



Nami Migizi Nangwiihgan

April 2014

Women's Support Group

Every Monday at
the Sowmick
Building
6-8pm

Dinner is Provided

Contact us at
(989) 775-4400

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Sexual Assault Awareness Month

What is Sexual Violence?

Sexual violence is the use of sexual actions and words. It is a broad term including: rape, incest, child sexual abuse, intimate partner violence, sexual exploitation, human trafficking, unwanted sexual contact, sexual harassment, exposure, and voyeurism.

Sexual violence occurs when someone is forced or manipulated into unwanted sexual activity without their consent.

Who are the Victims?

- ◆ American Indian & Alaskan Native women are raped at rates **two times** higher than any other race.
- ◆ Every **2 minutes**, someone in the United States is sexually assaulted.
- ◆ **34.1%** of American Indian/Alaskan women are sexual assault victims.
- ◆ **1 in 6** women & **1 in 33** men have experienced an attempted or completed rape.
- ◆ **1 in 3** Native American women and **1 in 10** men will be sexually assaulted during their lifetime.

Does Sexual Assault occur in my community?

- ◆ In 2012, there were **10,452** total **reported** sex crimes in Michigan.

Who are the Offenders?

- ◆ Approximately **2/3** of rapes are committed by someone known to the victim.

Why do a majority of rapists never serve jail time?

- ◆ **70%** of sexual assaults are **never** reported.

What is Consent?

-Consent is the act of permitting, approving, or agreeing.

-Giving in is not the same as giving consent.

-Clothing in NO WAY applies consent.

Consent is not present when either partner:

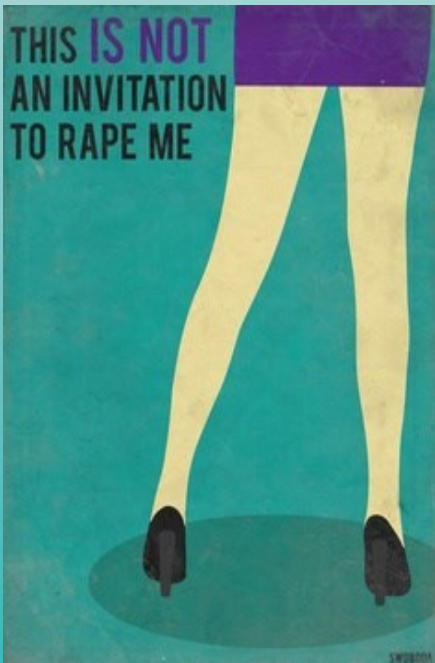
- ◆ Fears the consequence of not consenting
 - ◆ Is forced
 - ◆ Feels threatened or intimidated
- ◆ Says “no” either verbally or physically
- ◆ Is incapacitated by alcohol or drugs

(Due to the cognitive and motor impairments caused by intoxication, women may be unable to realize a perpetrator is trying to assault them; an intoxicated individual **cannot legally** consent to sexual activity).

- ◆ Has differing abilities that prevent the person from making an informed choice
 - ◆ Is under the legal age of consent



*There is no
excuse, and
never an
invitation to rape.*



The Dangers of Technology

Technology has helped us learn, communicate, and connect in ways we never could before, but it has also forever changed how we interact with others. Things we used to share in private are now broadcasted to thousands, instantly. According to the U.S. Department of Justice, the use of technology has become an emerging issue. It is estimated 40% of teens have sent a sexually suggestive text, e-mail, or instant message, and 20% of teens have sent or posted nude photos of themselves with the use of technology. **No sext is safe**, 44% of teens say it is common for sext messages to be shared with people other than the intended recipient. This is concerning, because sexual predators target individuals who share sexually provocative photos. Predators are utilizing the internet to seek youth vulnerable to seduction and technology allots for a quick and easy way for perpetrators to monitor their victims. It is estimated **1 in 25 youths will receive an online solicitation in which the solicitor will attempt to make offline contact**. Talk to your love ones, because though one may feel safe hiding behind technology, it has never been easier to target a victim.

Frequently Asked Questions:

Can I be sexually assaulted by a man I am dating?

Yes, if it is nonconsensual at any time, it is rape. Rape can occur when the offender and the victim have a pre-existing relationship or even when the offender is the victim's spouse.

Are sex crimes of passion or desire?

Neither, every sex crime is a crime of violence, power and control.

Do people provoke sexual assaults by dressing "sexy"?

No, people of both sexes, all ages, professions and styles of dress have become victims of sexual assault. Clothing is not consent.

If both people were drunk when the assault occurred, is the victim partially to blame for the assault?

No, sexual assault survivors are NEVER responsible for the attack. Responsibility lies with the perpetrator.

If the victim doesn't fight back, is it considered rape?

Yes, when someone is being forced to have sex, they may be frozen with fear and shock of what is happening. It does not matter if the victim fought back or not, if consent was not given freely, then it was rape.

Can men and boys be raped or be victims of a sexual assault?

Yes, anyone is vulnerable to sexual assault and rape. It is estimated 1 in 33 males or boys will be victims of rape at some point in their life.

Will true sexual assault victims report the crime immediately to the police?

Not always, there are many reasons a victim may choose not to report an assault to the police or anyone. For example, the victim may feel the need to protect family honor, they may fear retaliation by perpetrator or by perpetrator's family, and they may fear the criminal justice systems.

Will a person who has experienced "real rape" be sobbing and have visible injuries?

No, there is a continuum of response to sexual violence, ranging from a very expressed response to a very controlled response. There is no right or wrong way to respond to such a violent assault.

WRONG!!

When I was five years old, I saw my Dad slap my Mom
No one told her it was wrong

As I was growing up my brother disrespected my Mom
No one said it was wrong

When I was fifteen, my brother beat me
No one told him it was wrong

When my friend told me that a tribal elder
molested her
No one told her it was wrong

When my cousin was killed by her husband
No one told the community it was wrong

When I was sexually harassed on the job
No one told my co-workers it was wrong

When I went to the Family Service Office and was
treated unfairly
No one told them it was wrong

When the police asked me, "What did you do to make
him hit you?"
Someone should have told them they were wrong

When he stood in front of the judge
They told him it was wrong

When my son mistreats his girlfriend
I will tell him it's wrong

When my daughter becomes afraid of her boyfriend
I will tell her it's wrong

Someday, my grandchildren will live in a world
Where they won't have to be told "it's wrong!"

-Frances M. Blackburn (Northern Arapahoe)

Prior to colonization, sexual assault was virtually nonexistent within tribal communities due to traditional values and beliefs. Unfortunately, it now occurs too often. We must ask ourselves, **why is sexual assault of Indian women the most underreported crime?**



Eagle's Wings

Give me eagle wings
Great Spirit

Take me away from this hurt
Take me away from pain

Pray for me
That I will survive another day
That my child will not see
That the bruises will heal
That no one will ask questions
That no one will hear
Pray for me

Give me eagle wings

To soar above and beyond
My situation
Give me strength
Give me power
Give me courage
Help me heal

Give me eagle wings

-Petra L. Solimon

Violence Against Women is Not A Part of Tradition

Walking in the Darkness, Then Finding the Light

“Seven years ago, I traveled thousands of miles from my small Alaskan village to a tribal university in Kansas. I was an immature young college student who never thought about issues like domestic violence and sexual assault. Although I grew up witnessing domestic violence, I would try to ignore it and forget it happened. Violence was never discussed and I was under the impression violent acts were never going to happen to me. That all changed when I was raped on October 8th, 1996.

From October 8th 1996 forward, nothing in my life was ever the same. A couple of days after the assault, the perpetrator posted bail. He was not only free to walk the streets, he was allowed back on campus. **I was scared for my life.** From the moment I reported the rape, it was clear everything was about his rights and not mine. I did everything right from the beginning: I reported the rape, was examined at the hospital for evidence, and went to court to testify. Everything seemed to backfire on me, and I felt that he got away with it. I was shaken up and couldn't function mentally. I felt like **the perpetrator stole a part of my heart and spirit.** For an Indian person, to have one's spirit abused or stolen is as good as being dead.

All I wanted to do was go home to my family to regain the little strength I had left and heal my broken spirit, but I did not have enough money to return home for 2 and a half months. That was the longest two and a half months of my life. There were simple daily routines people do, that I was terrified to do. I found it difficult to be in a room with a male or to be touched by anyone. I didn't want to be alone, but I also felt uncomfortable surrounded by a lot of people. **I was robbed of my trust for everyone and everything, even myself.** I had anxiety attacks, I always looked over my shoulder, and I was paranoid to the point I couldn't live a normal life. Before I was raped, I was already a “statistic” by being an Alaskan Native women witnessing domestic violence. Then I added another statistic by being raped. I didn't know how to cope so I turned to alcohol. I used alcohol to numb the pain and I drank every night for the two and a half months I had to wait to return home. The few times I didn't drink, I stayed up all night and day because I was afraid of having a flashback.

Truthfully, looking back now, I probably would not have reported the crime if I knew the amount of pain it would cause me. In some ways, though, **it was worth it because the perpetrator now has “Attempted Aggravated Sexual Battery” on his criminal record for the rest of his worthless life and I finally found the closure I needed.** It took me years to gather up the courage to share my story without crying or triggering memories of that horrible night. Dealing with the eighteen-month process of the court system, the lack of response from the school I was attending, the emotional effects from rape, and the healing process was exhausting and complicated. Thankfully, **the victims advocate I met at the hospital was wonderful, she became a lifelong friend.** Without this lady, I don't know if I would have made it. A person does not necessarily “get over” the trauma of rape, but one has to understand why these feelings are happening and how to cope with them. The only thing I have control over is to find ways to cope with them. My spirit will never be the same as it was before being raped. **I am still in the process of healing, as I will be forever.”**

-Lisa Frank (Sharing Our Stories of Survival)

Introducing the Bystander Effect



In 1964, the rape and murder of Kitty Genovese shocked Americans from coast to coast. While a man attacked, raped, and killed Kitty, 38 men and women witnesses the assault yet did nothing to help. Why? People in a bystander role often feel scared, alone, and afraid to say something. This horrific event marked the beginning of an approach by programs and researchers to motivate bystanders to act more responsibly. All too often much of the important work takes place AFTER someone has been harmed. We need to offer opportunities to address behaviors BEFORE sexual violence is perpetrated in the first place. How? Begin by intervening in a less extreme situation, such as saying something when you hear mild harassment. Something as simple as a single word here and there will let people know you will take action. Your bravery will influence others to do the same. **If we stand together, we can end sexual assault.**

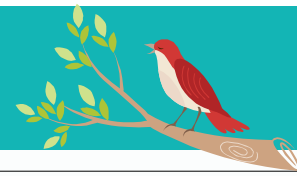


Don't be a ZEBRA

Bystander awareness is typically represented by a zebra because when attacked, zebras scatter until the predator takes down the one that couldn't get away. After the attack, the zebras go about their business, relieved it wasn't them, and act as if nothing ever happened.

If you suspect someone is a victim of sexual assault, domestic violence, or stalking, don't assume others will take action. Don't discount the severity of the situation.

Don't be a zebra.



Spring has sprung...have you made time to discuss the birds and the bees? Parents typically have very natural hesitations about talking with their kids about sex. Yet studies from all over the world consistently show that children who are educated about healthy bodies, healthy boundaries, and healthy sexuality are better protected from child sexual abuse. Sexual offenders prey on children who aren't educated about their bodies and who therefore lack the skills to differentiate between appropriate and inappropriate touching.

Parents and caregivers are uniquely positioned to assist children and teens. You can be a part of the solution by talking with your children about healthy sexual development and personal boundaries, even if children are not asking questions. The reality is, children today are exposed at earlier ages to all things involving sex, talk to your kids before everyone else does to ensure your child feels comfortable discussing what is happening in their lives. Talk about the birds, the bees, and beyond, because now more than ever adults need to arm children with accurate information about sexual health before they get their questions answered on the playground, by older friends, or worse...through experimentation.



Sexual Assault Response Team



The SART logo comprehensively represents domestic violence (purple), bystander (zebra), stalking (white) and sexual assault (teal) awareness.

Together we can be the solution.

The newsletter distributed in April of 2013 explored why a Sexual Assault Response Team (SART) is necessary in our community. Now, one year later, I am proud to announce Nami Migizi Nangwiihgan has been awarded a grant allowing the development of a SART. Our SART team is currently striving to develop a prompt victim centered response to sexual trauma in our community involving: medical personnel, advocates, law enforcement, educators, and a counselor. We hope that our comprehensive victim-centered services will reduce the prevalence of sexual assault, domestic violence, and stalking in our community. Both Nami Migizi Nangwiihgan and the SART team seek to increase bystander education while increasing collaboration within the community to coordinate events focusing directly on sexual assault, domestic violence, and stalking.

**To contact a member of the SART team, please call:
989-775-4400**

National Native Sexual Assault Awareness Day

April 17th 2014

Sexual Assault is a serious and pervasive public health, human rights, and social justice issue affecting millions of women in the United States. Sexual Assault affects people of all ages, backgrounds, and circumstances. In Michigan alone, an average of 16,000 men, women, and children received services as victims in relation to the crime of sexual assault and/or rape. No one is more vulnerable than Native American women, who are 3.5 times more likely to be sexually assaulted than women of other races. National statistics show 1 in 3 Native American women will be sexually assaulted in their lifetime.

Exposure to violence, whether physical or sexual, places our young men and women in danger of long-term physical, psychological, and emotional harm. Depression, fear and suicidal feelings have been experienced by survivors of this crime. Children who experience violence are at a higher risk for failure in school, emotional and substance abuse disorders, and are more likely to perpetuate the cycle of violence themselves later in life.

Ending sexual violence will require the collaborative efforts of everyone, including law enforcement, the criminal justice system, public health officials, and community members. It will require that everyone communicate a universal message that violence of any nature, and especially sexual violence, is unacceptable. It's time to talk about it...talk early and talk often!

We call upon organizations, both tribal and non-tribal; law enforcement, health officials, and community members to speak out against sexual assault and support local efforts to help victims find the healing they need. I challenge you...talk about sexual assault, April 17th and every day. **Together we can be the solution.**
(Uniting Three Fires Against Violence; NSVRC)

If someone you love has been sexually assaulted, you know how much they have been hurt. As a loved one you suffer too. Help is available for victims and their families. Please Call:



Nami Migizi Nangwiihgan:

989-775-4400

National Sexual Assault Hotline:

1-800-656-4673

National Child Abuse Hotline:

1-800-422-4453

National Domestic Violence Hotline:

1-800-799-7233 (SAFE)



**Individual Counseling
Case Management
Support Group
Group Counseling
Safe Haven
Cultural Sensitivity
Confidentiality/Privacy
Batter's Intervention
989-775-4400**

Denim Day is an internationally recognized campaign originally triggered by a ruling by the Italian Supreme Court where a rape conviction was overturned because the justices felt that since the victim was wearing tight jeans she must have helped her rapist remove her jeans, thereby implying consent. The following day, the women in the Italian Parliament came to work wearing jeans in solidarity with the victim. Since then, wearing jeans on Denim Day has become a symbol of protest against erroneous and destructive attitudes about sexual assault. If possible, on this day, we ask community members, elected officials, businesses, and students to make a social statement with their fashion by wearing denim as a visible means of protest against the misconceptions that surround sexual assault.

Interested in joining our efforts?

Contact us regarding potential volunteer opportunities.

Newsletter Suggestions?

This newsletter is meant to serve you, I value your opinion and am open to suggestions for topics you would like me to explore. Please direct ideas and comments to:

**Brooke Huber
SART Coordinator
bhuber@sagchip.org**

Sexual Assault Awareness Month Events & Happenings:

- ◆ **National Native Sexual Assault Awareness Day!**
Please participate by proudly wearing a teal or zebra print awareness ribbon!
Thursday, April 17th
- ◆ **Denim Day USA**
Wednesday, April 23rd
- ◆ **Spark A Movement, Spark A Discussion,
Spark A Fire** (see enclosed event flyer)
7:00 p.m. Showing of Rape on the Reservation
8:00 p.m. Discussion
8:30 p.m. Sky Lantern Release
*Shirts made for the clothesline project will be displayed
Tuesday, April 29th at Andahwod

Please Call: 989-775-4858 for more information

*If at any time you would like to be removed from our mailing list, or know someone who would like to be added, please contact: bhuber@sagchip.org

The time of year we thought may never come has finally arrived, spring! Spring brings rain, cleaning, gardening, and most importantly, garage sale season! Garage sales provide opportunities for Do It Yourself crafts. How about refurbishing an old dresser to create a beautiful new TV stand with additional storage space?

Step 1: Remove all drawers and handles.

Step 2: Patch any visible holes with wood filler. Allow drying time.

Step 3: Sand the surface of the dresser and all drawers. Wipe down to remove dust.

Step 4: Paint entire surface with a thick coat of primer. Allow drying time.

Step 5: Paint. Allow drying time. A second coat may be necessary.

Step 6: Secure handles. Insert baskets and remaining drawers.

Step 7: Enjoy!



Chocolate Covered Peanut Butter Eggs

Chocolate & peanut butter...a match made in heaven! All of you peanut butter and chocolate lovers, try this sweet Easter treat! You will not be disappointed.



- 1 1/2 pounds powdered sugar, divided
- 3 sticks (salted) butter, room temperature
- 1 16-ounce jar peanut butter (plus 1/4 cup) (I used an 18-ounce jar)
- 1 7-ounce jar marshmallow cream
- 2 pounds chocolate disks (milk or dark)

Combine about a third of the powdered sugar and all the butter in large bowl for an electric mixer. Mix until well combined. Add peanut butter and marshmallow cream, then gradually add remaining powdered sugar. Shape into eggs about 3-4 inches long while trying to keep the bottom side flat. Refrigerate on a waxed paper-lined cookie sheet to set (about 8 hours).

Dipping Directions: Melt chocolate then coat eggs. Dip the bottoms first, only about 1/4-inch deep then chill to firm. Set them on a wire rack over waxed paper and pour just enough chocolate over them to coat, spreading to cover with a small metal spatula. Once dry, decorate with pastel colored royal icing if desired. Enjoy!

