

SAFV Voices

Sitkans Against Family Violence

December 2011

How To Help Prevent Or Respond To Child Sexual Abuse

*By Katie Hanna
Statewide Director, Ohio Alliance To End Sexual
Violence, November 21, 2011 and
Meg Baier, Children's Program Coordinator,
Sitkans Against Family Violence*

The recent media attention at Penn State is a reminder of the importance of both prevention of sexual abuse and the need for victim services to support survivors.

Sexual violence happens in every community. We all have a responsibility to prevent and respond to child sexual abuse.

Child Sexual Abuse is any sexual act between an adult and a minor or between two minors when one exerts power over the other. This includes forcing, coercing or persuading a child to engage in any type of sexual act. This, of course, includes sexual contact. It also includes noncontact acts such as exhibitionism, exposure to pornography, voyeurism and communicating in a sexual manner by phone or Internet. Sexual abuse is a crime punishable by law.

Both boys and girls are vulnerable to the abuse. Research shows that one in four girls and one in six boys are sexually abused before they reach the age of 18.

Most people who sexually abuse children are adults (about 23 percent are juveniles), and 93 percent of victims know their perpetrator. Reports show 96 percent of people who have sexually abused a child are male.

Although University Park, Pennsylvania is a long way from Baranof Island, this community is not immune to child sexual abuse. One of the most troubling parts of the Penn State case shows a failure of leadership and a failure of a community to protect children. It is all of our responsibility to respond to and prevent child sexual abuse in this community. Here are some simple tools that we can use to keep our children safe and prevent childhood sexual abuse.

What you can do about Childhood Sexual Abuse:

Both boys and girls are vulnerable to the abuse. Research shows that one in four girls and one in six boys are sexually abused before they reach the age of 18.

Talk to your children from a young age about sexual abuse. There are age and developmentally appropriate ways of discussing topics that help give children the tools to

prevent sexual abuse. These include knowing the difference between a safe and an unsafe touch, learning that our private parts are off limits, and teaching children to identify the safe adults that they have in their lives to talk to if they have a big problem. These may seem basic, but teaching children about safety helps to provide them with tools to be successful in preventing abuse and keeping themselves safe.

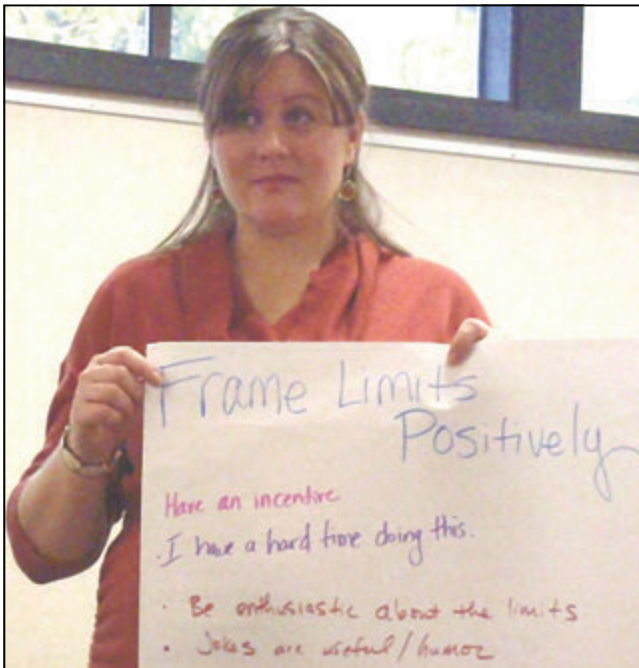
Know your community resources. SAFV's Children's Program has information and resources regarding childhood sexual abuse. Call 747-3370 and ask to speak to one of the children's advocates.

(Continued on page 4)

Violence Prevention at Work

Pathways to a Safer Sitka

Recognizing that not all members of the community, including service and support agencies, are fluent in the language, tools or techniques of the prevention of domestic violence and sexual assault, Pathways to a Safer Sitka (PASS) continues to provide community seminars intended to help build capacity for better prevention programming.



Amy Gorn, Community Wellness Coordinator for RuRAL CAP, provides a seminar on developing effective youth programs.

Since last spring, PASS has offered four half-day seminars on topics such as *Prevention 101*, *Effective Facilitation*, *Resiliency and Protective Factors*, and *Building Effective Youth Programs*.

Stay tuned for our next free community seminar which will be offered sometime this January or February 2012. For more information on Pathways to a Safer Sitka or to view Sitka's Intimate Partner Violence Prevention Plan, please visit our website, www.safv.org.

Sitka Youth Leadership Committee

The Sitka Youth Leadership Committee (SYLC) is going strong and has already presented at two statewide conferences this fall on how to start your own successful youth leadership group.

SYLC is dedicated to promoting respect and building bridges amongst youth in Sitka and across Alaska and is busy planning activities to help us reach our mission. Stay tuned for some of the activities we have planned for this spring - teen talks, guerilla marketing, a lock-in, and another kayak trip to Glacier Bay are just a few of the ideas.

If you are interested in joining SYLC or would like more information please contact Julia at 747-3370 or visit our facebook page, <http://www.facebook.com/#!/pages/Sitka-Youth-Leadership-Committee/284854561525665>

LeadOn!

Seven youth from Mt. Edgecumbe High School attended the fourth annual youth leadership conference this past November. LeadOn! brings youth and adults from around Alaska together to take a leadership role in preventing violence. This statewide strategy provides the space for youth to strengthen their leadership skills in promoting nonviolence in relationships and equality in communities.

This year over 120 youth from around Alaska gathered at the Embassy Suites in Anchorage to lead and attend workshops that used film, theater, art, and role plays to think about ways to promote healthy relationships, share their messages, and ultimately plan projects that create positive change in their home communities.



Nelson Kanuk (front), Geordy, Cassandra, and Nick Bouker (left to right) lead a workshop at LeadOn!, statewide youth leadership conference, November 2011.

For more information please visit <http://www.andvsa.org/lead-on/> or check out our facebook page, <http://www.facebook.com/pages/Lead-On-For-Peace-and-Equality-in-Alaska/321299682130>

Violence Prevention with LET ME RUN's Pilot Season

This fall, 14 brave fourth and fifth grade boys took the plunge and participated in the first season of Let Me Run, a running based empowerment program for boys, outside of the state of North Carolina.

The boys spent two afternoons a week preparing to run a 5K and participating in activities, games and discussion focusing on topics such as emotions, bullying, goal setting and healthy communication. Our 5K coincided with large amounts of newly fallen snow, and all of the boys who made it out to complete the run finished in their personal best time and had a ball running through Totem Park.

We would like to thank Casey Demmert and Diana Twaddle from Keet Gooshi Heen for their support in getting this program going at the school.

We would also like to thank our coaches, Chris Bryner and Jeremy Peterson from KGH, and Meg and Nick from the SAFV staff, for sharing their time, energy, gifts and support of the boys throughout the program.



Intimate Partner Violence Seemingly Results in Long-term Cellular Damage

Apart from the psychological damage, intimate partner violence (IPV) is touted to have certain long term effects too. **A study conducted by Department of Family Health Care Nursing in the UCSF School of Nursing scientists has disclosed that persistent exposure to IPV accelerates biological mechanisms that lead to illness and premature aging.**

112 women aged 18 and older participated in the study out of which 66 faced IPV while 46 did not. They were asked to fill in questionnaires and interviews were conducted to classify women based on their experiences. The scientists also noted the women's height and weight as well as collected their blood samples. All these measures would aid in calculating the telomere length.

Janice Humphreys, associate professor in the Department of Family Health Care Nursing in the UCSF School of Nursing remarked, "For the first time, we showed that there is lasting damage not just to these women's minds and bodies, but to their cells."

Reportedly, women who were formerly abused were in the relationship for about 4.8 years, with the median time of almost 5 years since the last IPV incident. All these women reported feeling psychologically aggressive, and around 80% of them even faced physical assaults. About 58% of them seemingly survived severe physical injuries while 58% of them apparently encountered severe

sexual coercion by the perpetrators.

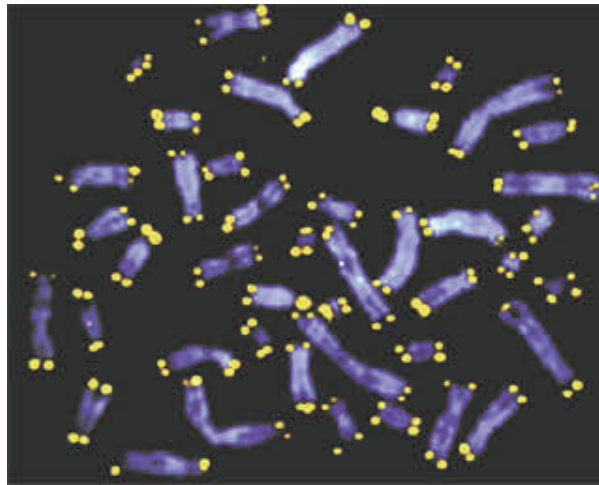
The findings showed that the abused women supposedly had shortened telomeres when compared to women who had not been subjected to violence. The duration of the abusive relationship and the presence of children seemed to be indicators of telomere shortening. Length of time was seemingly linked to 5 to 10 year shortening of telomere's chronologically. One more revelation that came ahead was that women with past abuse apparently had higher BMI and shorter telomeres.

It has been known by many that those affected by IPV tend to suffer from severe psychological and physical illness. Also pregnant women and the children they carry appear to be specifically gullible to the physical effects. The study suggests that exposure to these stresses appears to harm not just the mind but also the

body. The damage takes place at molecular levels according to the scientists. The investigators are now working on ways to arrest the damage stress has inflicted on these women's bodies.

These results were initially reported in the UCSF School of Nursing's Science of Caring magazine, in spring 2011.

Source: <http://www.healthjockey.com/2011/07/20/intimate-partner-violence-seemingly-results-in-long-term-cellular-damage/#>



(Continued from page 1)

Be an active bystander. If you suspect abuse, speak up. Call the police, Office of Children's Services

(OCS) or the Village Public Safety Officer in your community. The Office of Children's Services uses a regional intake system when reports of abuse are made. They can be contacted at 1-888-622-1650.

What is Stalking?

In Alaska, a person commits the crime of stalking in the second degree if the person knowingly engages in a course of conduct that recklessly places another person in fear of death or physical injury, or in fear of death and injury of a family member.

Stalking Victimization

In the United States,

- 3.4 million people over the age of 18 are stalked each year.
- 3 in 4 stalking victims are stalked by someone they know.
- 30% of stalking victims are stalked by a current or former intimate partner.
- 10% of stalking victims are stalked by a stranger.
- Persons aged 18-24 years experience the highest rate of stalking.
- 11% of stalking victims have been stalked for 5 years or more.
- 46% of stalking victims experience at least one unwanted contact per week.
- 1 in 4 victims report being stalked through the use of some form of technology (such as e-mail or instant messaging).
- 10% of victims report being monitored with global

positioning systems (GPS), and 8% report being monitored through video or digital cameras, or listening devices.

[Katrina Baum et al., "Stalking Victimization in the United States," (Washington, DC:BJIS, 2009).]

Impact of Stalking on Victims

- 46% of stalking victims fear not knowing what will happen next. [Baum et al., (2009). "Stalking Victimization in the United States." BJS.]
- 29% of stalking victims fear the stalking will never stop. [Baum et al.]
- 1 in 8 employed stalking victims lose time from work as a result of their victimization and more than half lose 5 days of work or more. [Baum et al.]
- 1 in 7 stalking victims move as a result of their victimization. [Baum et al.]
- The prevalence of anxiety, insomnia, social dysfunction, and severe depression is much higher among stalking victims than the general population, especially if the stalking involves being followed or having one's property destroyed. [Eric Blauuw et al., "The Toll of Stalking," *Journal of Interpersonal Violence*, 17, no. 1 (2002):50-63.]

For more information, please go to www.stalkingawarenessmonth.org or call SAFV at 747-3370.

**NATIONAL STALKING
AWARENESS MONTH
JANUARY 2012**

StalkingAwarenessMonth.org

Our Wish List

- Paper towels/ toilet paper/ tissues
- Chlorox wipes
- Hand sanitizers
- Liquid hand soap refill
- Dish soap (for washing by hand)
- Laundry detergent
- Kitchen garbage bags, 13 gallons
- Large black garbage bags
- Kitchen sponges
- Hair shampoo/ conditioner, unopened
- Hair brushes/ combs
- Tooth brushes and paste
- Razors
- Diapers
- Female hygiene products
- Towels and wash cloths
- New pillows
- Top Ramen/ Cups of Noodles
- Tuna/ Spam
- Canned/ frozen fruit and veggies
- Instant oat meal
- Mayonnaise
- Soy sauce/ ketchup
- Sailor Boy / other crackers
- Rice/ pasta
- Mac and Cheese
- Coffee and tea (black/herbal)
- Coffee filters (cone #4/ baskets)
- Hot chocolate mix
- Coffee creamer
- Popcorn
- Sugar
- Flour
- Cake mixes and frosting
- Teaspoons
- Soup bowls
- Blankets
- New pillowcases

- Flannel twin sheets
- Bus passes
- Cab vouchers for emergencies
- Ice grippers (YakTrax) in various sizes
- AA batteries
- 9 V batteries (for fire alarms)
- Energy saving light bulbs
- Blender (may be used)

Your in-kind donations are important to us and extremely appreciated. Please drop them off at our office. Call 747-3370 for directions.

Thanks and Gunalcheesh!

2012 Membership Drive

Thank you to all who became new SAFV members or renewed their memberships. If you want to become a member, please send your contribution to SAFV, P.O. Box 6136, Sitka, AK 99835.

- Agave Restaurant
- Alaska Native Sisterhood Camp #4
- Lauren and David Allen
- Shirley Anderson
- Margaret Andrews
- Sara Beaber-Fujioka and Tad Fujioka
- Janet and Randy Berlin
- Kathleen and Harvey Brandt
- Grace Brooks and Charles Morgan
- Sara and Elliot Bruhl
- Cleo and Scott Brylinsky

- Lisa Bykonen
- Doris and David Clarke
- Samantha Cox
- Davis Realty
- Barbara DeLong
- Celia Dumag
- Valerie and Brent Edwards
- Amelia and Steve Gage
- Marty Grasmeyer
- Barbara and Lloyd Hames
- Beth Garrison and Randy Holtkamp
- Paulla Hardy
- Mary Hughes
- Kim and Robert Hunter
- May Johnson
- Mollie Kabler
- Anna Lawton
- Maite Lorente
- Deborah and Dave Lyons

- Harriet and Ron McClain
- Mary I. Miller
- Lisa and David Moore
- Neurobehavioral Consultants
- Dorothy Orbison
- Pizza Express
- Carol and Robert Potrzuski
- Michelle Putz
- RE/MAX of Sitka
- Marta and James Ryman
- Alice and Robert Schell
- Shee Atika Inc.
- Sitka Emblem Club #142
- Sitka Moose Lodge # 1350
- Sitka Rose Gallery
- Sitka Vision Clinic
- Steve Reifenstuhl
- Joann and Dewey Torgeson
- Cheryl and David Vastola
- White's Pharmacy

Thanks to all of our 2011 in-kind donors.

I you can't find your name on this list, we registered your donation in the category "anonymous".

AC Value Center
 Carin Adickes
 Alaska Airlines
 Alaska Native Brotherhood Camp #1
 Alaska Native Sisterhood Camp #4
 Betty Allen
 The Back Door
 Maureen and Michael Baier
 Balanced Practice
 Blatchley Pool
 Brave Heart Volunteers
 Suzan Brawnlyn
 Maryann and Larry Calvin
 Toby and Norm Campbell
 Center For Community
 Chelan Produce
 Church of Jesus Christ LDS
 City and Borough of Sitka
 Lillian Sharon Cox
 Joe D'Arienzo
 Betty D'Cicco
 James Diffin
 Eagle Harbor Inn
 Valerie and Brent Edwards
 Sarah Ferrency and Phil Burdick
 Fishermen's Eye Gallery
 Jean Frank
 Julie Graham
 Grandma Tillie's Bakery
 Sandra Greba
 Evening Star and Fabian Grutter

Hair Play
 Hames Corporation
 Paulla Hardy
 Particia and Scott Harris
 Amanda Hershberg
 Carolyn Heuer
 Ce and Roger Higley
 Hillary Homer
 Kathy Hope Erickson and
 George Erickson
 Bruce Horton
 Lisa Hutton
 Kathy Ingallinera
 Linda Janacek
 Steva Jehly
 Cynthia Johnstone
 Laura Kaltenstein
 Ryan Kauffman
 Steph King
 Martina Kurzer
 Larkspur Café
 Mary and David Levesque
 Ludvig's Bistro
 Marta Martinsen
 Harriet McClain
 Mary I. Miller
 Mt. Edgecumbe High School
 Ocean Wave Quilters
 Karen Parker
 Megan Pasternak

Cathy Poulson
 Jude Reis
 Gwendolyn Roth
 Lisa Sadleir-Hart and Tom Hart
 Kari Sagel
 Salvation Army
 Elisabeth Schafer
 SEARHC
 SEARHC/ Raven's Way
 Sitka Lutheran Church
 Sitka Moose Logde #1350
 Sitka Sound Seafoods
 Sitka Spruce Catering
 Sitka Summer Music Festival
 Sitka Tribal Enterprises
 Sitka Volunteer Fire Department
 St. Peter's Episcopal Church
 Sharon Stitz
 Sharon Sullivan and Chris Duguay
 Summer Sustachek
 Totem Square Inn
 US Coast Guard Air Station
 USCG Spouses & Women's Association
 Joan Vanderwerp and Bob Ellis
 Catherine Weaver
 Mary Wheeler
 White's Pharmacy
 Kristine and Brett Wilcox
 Dorothy Williams
 Wintersong Soap Company

Next Family Fiesta February 25, 2012

The next Family Fiesta, one of SAFV's annual fundraisers, is scheduled for February 25, 5:30pm at the Alaska Native Brotherhood Hall. We offer a home-cooked taco dinner, a dessert auction, live music and a lot of fun.

If you want to donate a dessert, please take it to the ANB Hall by 5pm on this day.

SAFV Community Survey

Thanks to everyone who returned our annual survey enclosed in the last newsletter. We received 45 responses, a return rate of 5.2%. The results are posted at www.safv.org.

Volunteers Needed for Winter Services

We are looking for volunteers who could come by when needed to plow our parking lot and/or shovel our stairs and outside walkway.



If you can lend a hand or a truck on snowy mornings, please call Martina at 747-3370.

Thanks, your help is appreciated.

New Nomination Process for Honoring Women 2012

**EVERYONE
CAN
NOMINATE!**

The Fifteenth Annual Honoring Women Dinner and Silent Auction 2012, SAFV's most important yearly fundraiser, will be held on **April 14, 2012 at Harrigan Centennial Hall.**

The SAFV board decided to open up the nomination process for the annual Honoring Women event to the entire community. Groups as well as individuals will now have the opportunity to nominate a Sitka woman for her outstanding services to women and children in the community. The board hopes that younger women and those not associated with any group or organization will have a chance to be acknowledged for her exceptional volunteer or professional efforts. Four women will be recognized as Sitka's Women of the Year in 2012.

If you want to nominate a woman, please submit a letter to SAFV, P.O. Box 6136, Sitka, AK 99835 or mkurzer@safv.org

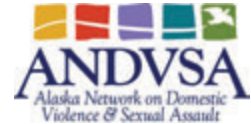


and include the reasons why you think this woman should be recognized. Our board will choose from the nominations we received. If you have questions, please call Martina at 747-3370 or send an email to the address above. Deadline for the nomination is January 31, 2012.

**SAVE
THE DATE!**



United Way Member Agency
Member of the Alaska Network on Domestic Violence and Sexual Assault



Sitkans Against Family Violence
P.O. Box 6136
Sitka, AK 99836
Phone: 907-747-3370
Crisis Line: 1-800-478-6511

SAFV is an equal opportunity provider.

Non Profit
U.S. Postage Paid
Permit No. 79
Sitka, Alaska

Return Service Requested