



Nami Migizi Nangwiihgan Sexual Assault Awareness Month



April 2016

Women's Support Group

3rd Tuesday of every month
5:30-7pm

Behavioral Health Programs

Dinner & Child care are provided upon request

(989) 775-4400

Sexual Assault Awareness Month

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Breaking the Silence: Child Sexual Abuse

Simple conversations, like crossing the road safely, bullying and dealing with strangers, are subjects that you and your child might talk about. But what about staying safe from sexual abuse? It's a conversation no caregiver wants to have, but it is a conversation EVERY caregiver needs to have.

The Acronym **PANTS** can help you remember the important things to discuss with children (nspcc.org).

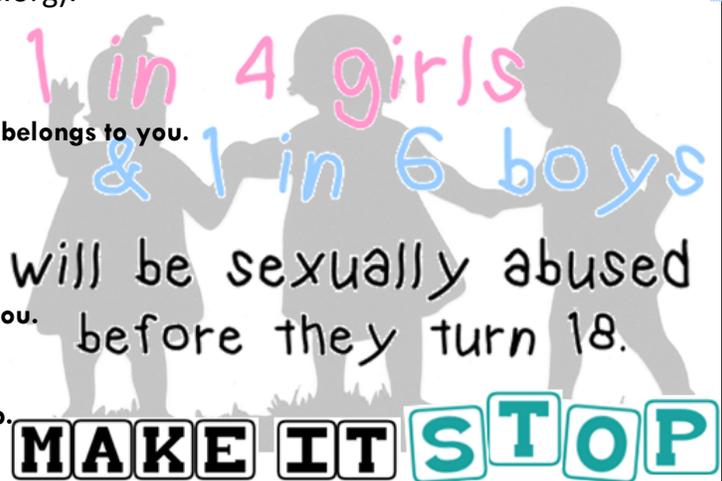
Privates are private.

Always remember your body belongs to you.

No means no.

Talk about secrets that upset you.

Speak up. Someone can help.



PANTS teaches children that their body belongs to them, they have a right to say no, and that they should tell an adult if they're upset or worried.

Disclaimer: I would encourage you to use the medically appropriate terms for body parts rather than the word "privates" or other designator words.

Darkness to Light

Those who molest children look and act just like everyone else. Abusers can be neighbors, friends, and family members. Often, those closest to us can be the most dangerous. People who sexually abuse children are found in families, schools, churches, recreation centers, youth sports leagues, and any other place children gather. Significantly, abusers can be and often are other children.

About 90% of children who are victims of abuse know their abuser (darknesstolight.org).

Approximately 30% of children who are sexually abused are abused by family members (darknesstolight.org). The younger the victim, the more likely it is that the abuser is a family member.

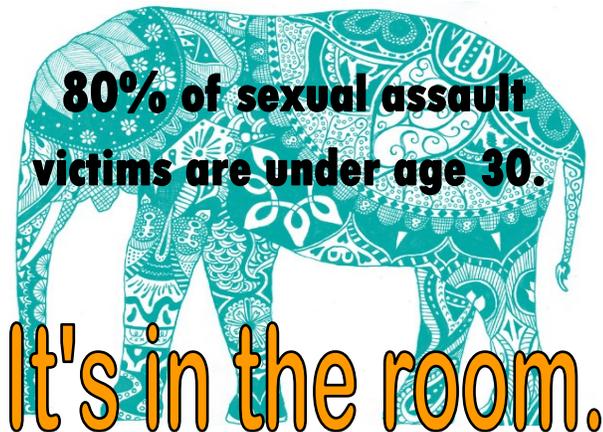
Of those molesting a child under six, 50% were family members (darknesstolight.org).

Nami Migizi Nangwiihgan has created a resource tool to assist parents in starting this difficult yet necessary conversation with their children. Including tips for teaching, a visual handout, and local resources If you would like to receive a packet to share with your child, please contact Nami Migizi Nangwiihgan at **989-775-4400**.

Youth and Social Media

- ◆ **81%** of teens ages 13-18 participate in social media.
- ◆ The largest group of social media users are those ages 18-29.
- ◆ The typical teen has 300 Facebook followers.

(National Sexual Violence Resource Center)



#NMNSAAM

Social Media 101: What is a hashtag?

Hashtags (#) highlight important words or concepts on social media. Adding a # at the beginning of the word makes it easy to search on social media. Nami Migizi Nangwiihgan will use **#NMNSAAM** to connect all of our sexual assault awareness month related posts. Clicking on **#NMNSAAM** will allow you to see how many people have used social media in support of Nami Migizi Nangwiihgan efforts.

Please join the conversation!

SCIT Sexual Assault Response Team

Our newsletter distributed in April of 2013 explored why a Sexual Assault Response Team (SART) is necessary in our community. Our newsletter distributed in April of 2014 announced the development of a SART. In 2015, our team implemented an on-call system allowing 24/7 support to survivors of sexual abuse. Earlier this year, Tribal Council formally approved our SART Team protocol. We have made great progress and our team is continually striving to develop a prompt victim centered response to sexual trauma in our community. Our SART team has played a huge part in efforts to restore a local SANE program, and it is our hope that later this year, we will be able to announce that we have fully sustainable and operational local Sexual Assault Forensic Nursing services.

To contact a member of the SART team, call 989-775-4858.

Rape

A crime of the spirit
Like a thief
 Rapist attempting to rob
 From me what he lacks.

Shattered,
 Inside my spirit shattered
 Like Humpty Dumpty
 Like a glass Christmas tree ball
 Like me when I stood at my
 father's grave.

My body a shell carrying the broken pieces.
Quickly, I put myself together,
 So that my friends will know me,
 My children will know me,
 My lover will know me,
So that I don't look at a stranger in the mirror.
Spirit (Creator),
 Sometimes you take me away from brutality.
Spirit (Creator),
 Somehow terror splits spirit and body,
 The way they talk about drowning,
 The way they talk about dying,
 With you above watching.

All that's left are bruises and a hollow shell.
Sleepwalking,
 I'm only sleepwalking,
 With my scream of terror
 Reverberating through my soul.
 Like an echo in a canyon.

Sometimes I hear my scream,
 It silences the sound of my thought,
 Silences the sound of my words,
 Silences the touch of love.

-Eileen Hudon (White Earth Ojibwe)

"Never forget that walking away from something unhealthy is **BRAVE** even if you stumble a little on your way out the door."
-Mandy Hale

"Today I stand in the light of my spirit because it is a gift from the Creator. I may have crawled on my hands and knees from the onslaught of sexual predators throughout my life, but through prayers and never-ending love, support, and firm belief in Lakota culture and spirituality, I am alive today."

-Charlene Ann

-American Indian & Alaskan Native women are raped at rates **two times** higher than any other race.

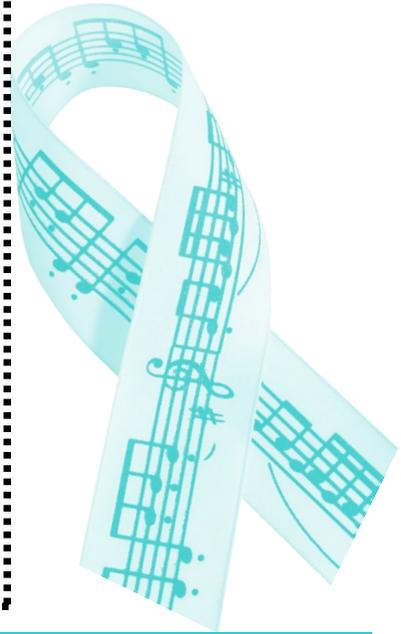
-**34.1%** of American Indian/Alaskan women are sexual assault victims.

-**1 in 3** Native American women and **1 in 10** men will be sexually assaulted during their lifetime.

Sexual Violence is NOT Traditional.

#FreeKesha

Kesha's producer, Dr. Luke, sexually, physically, verbally and emotionally abused her for nearly 10 years while they collaborated on music. A lawsuit filed against Dr. Luke in 2014 describes how he drugged and raped Kesha when she was 18 years old. It also talks about the controlling and psychologically abusive behavior she has continually endured since she moved to Los Angeles to pursue her career in 2005. Kesha has asked to be released from her contract with Sony in order to avoid working with Dr. Luke again, but in February a New York Supreme Court judge sided with Sony stating she must honor her six-album contract. Kesha hasn't released any music of her own since her second album because she refuses to work with Dr. Luke and Sony Music.



Stand Up. Stand Strong. Stand Together.



“Turn your wounds into wisdom.”

-Oprah Winfrey

The Power of Music

Lady Gaga was raped at the age of 19, a reality that is all too common for many young men and women. Lady Gaga stated that being raped changed her forever and she often wondered if she was to blame. She used to feel awkward and even guilty when talking about her experience with rape, but it is now something that is a part of her, that she has triumphed over.

Song-writer Diane Warren, who was molested at the age of 12, helped her put the depth of emotion into the song “Till It Happens To You” that was written for The Hunting Ground, a documentary about rape on college campuses. Lady Gaga has used the power of music to express her painful experience and reach other survivors with all the emotion and as much empathy as she can put into words for those who have endured the same.

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:



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
Confidentiality/Privacy
Transportation
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. On this day, we ask ALL community members, & SCIT Employees to make a social statement by wearing denim as a visible means of protest against the misconceptions that surround sexual assault.

Sexual Assault Awareness Month Events & Happenings:

Poster Campaign

Keep an eye out for posters hanging in Tribal departments!

Denim Day USA

Wear Denim on April 27th!
(See explanation on the left)

Clothesline Project

The Clothesline Project will be on display in the Behavioral Health lobby for the duration of April.

Coffee Sleeve Campaign

Various local coffee shops will be participating in our coffee sleeve campaign throughout April. If you grab a coffee with one of our sleeves, post it on social media using #NMNSAAM

Memorial Walk (see attached flyer)

In conjunction with WWOS Ziibiwing exhibit.

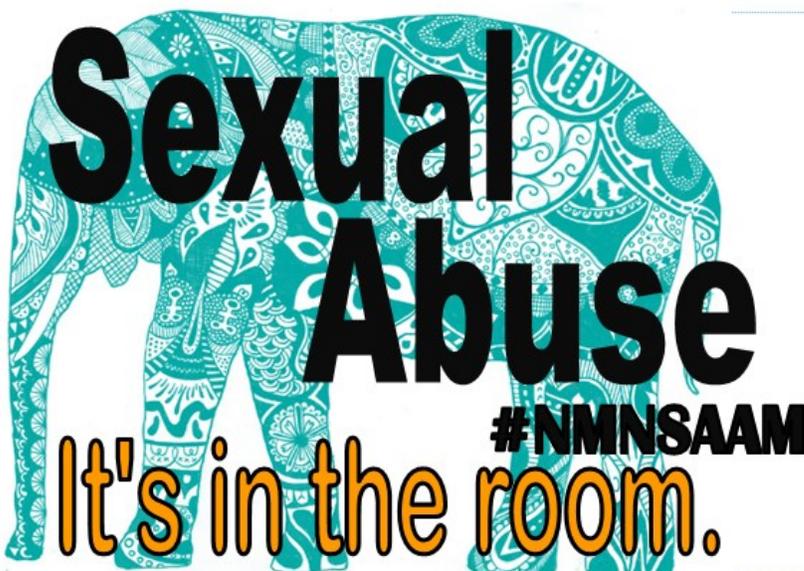
Saturday April 30th — 11:00 a.m.

Farmer's Market Pavilion

7070 E. Broadway

Mount Pleasant MI, 48858

Please Call: 989-775-4400 for more information



Craft Corner

Materials:

Toothpick
Nail Polish
White Mug
Disposable bowl

Marbled Mugs

Instructions:

1. Fill your container halfway with hot water. The hotter the better.
2. With the nail polish bottle very close to the surface of the water, slowly pour two drops of nail polish into the water.
3. Very quickly use a toothpick to swirl the polish around the water.
4. Immediately dip the mug into the water. The drying process is very fast once the polish touches the water, you will have to move very quick!
5. Place the mug on a paper towel to dry.



Fruit Pizza

Ingredients:

- (1) 17.5 oz. sugar cookie mix pouch
- 1/2 C Butter at room temperature
- 1 egg
- (1) 8 ounce block cream cheese at room temperature
- (1) 7 oz. package marshmallow cream
- 2-3 C fruit of your choice, chopped into small pieces

Instructions:

1. Preheat oven to 350 degrees.
2. Prepare the sugar cookie dough according to package directions, mixing in the butter and egg.
3. Using your hands, spread the dough evenly on cookie sheet. Dot the dough with a fork to prevent air bubbles.
4. Bake until lightly browned, about 12 minutes. Remove from oven and cool completely.
5. Mix the marshmallow cream and cream cheese until smooth and creamy.
6. Frost the cookie dough "crust" with the marshmallow cream mixture.
7. Cover the pizza with fruit. Refrigerate until serving. Slice into squares.