

Topic: Updated approaches for Primary Prevention of Sexual Violence

RSVP to Linda at Samaritan Counseling Center at 560 9969 x 226 or
Lcrockett@scclanc.org. *Please note light refreshments will be provided prior to this
meeting, rather than lunch at noon*

¹Sexual violence violates a person's trust and feeling of safety. It occurs any time a person is forced, coerced, and/or manipulated into any unwanted sexual activity. The continuum of sexual violence includes rape, incest, child sexual assault, ritual abuse, date and acquaintance

¹ Source: Pa Coalition Against Rape (PCAR) website http://pcar.org/about_sa/stats.html

rape, statutory rape, marital or partner rape, sexual exploitation, sexual contact, sexual harassment, exposure, and voyeurism.

- **Rape is a crime. It is motivated by the need to control, humiliate, and harm. It is *not* motivated by sexual desire. Rapists use sex as a weapon to dominate others**
- **On average, from 1992-2000, only 31% of all rapes and sexual victimizations were reported to the police**
- **Chances that a woman will develop post-traumatic stress disorder (PTSD) after being raped are between 50% and 95%**
- **Women with a childhood history of sexual abuse are 4.7 times more likely to be subsequently raped**
- **Girls who were raped are about three times more likely to suffer from psychiatric disorders and over four times more likely to suffer from drug and alcohol abuse in adulthood**

April is Sexual Assault Awareness Month



The YWCA of Lancaster Sexual Assault Prevention and Counseling Center presents the following two events:

- **Family Violence Resource Network Meeting •**
Wednesday April 15, 10:00 am - noon
Join us for a discussion on the updated approaches for Primary Prevention of Sexual Violence
- **YWCA Annual Take Back the Night •**
Thursday April 23, 6:30 pm
An open forum for women and men to share their stories and speak out against sexual violence

eliminating racism
empowering women
ywca

Events held at the YWCA of Lancaster
(on the corner of N. Lime and E. Orange)
717.393.1735

“Our presentation on April 15 will look at the framework for Long-term Primary Prevention -- different from Secondary Prevention (i.e. one-time awareness presentations, talks that challenge rape myths, marches and rallies). Primary Prevention, simply put, is changing the behavior before it happens. We will look at five guiding principles of Primary Prevention, the first of which is "saturation of the community", and discuss the Ecological Model of Sexual Violence.”

---Jodi Reinhart, Director of Prevention Education
Sexual Assault Prevention & Counseling Center, YWCA of Lancaster

See last page of this publication for an article regarding the Ecological Model

TAKE BACK THE NIGHT EVENTS: What are they all about?

Since its inception, thousands of marches and rallies bearing the name **Take Back the Night** have taken place worldwide.

The hope of **Take Back the Night** made its way stateside in 1978 when protesters in San Francisco invoked the slogan following an anti-pornography conference. On that night, those who had been adversely affected by pornography openly shared their stories with those who had gathered. Today, survivor speakouts are an inseparable part of Take Back the Night. Most present-day rallies offer survivors of violence an opportunity to give voice to their experiences and publicly affirm their transition from victim to survivor.

Common components of **Take Back the Night** rallies include candlelight vigils, empowerment marches, and survivor testimonials. The goals and specific features of a TBTN rally are just as varied as its vast array of supporters. Throughout its history, **Take Back the Night** has inspired both women and men to confront a myriad of social ills, including rape, sexual violence, domestic violence, violence against children, and violence against women.

The unifying theme throughout these diverse topics is the assertion that all human beings have the right to be free from violence, the right to be heard, and the right to reclaim those rights if they are violated

Source: <http://www.takebackthenight.org/history.html>

Extract from TAKE BACK THE NIGHT Keynote

By Linda Crockett at Millersville University, 2007

I've spoken at and attended more TAKE BACK THE NIGHT events than I can count. I've been humbled and inspired

by the courage of men and women who refuse to be silent any longer about the sexual violence taking place in our

homes, on our campuses, in our communities – places where we are supposed to be safe.

I've witnessed elderly women take the microphone and say "it happened to me –when I was a girl. It was my brother." I've heard young girls speak about being assaulted by trusted teachers. I have cried as strong, educated, professional women recount tales of going out with men they were attracted to, only to have it end in rape. **And I have held my breath when any male survivor of sexual violence dares to speak out, because it takes incredible courage for a man in our culture to admit being violated.**

And at times, I've shared pieces of my own story of sexual abuse by my mother.

My story of abuse and journey of healing are more fully recounted in my book "The Deepest Wound". And so I, and countless others, have broken the silence. Some of you here tonight will also choose to do so. And while I believe that speaking out and taking back the night is incredibly important both as a way to educate others and as a mean of empowering ourselves – I am convinced that unless we begin to TAKE BACK THE DAY, generations to come will have to continue to break the silence at events such as this – because the sexual violence is not going to stop.

In order to take back the day, we need to talk about justice. We need to change the way our culture views sexual violence; and the way we treat victims.

And that can only happen if we have a strong movement of men and women committed to stopping child abuse, incest, sexual assault. We need to

come together and proclaim – in our schools, our courtrooms, our churches, our neighborhood bars, our frat houses - It stops here. With us.

We need to raise our voices in protest when cases are not prosecuted to the fullest extent of the law because the victim happened to know her attacker – because she had a few drinks, because she was at a party with him, because she had a crush on him. **We need to insist that we uphold the law that says that its crime when a person engages in sex with another person without his or her consent. That NO. STOP. PLEASE DON'T DO THIS TO ME clearly means there was no consent. And –point of fact: very few of us are raped by strangers.**

We need to educate the public about rape: what it is, why victims often don't tell right away; that rape isn't over when the act is finished.

We need to start demanding that JUSTICE follow our breaking of the silence.

I have seen victims convinced by well-intentioned prosecutors and counselors that a trial would be TOO MUCH for them. That it's better to just let it go, agree to the plea deal. And while I totally agree that it's an ordeal for a rape victim to testify before a jury, I reject the prevailing argument that most of us are too fragile to do that – and for our own good, we should let go of our need for justice. It presumes we are too filled with shame to be able to tolerate public exposure.

Hear me clearly: If you have been raped, IT WAS NOT YOUR FAULT. YOU HAVE NOTHING TO BE ASHAMED OF. **It doesn't matter if you were on a date, if you liked the perpetrator, if you had a few drinks --- your NO**

means NO. You are NO MORE CULPABLE than someone whose house was robbed. And that is exactly what has happened here: You were robbed. You were broken into. Your private places were violated by someone who had no right to do that.

The SHAME belongs to the perpetrator.

Your wounds are deep. I know this well. And I know that rape changes us. Those of us who have experienced it are, in a certain way, set apart from those who have not.

But I also know that we are incredibly strong. And if we – and those who love and support us – don't take back the night AND the day, children not-yet-born will suffer the kind of sexual violence that many of us there tonight have experienced. I don't know about you – but I don't want that for my children, or my grandchildren.

To all of you out there who have taken the first step of breaking the silence and are ready for the second – I say to you: Lets take back the day as well.

----- Linda Crockett

IN THE NEWS Guest Blog: An Ode to Rihanna and Chris Brown--Take 2 (extract)

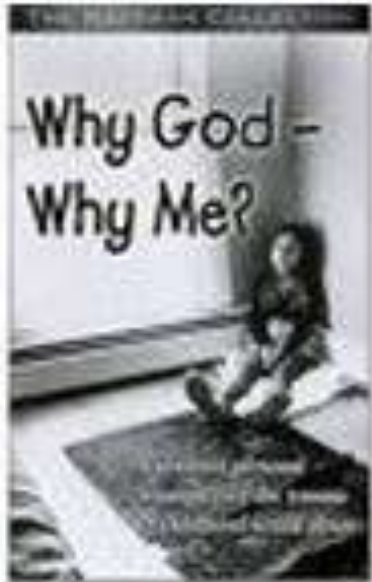
By the Rev. Dr. Aleese Moore-Orbih, Director of Training and Consulting, FaithTrust Institute

Let me be clear. There is no excuse for Chris Brown or any other man to hit a woman, let alone beat a woman the way Chris beat Rihanna. His actions are shameful to his family, community, and most of his colleagues. Chris Brown does not deserve any special leniency or attention because of his age or celebrity. He should pay every dime and every day for every crime he is justly found guilty of.

Having said that, I want to suggest that dealing with teen and young adult dating violence must be different from dealing with adult domestic violence. The prevalence of interpersonal violence among adolescents generally varies from 9% to 35%, depending upon the population surveyed and how interpersonal violence is defined. Adolescent girls are more likely than adult women to be victims of interpersonal violence and to suffer both minor and severe injuries as a result. [Views from the National Council on Crime and Delinquency September, 2008] We need to be careful, critical, and compassionate to avoid labels for either partner while holding the assailant accountable.

How do we hold in tension the need to clearly see the violence and not minimize its reality and provide space, means, and compassion to turn these young people around? How do we expand our justice-making elements to include the needs of our children? This is our challenge as parents, teachers, judges, and faith leaders. If any of us were Chris' and Rihanna's parents, we would still consider them kids. There are too many kids in jails, prisons, on the streets, and in the grave today because they were misjudged, misunderstood and labeled for life when what they really needed was a leader.

Our goals in working with young people should be to stop the cycle before it starts, transform belief systems, and transcend the effects of childhood exposure to violence.



It was Jesus who said, "Don't send the children away, bring them to me." This is our burden as we try to confront child exposure to domestic violence and teen dating violence in our congregations and communities.

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“Sexual abuse....takes a child who knows nothing and makes her into a child who believes nothing.” Maya Angelou

Sexual abuse is the most common form of child abuse reported.

1 in 4 girls and 1 in 6 boys will be sexually assaulted by age 18

The majority of sexual abuse happens within the child’s “safe world” - home, school, church, sports, scouting and other approved activities.

Their voices cry out to God.....and we need to hear them

Is your church a “Safe Church”? In order to offer hospitality to all who desire fellowship – including sexual offenders - we first need to take steps to insure the most vulnerable among us are protected.

Safe Church 1, 2, 3...

DOES YOUR CHURCH.....

1. Have a comprehensive “child protection” policy in place?
 - Is it reviewed and updated each year, and are any mandated reporting changes incorporated?
 - Do you require clearances for staff and volunteers?
 - Do staff and volunteers receive training on child abuse response before working with children and at least bi-annually thereafter?
2. Offer educational curriculum for children and teens at least bi-annually on how to protect themselves from sexual offenders
 - Offer educational classes for parents at least bi-annually on how to protect their children?
3. Have a policy which is the minimum standard under which a known sexual offender may participate in the congregation, with provisions to develop a more detailed covenant with each offender?

For more information about the “Safe Church” program of training and consultation at Samaritan Counseling Center, contact Linda Crockett 560-9969 or go to <http://www.scclanc.org/consultation.htm> and scroll down to “Safe Church”.



CIRCLE OF LIFE GROUP COACHING

In Circle groups, participants evaluate twelve areas of their lives ranging from nutrition and exercise to life purpose and spirituality, then select one area on which to focus. Next, participants assess their “readiness” for change, design a plan, and take action steps to achieve their goals.

Wellness practices are incorporated into each gathering because at the center of the Circle is SELF CARE.

If we want to help others, we need to practice self-care in order to reduce stress, build resilience, and enhance our physical, emotional, and spiritual health.

6 week group cost: \$210 (includes Circle of Life Participant Guidebook, a \$35 value)

Next Available Open Enrollment Group:

Tuesday May 19- Tuesday June 23 6:30 PM – 8:15 PM

Go to: www.scclanc.org to download enrollment form

Location: Samaritan Counseling Center, 1803 Oregon Pike, Lancaster PA 17601

Facilitator: Linda Crockett, Certified Circle of Life Coach

- **Groups are available on site at your organizationa or business as part of en employee wellness and stress reduction program.**
- **Half and full day retreats as introduction to the Circle process are also available.**

For more information about groups or retreats at your site, contact LCrockett@scclanc.org or call 560 9969 x 226.

Sexual Assault Prevention: A Social Ecological Model

---Stephanie M. Townsend, Ph.D.

Sexual assault is a complex social problem, and prevention is a complex process. We need to develop broad-based community partnerships to implement multiple kinds of prevention activities. These activities need to address multiple levels of the social ecological model. When we can deliver these activities with enough intensity and saturation—meaning we’re doing this work in many different settings over long periods of time—we will begin to see changes in our communities that reflect new norms about the unacceptability of violence. As community expectations for non-violence become common, normative, and typical, more individuals in the community will begin to change their behavior in ways consistent with these new expectations—namely to treat people with dignity and respect, and not to be sexually violent. We can be effective in preventing sexual violence if we can change both the climate and culture of our communities and the behaviors of people in those communities.

According to social ecological model, the factors that contribute to sexual violence are complex and multi-level. We have to address the contextual conditions that contribute to sexual violence to be truly successful in prevention. Individual behavior change is absolutely necessary, but the scientific literature suggests that focusing on community change will shift norms and expectations, which leads to individual behavior change. The idea here is that we will be able to affect more individuals, more efficiently, if we focus on changing the norms, expectations, and values of our communities.

Successful prevention takes two things: working to stop negative behaviors and working to promote the behavior you want adopted. The scientific literature on prevention theory and research provides multiple examples of how the best health prevention initiatives focused on what people should do, not just what they shouldn’t do. In the context of rape prevention, that means we need to use multiple strategies to say “don’t rape” AND “do treat people with equality and respect.” We need to be positive and focus on creating community norms and individual behavior around mutual respect and equality

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ABOUT THE FAMILY VIOLENCE RESOURCE NETWORK

The FVRN meets 4 times a year. If you are interested in connecting with others who are concerned with family violence in Lancaster County, plan to attend these meetings! Great opportunities for learning, networking, and discussing prevention and assistance strategies in a cross-disciplinary forum that includes religious, medical, agency, mental health, survivor, advocate and community volunteer perspectives.

Following our April 15 meeting at the YWCA, there are only two meetings left this year.... [MARK YOUR CALENDARS!](#)

10 AM - Noon Location: First United Methodist Church, 29 E. Walnut St.

July 15: Program Sponsor: Samaritan Counseling Center

October 21: Program Sponsor: Domestic Violence Service of Lancaster County