



NO MORE

NO MORE in Nebraska

Nebraska Domestic Violence Sexual Assault Coalition, Editor: Michelle Zinke

3rd Quarter 2013

I keep my ideals because in spite of everything I believe that people are good at heart.
-Anne Frank

Fraternal Order of Eagles Raising Funds and Awareness



In May 2012, the Nebraska State Aerie and Auxiliary of the Fraternal Order of Eagles (FOE) selected the Nebraska Domestic Violence Sexual Assault Coalition and the network of local programs as the service project and designated charity for the 2012-2013 year.

Throughout that timeframe local chapters in Nebraska held fundraisers and sold items such as bags of purple and white popcorn, teal/purple lapel pins, t-shirts, polo shirts, silicone bracelets and static cling stickers to raise funds. They also worked with the local domestic violence/sexual assault program in their area to provide material goods. In one community, the FOE worked with local grocery stores to host a "Round Up for Savings" event. Shoppers could choose to have their total bill rounded up to the nearest dollar amount. The extra monies were donated to the FOE as part of the statewide service project.

The Nebraska State Aerie and Auxiliary raised a total of \$72,814.42 through the statewide service project.* A presentation was made at the FOE annual banquet on June 22 in Norfolk. Several Coalition staff and local program directors were in attendance. The funds will be distributed equally among the 21 local domestic violence/sexual assault programs and the Coalition.

The Coalition and network are grateful for the monies raised as well as the additional public awareness and support that occurred throughout the year.

*Note: If funds were provided directly to a local domestic violence/sexual assault program by a FOE chapter, that amount is not reflected in this total.

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Step Up, Speak Out Gets a New Look!

By Rachel West, Prevention Coordinator



We all know that social media can be a powerful tool in mobilizing our communities to help end violence against women. Social media can also link us with other organizations across the country doing similar work, essentially reducing the isolation that we sometimes feel in our own programs or communities and building that sense of belonging to a larger social change movement sweeping the globe. Social media is also one of the ways in which I personally receive much of my information on preventing violence against women and allows me to stay current on recent research and trends.

With all of the benefits of using social media, I decided that it was time to revamp the Coalition's *Step Up, Speak Out* (SUSO) social media pages and use them to the fullest extent possible. The SUSO Facebook page (www.facebook.com/pages/Step-Up-Speak-Out/156728104382660), Twitter profile (<https://twitter.com/SUSOnebraska>), and YouTube channel (www.youtube.com/user/SUSOndvsac) now have a new look. The artwork, adapted from the cover of the *Reaching and Teaching Teens to Stop Violence* curriculum and used in all three platforms, creates a cohesive look and more unified branding of the SUSO campaign.

The newly revamped SUSO YouTube channel now offers over 20 videos that you can use as public service announcements (PSAs), as educational media clips in the classroom, or in any other manner you can dream up! The videos include PSAs and media clips from SUSO's earlier days, more recent SUSO television and radio PSAs, and three PSAs developed by Lincoln Public Schools (with training, technical assistance, and support from Voices of Hope) and Columbus Middle School (with training, technical assistance, and support from the Center for Survivors). In addition to the SUSO PSAs, you can find nine PSAs and media clips from other organizations in the 'Likes' section of the channel, with more to come. Ideally, this YouTube channel will be your one stop shop for media clips and videos for those of you searching for that one perfect prevention-related clip to use in your classrooms and communities.

If you have any thoughts, ideas, or suggestions for additional videos to add to the SUSO YouTube channel, or if you have suggestions or tips to further enhance any of the SUSO social media platforms, please email me at rachelw@ndvsac.org.

A Recap on Working With Schools: A Program Sharing & Training Day

The Coalition hosted *Working With Schools: A Program Sharing and Training Day* in Grand Island, Nebraska on July 24, 2013. Advocates from across the state gathered to learn how three Nebraska programs have created a buzz in their schools.

Justine O'Neill-Hedlund from the Women's Center for Advancement (WCA) in Omaha presented on the *Green Dot* initiative that the WCA has helped implement at the University of Nebraska at Omaha, Creighton University, and Gross High School in Omaha, Nebraska. The *Green Dot* initiative is a comprehensive bystander approach to violence prevention that focuses on the power of peer and cultural influences across all levels of the socio-ecological model. To learn more about *Green Dot*, visit www.livethegreendot.com.

Step Up, Speak Out *continued*

By Rachel West, Prevention Coordinator



Robin Phipps from The S.A.F.E. Center in Kearney led the group in various role plays from the *Can I Kiss You Program*. The *Can I Kiss You Program* teaches students about consent, respecting boundaries, intervening in unsafe situations, and responding to disclosures of abuse from peers. Visit www.datesafeproject.org to learn more about the *Can I Kiss You Program*. Robin also shared information about The S.A.F.E. Center's *Senior Send-off Program*. The *Senior Send-off Program* is a 90 minute interactive program for seniors to learn how to make wise choices once they graduate from high school and as they continue down their life paths. To learn more about the *Senior Send-off Program*, contact The S.A.F.E. Center.

Amanda Wallace from Bright Horizons in O'Neill, and Maranda Winter and Nic Gaylord Castaneda from Bullying Recognition and Anti-Violence Organization (BRAVO) in O'Neill, showed BRAVO's teen dating violence and bullying videos – created *by* teens, *for* teens. The three also shared information on what works and what doesn't work in engaging students in violence prevention, what students enjoy or appreciate about being a part of groups like BRAVO, and how programs can support and guide student-led groups like BRAVO in their own communities. You can view BRAVO's Facebook page at www.facebook.com/OneillBravo.

Strategic Planning Update

Ah, summer – the long days and the warm weather, the pool parties and barbeques, the lazy afternoons spent lounging in a lawn chair, daydreaming about prevention – right? Okay, it may seem like we have taken a brief hiatus from the strategic planning process we began last May at the Pause! Plan! Prevent! conference, but nothing could be further from the truth. Program Directors met in June to sift through conference notes, identify key themes, and further narrow our strategic planning focus.



Of the four programmatic approaches we learned about at the conference, Program Directors decided to continue to focus on a blend of two – building a comprehensive school-based approach that emphasizes bystander engagement (i.e., changing norms to encourage youth to intervene). Directors also helped the Coalition identify materials and projects that the Coalition has developed in the past and that programs value (such as the *Step Up, Speak Out* campaign, *Reaching and Teaching Teens to Stop Violence* curriculum, public service announcements, school video projects, and awareness month materials). The Coalition will work to provide further training and support on topics such as how to integrate prevention into all organizational aspects, how to help all staff become knowledgeable and comfortable with prevention, identifying core competencies for preventionists, improving public speaking skills and becoming knowledgeable about different learning styles, using social media effectively, and engaging men in our work.

The Coalition has recently submitted its Rape Prevention and Education (RPE) five year grant application and will be submitting its Preventive Health and Health Services grant application in the coming weeks. We will incorporate the areas identified above as these are the two funding sources that we will use to continue our strategic planning process.

National Campus Safety Month

September is National Campus Safety Awareness Month!

Campus Safety Month provides a great opportunity for prevention and education activities related to domestic violence, sexual assault, and stalking among young adults. September is a particularly important month, since the academic year is just beginning.



The Clery Center and Promoting Awareness, Victim Empowerment (PAVE) offers all of the information and materials you will need to promote National Campus Safety Awareness Month in your community. To receive a free National Campus Safety Awareness Month toolkit, visit: <http://clerycenter.org/ncsam-application>. The toolkit includes a variety of resources, including a 30 Days/30 Activities guide, a social media guide with sample statuses/tweets, a sample press release, Resident Assistant bulletin board materials, and more.



These two organizations also have a joint initiative focused on bystander intervention and bystander empowerment, "Safe Campus, Strong Voices." This initiative was created with the assistance of several national organizations including the National Stalking Resource Center, Hollaback!, PACT 5, Break the Cycle and Love is Respect (the National Teen Dating Abuse Helpline). The *Safe Campus, Strong Voices* initiative includes a

national day of action on campuses on September 25. More information can be found on the website or through their social media outlets:

- Facebook: www.facebook.com/SafeCampusStrongVoices?fref=pb&hc_location=profile_browser
- Twitter: <http://twitter.com/@SCSVCampaign>.



Another resource for campus outreach is PACT 5. PACT 5 is a collaboration of five universities: Rowan University (NJ), California State University at Northridge, Western State Colorado University, Northern Illinois University, and Framingham State University (MA). It focuses on the use of student produced documentaries as a tool to prevent sexual assault in colleges. More information and several documentaries can be found on the PACT 5 website, www.pact5.org.



The National Center for Victims of Crime also has resources related to campuses communities. One such resource is the Model Campus Stalking Policy and a fact sheet about school and campus crime. To access resources, visit www.victimsofcrime.org.

The Coalition has several resources in the lending library related to domestic violence, dating violence, sexual assault and stalking on college campuses. Some of these resources include: Campus Violence Prevention Resource Guides: Creating a Safe Campus Environment Against Sexual Assault, Dating Violence and Stalking (guidebooks); Sexual Assault in Context: Teaching College men About Gender (book); and Dealing with Campus Violence Against Women (DVD).

For more information about activities on college campuses, please contact Rachel at 402-476-6256 or rachelw@ndvsac.org.

TECH BYTE

By Sarah Balcom, Domestic Violence Program Coordinator

I had the opportunity to attend Safety Net's Technology Summit 2013. Safety Net is a project of the National Network to End Domestic Violence (NNEDV) and focuses on how technology impacts the safety, privacy, accessibility, and civil rights of victims. For the Technology Summit, the Safety Net team brought together companies, agencies and individuals such as Mozilla, Facebook, Without My Consent and Soraya Chemaly to share their mega-data with our mix of Coalitions, officers, and attorneys. It was amazing.

We often make the point of explaining and showing the multitude of misuses of technology by abusers. This most likely will continue until the day we can hopefully make domestic violence, sexual violence and stalking non-existent. But until that day happens, what about taking what has been used as "bad" and reframe it in order to do "good" work?

Mozilla, like Google (but they don't share information as freely as Google does) has a "private" browser. Going "private" could definitely help a perpetrator surf the net for less than appropriate information making it harder for anyone to check up on their surfing activities. At the same time, a survivor searching for information on what domestic violence is, as well as how and who to reach out to for help, could also use this "safer" means of browsing. Unfortunately it is not foolproof, nothing is.

Hiding IP addresses is yet another tactic used to throw off law enforcement and victims from tracing emails sent by the abuser. For the survivor needing to be in contact with family or friends and knowing there is a potential for the abuser to gain access to those emails, using an IP Anonymizer can help create a safer email environment for that contact.

As long as technology continues to advance, we will continue to help survivors whose abusers are misusing technology against them. Yet, let's provide those same survivors with even more tools to move forward on her/his journey to be free from violence. It's like the concept of turning that frown upside down – take that misuse and put it to some good use!

SaVE ACT

The 2013 Violence Against Women Act (VAWA) includes new mandates for colleges and universities under the Campus Sexual Violence Act (SaVE Act) provision.

One of these requirements is that new students and employees must be offered ongoing **primary prevention** and awareness programs on rape, acquaintance rape, domestic violence, dating violence, sexual assault, and stalking with a strong bystander component. To read more about the SaVE Act, visit this website: www.acenet.edu/news-room/Documents/VAWA-Summary.pdf.

The effective date for the new mandates is March 7, 2014. However, Campus Safety Month provides a perfect opportunity to approaching colleges and universities to discuss the SaVE Act and assist them with implementing activities and policies to meet the requirements.

For more information about the SaVE Act, contact Michelle M at the Coalition, 402-476-6256 or michellem@ndvsac.org.

Program News

RDAP Open House



On August 6 the Rape/Domestic Abuse Program in North Platte held an open house in their new office space.

The open house provided an opportunity for community members and other organizations to tour the office and meet with RDAP staff. The RDAP service includes the following counties: Lincoln, McPherson, Logan, Hooker, and Thomas.

Hands for Growing



For the past several years DOVES in Gering has partnered with St. Patrick's Catholic Church on a youth program. The program, *Hands for Growing—Growing Gardens, Growing Healthy Relationships*, mixes gardening skills with relationships skills. The program is open to youth entering 7th–9th grades.

The ten week course has a different theme each week that encompasses both areas. For example, students learn what constitutes a good foundation for a garden (i.e. healthy soil, compostable materials) and then discuss what things create a good foundation for healthy relationships. Another week focuses on boundaries in a garden (i.e. large stones, edging and fencing) and as well as healthy boundaries in a relationship. In another session students make signs to identify the plants in the garden, and then discuss signs of healthy and unhealthy relationships.

Photo of the 2013 garden.

Source:

www.handsforgrowing.blogspot.com

The discussion may vary depending on the current situation. For example, when a hail storm decimated the garden in 2012, the participants discussed themes of loss and grieving.

The garden is located at a local community center, who donates the space. Community members and other organizations donate most of the needed supplies.

For more information about *Hands for Growing—Growing Gardens, Growing Healthy Relationships*, contact the DOVES program at 308-436-2787. You can also read the project's blog at www.handsforgrowing.blogspot.com.

Words of Wisdom from the *Hands for Growing—Growing Gardens, Growing Healthy Relationships* blog:

Take good care of your relationships - take time in your busy life to nourish them, keep the weeds out, and keep them growing!

Source: www.handsforgrowing.blogspot.com and communications with DOVES program staff.

What's New at the Coalition?

Coalition Strategic Planning

In July the Coalition held a staff retreat to evaluate the strategic plan. The retreat was held at the Spring Creek Audubon Prairie Center in southwest Nebraska. It was a fitting location for a meeting focused in part on creating a firm foundation as the Coalition continues to grow.

Discussion focused on what we've accomplished and what remains to be done. Coalition staff also participated in a variety of team building activities as well as much needed self care.

For information about the Coalition's strategic plan, contact Lynne at 402-476-6256 or executivedirector@ndvsac.org.

Coalition Staff Wins Local Toastmaster Competition



Everyone has hobbies and one hobby of David James, Fiscal Manager, is public speaking. David is a member of a local Toastmasters club. Toastmasters focus on public speaking and leadership skills. Earlier this year David won the Toastmasters Division C Speech contest and went on to compete in the District 24 Speech contest in Kearney.

David has also been accepted as a speaker this year at the *Ignite Lincoln* event on August 29, 2013. The *Ignite Lincoln* event is where people speak for 5 minutes on their ideas and passions. *Ignite Lincoln* will present \$5,000 to a local non-profit that will be voted on at the live event on August 29.

Coalition Staff Attend National Conferences

During the past few months, Coalition staff have attended a variety of national conferences. Staff incorporate information from national conferences into trainings and webinars that are provided by the Coalition. If you'd like specific information about any of the topics and/or conferences below, please contact the staff person listed.

- *Safety & Technology* — Sarah (sarahb@ndvsac.org) attended this conference. It focused on safety issues related to technology, with an emphasis on stalking through technology. (see article on page five)
- *Coalition Attorneys and Advocates Network Conference (CAAN)* — Robert (roberts@ndvsac.org) and Carly (carlyb@ndvsac.org) attended this conference. Topics focused on legal issues facing victims and survivors of violence.
- *Rape & Prevention Education (RPE) Leadership Session* — Lynne (executivedirector@ndvsac.org) attended this conference. It focused on the RPE funding through the Centers for Disease Control and related issues.
- *National Sexual Assault Conference* — Lynne (executivedirector@ndvsac.org), Michelle M (michellem@ndvsac.org) and Michelle Z (michellez@ndvsac.org) attended this conference. It included a variety of topics related to service provision as well as prevention and community education. Several advocates from local domestic violence/sexual assault programs also attended this conference.



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Mark Your Calendar

September

11 *Webinar Wednesday: Bystander Engagement*, YOUR DESK, NDVSAC, 402-476-6256
11-12 *Directors Days*, Lincoln, NDVSAC, 402-476-6256
23-25 *Fundamentals of Advocacy Part I*, North Platte, NDVSAC, 402-476-6256

October

1-2 *Crimes of Power and Control*, Lincoln, Nebraska State Patrol, 402-479-4058
2 *Prosecution of Stalking Cases: What Advocates Need to Know*, Lincoln, NDVSAC, 402-476-6256
9 *Webinar Wednesday: Sexual Assault Services Program (SASP)*, YOUR DESK, NDVSAC, 402-476-6256
21-23 *Fundamentals of Advocacy Part II*, North Platte, NDVSAC, 402-476-6256

November

7-8 *Directors Days*, Grand Island, NDVSAC, 402-476-6256
13 *Webinar Wednesday: Models of Prevention*, YOUR DESK, NDVSAC, 402-476-6256
14 *Legal Advocacy: Human Trafficking*, Grand Island, NDVSAC, 402-476-6256
20 *Webinar Wednesday: Immigration Relief Options for Survivors of Domestic and Sexual Violence*, YOUR DESK, NDVSAC, 402-476-6256