

# Nami Migizi Nangwiihgan



Upcoming Community  
Events...

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

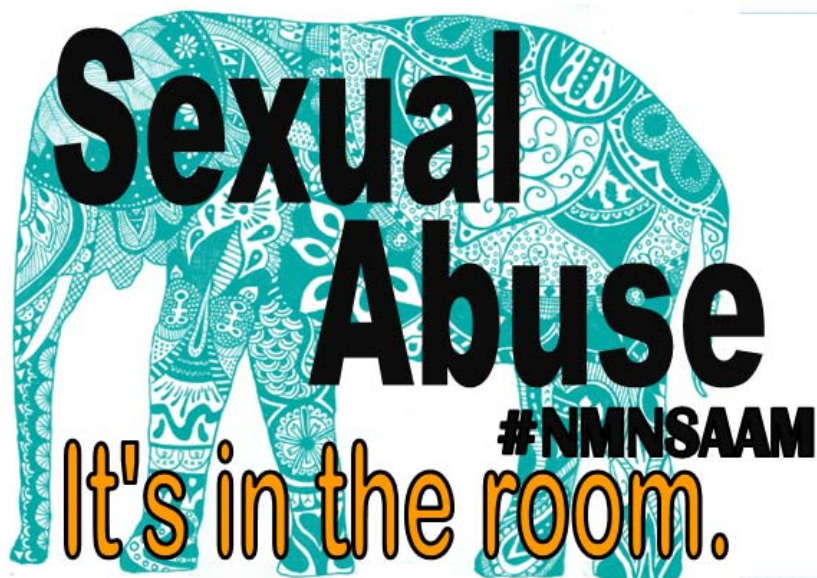
National Sexual Assault

Hotline:  
1-800-656-4673

National Child Abuse Hotline:  
1-800-422-4453

National Domestic Violence  
Hotline:  
1-800-799-7233 (SAFE)

- April 25th 2018 6pm-Women's Empowerment Night @ SCIT Gym
- April 11, 2018 6pm- Movie screening: Highway of Tears @ Ziibiwing
- April 12,2018 12pm- Lunch and Learn: "Promise Not To Tell"
- April 20th—March against violence. 3-5pm.
- April 6, 2018 6pm – Self Defense Class.





## April is Sexual Assault Awareness & Prevention Month

- One in 3 Native women reports rape, compared to 1 in 5 nationally.
- Native American women are 2.5% more likely to experience sexual assault than any other ethnic group in the U.S.
- 37.5% of Native American women are victimized by intimate partner violence in their lifetime.

**What is sexual assault?**  
**The term sexual assault refers to sexual contact or behavior that occurs without explicit consent of the victim.**

**1 out of every 6**  
 American women has been the victim of an attempted or completed rape in her lifetime (14.8% completed, 2.8% attempted).

**RAINN** #SAAPM

Please visit [rainn.org/statistics/victims-sexual-violence](http://rainn.org/statistics/victims-sexual-violence) for full citation.<sup>5</sup>  
 National Sexual Assault Hotline | 800.656.HOPE | online.rainn.org

**Who are the perpetrators?**  
 The majority of perpetrators are someone known to the victim. Approximately 7 out of 10 sexual assaults are committed by someone known to the victim.

There are  
**293,000**  
 victims of sexual violence every year in the U.S.

*April is Sexual Assault Awareness Month*

NATIONAL DOMESTIC VIOLENCE HOTLINE • 1.800.799.SAFE

**ERASING RAPE MYTHS**  
**THE TRUTH ABOUT SEXUAL ASSAULT**

Consent is an enthusiastic, clearly communicated and ongoing yes. Never assume consent. When sex is consensual, it means everyone has agreed to what they are doing. Nonconsensual sex is rape. A "yes" from another time doesn't count. The absence of "no" is not a "yes." A person who is substantially impaired cannot give consent.

Learn more at [www.nsvrc.org](http://www.nsvrc.org) •

**NSVRC**  
NATIONAL SEXUAL VIOLENCE RESEARCH CENTER

## 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.***

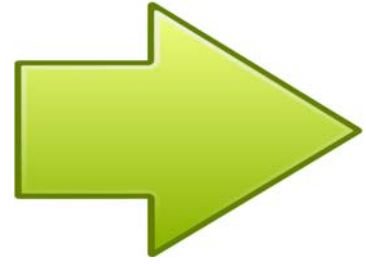
### Don't be a ZEBRA

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.



# What consent looks like



- ◆ Only an informed, sober, freely given, ongoing, enthusiastic “yes!” is consent.
- ◆ Consent is an active verbal YES. Not the absence of a NO.
- ◆ Consent is only possible when there is equal power.
- ◆ Consent is ongoing. Anyone can change their mind about what they are interested in doing, at any time.
- ◆ Consent is informed not deceiving or lying. For example, if someone says they will use a condom and then they don't, there isn't full consent.
- ◆ Consent is specific. Saying yes to one act such as kissing, doesn't mean you have said yes to others such as sex.

CONSENT IS:

**CLEAR** **COHERENT**  
**WILLING** **ONGOING**

# What consent does NOT look like



- ◆ If an individual has to be convinced, or doesn't feel free to say no it is not consent.
- ◆ Consent to one act is not consent to all acts.
- ◆ Being In a relationship is not consent.
- ◆ If an individual is incapacitated by drugs or alcohol it is not consent. (due to the cognitive and motor impairments caused by intoxication, individuals may be unable to realize a perpetrator is trying to assault them; therefore an intoxicated individual cannot legally consent to sexual activity.)
- ◆ “We've had sex before” is not consent.
- ◆ If an individual has differing abilities that prevent them from making an informed choice, it is not consent.
- ◆ If an individual is under the legal age, they cannot consent.
- ◆ Clothing in no way ever implies consent.

# Denim Day is Wednesday April 25, 2018



For the past 19 years, Peace Over Violence has run its Denim Day campaign on a Wednesday in April in honor of Sexual Violence Awareness Month. The campaign was 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. Peace Over Violence developed the Denim Day campaign in response to this case and the activism surrounding it. Since then, wearing jeans on Denim Day has become a symbol of protest against erroneous and destructive attitudes about sexual assault. In this rape prevention education campaign we ask community members, elected officials, businesses and students to make a social statement with their fashion by wearing jeans on this day as a visible means of protest against the misconceptions that surround sexual assault. This year's Denim Day is April 25, 2018.

# Break the silence: Child Sexual Abuse

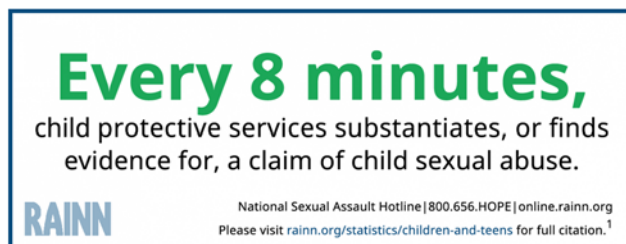
*The vast majority of offenders do not look, act, or speak in any way that would identify them as sex offenders. They rarely wear trench coats or masks. They are hard to spot, but not because they are in disguise. Its because they look like you and me.*

In fact, 90% of children who are victims of child sexual abuse, know their abuser. It could be a friend, a family member, a teacher or a pastor. Its usually someone who has easy access to children, maybe through youth sports, schools, or other extra-curricular programs. We know what you're thinking: "that's not possible. At least not among my friends, colleagues, and family". Unfortunately, abusers don't just groom a child, they groom the family, organizations, and entire communities.

Grooming is a process by which offenders gradually draw victims into a sexual relationship and maintain that relationship in secrecy. At the same time, offenders may also fill roles within the victims' families that make them trusted and valued family friends. One of the scariest things about grooming is that it is highly successful, allowing offenders to slowly overcome natural boundaries long before actual sexual abuse occurs.

Grooming begins with making the victim feel special, set apart, loved and valued. This is not an exhaustive list of feelings someone who is being groomed will experience, but it gives you an idea of the kinds of feelings the offender is trying to create in the victim. Grooming continues, progressing through the stages like gaining trust (of the victim, family and community), relationship building, and isolating. The end goal? To have isolated one-on-one time with a child.

On the surface, grooming can look like a close relationship between the offending adult and the targeted child and their caregivers. Grooming can involve family outings, sharing meals together, and including the child in the offender's special family traditions, like tree trimming during the holidays. Special attention is often paid to all of the children in the family, not just to the targeted child. This process can be very misleading because the offender is often well known and highly regarded in the community. Who wouldn't want them to mentor or spend time with their child?



## **More than 80% of sexual abuse cases occur in isolated, one-on-one situations**

If you eliminate or reduce isolated, one-on-one situations between children and adults, as well as children and other youth, you'll dramatically reduce the risk of sexual abuse.

### **Reduce the risk. Protect children.**

- Think carefully about the safety of any isolated, one-on-one settings. Choose group situations when possible.
- Think carefully about the safety of situations in which older youth have access to younger children. Make sure that multiple adults are present who can supervise.
  - Set an example by personally avoiding isolated, one-on-one situations with children other than your own.
- Understand that abusers often become friendly with potential victims and their families., enjoying family activities, earning trust, and gaining time alone with children.
  - Monitor children's internet use. Offenders use the internet to lure children into physical contact.



**Statistics:**

- ◆ Out of the yearly 63,000 sexual abuse cases substantiated, or found strong evidence, by child protective services the perpetrator was most often the parent.
  - 80% of perpetrators were a parent
  - 6% were other relatives
  - 5% were "other" (from siblings to strangers)
  - 4% were unmarried partners of a parent
- ◆ 70% of child sex offenders have between 1 and 9 victims, while 20% have 10 to 40 victims.
- ◆ False reports of child sexual abuse made by children are rare. It is estimated that only 4-8% of child sexual abuse reports are fabricated. Most of the fabricate reports are made by adults involved in custody disputes or by adolescents.
- ◆ 60% of child sexual abuse victims never tell anyone.

- ◆ The effects of child sexual abuse can be long-lasting and affect the victims' mental health. Victims are more likely than non-victims to experience the following mental health challenges:
  - About 4 times more likely to develop symptoms of drug abuse.
  - About 4 times more likely to experience PTSD as adults.
  - About 3 times more likely to experience a major depressive episode as adults.

**400,000 children** are sexually abused each year.

**93%** of victims are abused by someone they **know and trust.**

- » **63%** are **acquaintances** like teachers, neighbors, or community leaders.
- » **37%** are immediate or extended **family.**
- Only 7%** are **strangers** to the child.

**A reactive approach does not work.**

- Only 27%** of children tell someone within the first year.
- Only 53%** of reported incidents are investigated by CPS.
- Only 29%** of reported incidents lead to police arrests.

50% of sexually abused children suffer **trauma** severe enough to negatively impact their adult lives. They're **3X more likely** to abuse **drugs or alcohol**, and **2X more likely** to **drop out** of school.

Learn the Facts and End Child Sexual Abuse

D2L.ORG

SOMETHING MUST BE DONE



SCAN is proud to be a Partner in Prevention with Darkness to Light. Invite us to train your group of youth professionals, volunteers or parents to recognize, respond and react to child sexual abuse in our community.

[www.scanva.org/d2l](http://www.scanva.org/d2l)

To learn more, contact SCAN at 703-820-9001 or [www.scanva.org](http://www.scanva.org) To report child abuse or find support, call 1-800-552-7096



## DIY Easter Centerpiece

### Materials:

- Vase
- Small glass
- Jelly beans
- Peeps
- Flowers

### Directions:

1. Place a small juice glass inside of your vase. If you are using a potted plant, you can just put the plant (still in the pot) into your vase.
2. Pour the jelly beans (or glass beads) into the vase around the glass.
3. Place the peeps on top.
4. Arrange your flowers in the juice glass and fill with water if needed.



## Cherry pineapple dump cake

### Ingredients:

- 1 Can Crushed pineapple
- 1 box yellow cake mix
- 1 Can cherry pie filling
- 1 cup butter

### Directions:

1. Spray a 9x13 baking dish with pam.
2. Pour in the crushed pineapple and juice and spread out on the bottom of the pan.
3. Pour the cherry pie filling on top.
4. Sprinkle dry cake mix over the top.
5. Melt butter and spoon over the mixture.
6. Bake at 350 degrees for one hour.

