

**DIRECTIONS**  
DOMESTIC ABUSE/SEXUAL ASSAULT SERVICES

**SCHOOL BACK IN SESSION!**

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Move over summer— a new school year is coming! With summer break coming to a close, the preparation for school begins. Whether you can't wait until the kids are back in school or dread the more regimented days ahead, one thing is for sure, going back to school can be a transition for students. New classrooms, new academic demands, new friends, etc. can leave a child/teen with excitement, worry, and anxiousness for what is to come.

In hopes to create the smoothest transitions, children and teenagers can find themselves falling into the social pressures put on them by the peers they socialize with. The pressure to act, look, and speak a certain way often influences how a child/teen will behave or react in particular situations, but peer pressure does not always have to be a negative thing. In some cases it can be used as a tool to challenge or motivate other peers, but all too often we see peer pressure at its worst.

It is not uncommon for kids to want to be a part of a group and feel like they belong in a community. Wanting to be liked, to fit in, or to avoid being made fun of may convince a child/teen that certain actions are okay because "everyone else is doing it". Though we may believe that these social pressures begin at an older age, the reality is that social pressure can begin as early as the age of 9.<sup>1</sup> Depending on your child's age the peer pressures may vary. For example, younger children may face the pressure to wear the right clothes, shoes, etc., hanging out with the popular group, or being invited to certain activities, while older kids may face the pressures to party, drink, smoke, and engage in sexual activities.

These negative pressures can be difficult to avoid and may be a continuous effort from childhood, adolescence, and into adulthood. The article *Peer pressure: It's changed since you were in school* published in Parenting found that kids today endure the same social pres-

ures as their parents once had, but today the experiences are much different. Today kids have the ability to publicize every second of their lives through the internet, social media, text messaging, etc. Technology has caused a change in communication for today's children making it easier to create peer pressure that kids can't get away from. It has also created a new environment when children who do not fit into the "social norm" are not only criticized, harassed, and bullied at school, but are experiencing this online, in social media, and through text messaging.

With peer pressure having the ability to lead to negative effects, DASAS has strived to promote awareness, prevention, and education throughout southwest Nebraska. DASAS offers a variety of educational presentations, trainings, and in-services to the public at no cost. For more information please see pg. 2 or contact DASAS at (308) 345-1612.



**Sources**

1. Jacobson, M. (2013, August 29). Peer pressure: Why it seems worse than ever and how to help kids resist it.
2. Levey, R. (2013, September). Peer pressure: It's changed since you were in school.

**DASAS MISSION STATEMENT**

*Our mission is to provide free, confidential and empowering services to victims of domestic violence, dating violence, sexual assault and stalking while raising awareness and prevention efforts throughout our communities.*

## Expand Your Awareness

Stories involving violent relationships is nothing new. Media coverage online and on TV is constantly featuring stories regarding an abusive marriage, child abuse, dating violence, bullying, stalking, etc. Though these stories are tragic, they slowly fade from our memories as time passes.

It can be easy to forget about acts of violence when they do not directly affect someone we know or love, but what happens when something does happen? Are you aware of how to handle a situation if someone you know or love,

- is in an abusive relationship?
- is being abused by a family member?
- is being stalked?
- has been sexually assaulted?
- is being bullied at school?

Living in small rural communities does not make us immune to these crimes. Offenses such as abuse, assault, and bullying go underreported each year. Becoming aware and educating yourself on these issues will help you to understand how to handle a situation if you or someone you know is experiencing this.

**RAISING  
AWARENESS**

### How Else Can DASAS Help?

Since 1979 DASAS has strived to provide services to victims of domestic violence, dating violence, sexual assault, stalking, elderly abuse, child abuse, etc. throughout Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, and Red Willow. Though our services are specialized in helping to empower victims/survivors, DASAS advocates believe that education and awareness is essential to minimizing these crimes. In years past DASAS advocates have worked with schools, churches, businesses, civic organizations, etc. to provide educational presentations, trainings, and in-services to the public at no cost. By providing these presentation DASAS hopes to raise awareness among our communities and its members.

Presentations are meant to meet the specific needs of the requesting organization. A list of presentations available included, but are not limited to:

- DASAS Services and Agency Information
- Healthy Relationships
- Domestic Violence

- Dating Violence
- Date Rape Drugs
- Effects of Family Violence
- Effects on Children
- Elder Abuse
- Sexual Assault
- Sexual Assault on Campus
- Sexual Harassment
- Stalking
- Supporting A Victim of Violence
- Bullying
- Conflict Resolution
- Internet Safety
- Peer Pressure
- Personal Body Safety (Good Touch/ Bad Touch)

Presentations are available year round and are conducted by DASAS's Community Educator. If you would like to request information about a presentation or have additional questions please contact DASAS by phone at (308) 345-1612 or via email at [das@dasas.net](mailto:das@dasas.net).

**Knowledge  
is power!**

## A Special Notice To Schools:

School violence is not a new concept to educational institutions and has the ability to take on many forms which can include bullying, cyberbullying, harassment, teen dating violence, etc. Students experiencing violence in school often have little or no knowledge in knowing how to handle such situations leaving them with a number of mixed emotions. Being an essential part of a child/teen's life, school should be a location where students feel safe and secure in their environment. Although schools have continued their efforts to provide such environments, violence has found its way in. Providing administrators, teachers, parents, and students with the proper awareness and education on these issues can help to decrease acts of violence. Understanding the effects of violence can lead to a shift in the school environment, teachers and administrators are being forced to focus more attention on school safety rather than their academics. Awareness among school communities allows students to know that they are not alone in their situation. Through presentations, students can be educated about the warning signs of violence, what they can do to make it stop, and the resources available for them.



## Know More. Do More. National Campus Safety Month

In the fall of 2014 approximately a total of 21 million students were expected to attend a postsecondary institution.<sup>1</sup> Of those students enrolling, the U.S. Department of Education projected to award approximately 2.8 million undergraduate degrees in 2015.<sup>1</sup> As the demand for a college education continues to increase so does the safety for our college students. The college environment has long been a place where young adults have the opportunity to move forward with their education while experiencing new adventures. For a majority of students these new adventures provide great memories to hold on to, but for some, the college experience can leave a negative lasting memory.

Each year colleges and universities attempt, through policies and procedures, to prevent sexual assaults from occurring on campus. Although campus administrators have made many efforts to create a safe place for all students and have undertaken a number of strategies to promote campus safety, sexual victimization continues to be an issue on many college campuses today.<sup>2</sup> Statistics provided by the National Sexual Violence Resource Center have found that approximately 1 in 5 women and 1 in 16 men have been identified as victims of an attempted or completed assault.<sup>2</sup> The impact of sexual assault does not only affect the victims, but can also have a lasting effect on the campus itself.

Knowing that these crimes occur in our institutions can be difficult to handle. Ending sexual violence on college campuses has to be a more than a one-time effort. That is why it is crucial for post secondary institutions to continue their hard work to address the issues of sexual assault on campuses.

### So What Can Be Done?

Prevention of sexual assaults on college campuses begins with awareness and education. In order to continue the fight against sexual assault, post secondary institutions must:

- **Increase Awareness:** Help students on campus to understand what sexual violence is. Increase their knowledge about policies and resources available on campus and in town.
- **Reduce—Risk:** Help students to identify warning signs and learn safety tips.
- **Response:** How one reacts to a sexual assault will vary from victim to victim. Reduce the risk of self-blame and avoid the traumatization of victims by becoming knowledgeable on how to handle a sexual assault case.
- **Prevention:** Create long-term solution by increasing positive bystander attitudes and actions.

**SEXUAL AWARE  
ASSAULT RESPECT  
EMPOWER SAFE  
COUNSEL COMMUNICATE  
WHAT IT IS PRIVACY  
REPORT WHAT TO DO  
WHERE TO GO SUPPORT**

### Understanding The Victim's Needs

The unknown in any situation is often scary for many individuals and can be especially true in sexual assault cases. With every vic-

tim/survivor responding to a sexual assault in a different way, it is important that they understand their rights. Some individuals have the ability to be public about what has happened and move forward with a complaint, while others are not so sure what they may want. Some individuals need confidentiality in order to sort through what has happened and understand what their options are without the pressure to take action immediately. The *National Institute of Justice* has found that “if students know what to do in the event of a sexual assault (ex: who to notify) and what steps the school will take, then the student is more likely to feel reassured and report the assault”.<sup>4</sup>

### How To Help Victims/Survivors

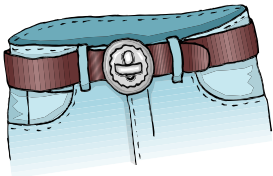
Help students to understand their options. Being regulated by federal law, administrators on campus often have little choice on what they are allowed to do with the information about sexual assault. In order to provide a safe environment for students on campus, school employees also referred to as “responsible employees”, may be required by federal law to share any information regarding a sexual assault in order to investigate what has happened.<sup>3</sup>

Educate students by letting them know that reporting an assault can help to stop the violence on campus. For those who are not ready to report let them know that an agency, Domestic Abuse/Sexual Assault Services (DASAS), located at 407 W. 5th Street in McCook, NE is available to provide free and confidential help.

For help to inform students on the issue and their options or for general information contact an advocate at DASAS at (877) 345-5534.

### Sources

1. Fast Facts. (2014). *National Center for Education Statistics*.
2. Campus Safety. (2009). *Rape, Abuse & Incest National Network*.
3. Overview: campus sexual violence prevention. (2015). *National Sexual Violence Resource Center*. Your Title IX rights. (n.d) *Not Alone: Together Against Sexual Assault*.
4. Gonzales, A., Schofield, R., & Schmitt, G. (2005, December). Sexual assault on campus: What colleges and universities are doing about it. *National Institute of Justice*.



# THANK YOU FOR YOUR SUPPORT!

A special thank you to everyone who contributed to our Denim Days Fundraiser. We were able to raise a grand total of \$3,019.00 with the participation from 25 organizations and businesses. All funds will go to assist victims of sexual assault and child abuse in the seven counties we serve. A big thank you to all participants:

- |  |  |  |
|--|--|--|
| American Family Insurance—McCook               | First Bank & Trust Company—Cambridge             | Pepsi Beverages Company—McCook                                   |
| AmFirst Bank—Benkelman                         | First Central Bank—Cambridge, Arapahoe, & Edison | Pinnacle Bank—Imperial   |
| AmFirst Insurance Services/AmFirst Bank—McCook | First Central Bank—McCook                        | Southwest Elementary School—Indianola                            |
| Arapahoe Public Schools                        | Furnas County Court House                        | State Bank of Bartley  |
| Cambridge Public Schools                       | Hinze Chiropractic—McCook                        | The Dub—Benkelman  |
| CASA—McCook                                    | KRD Federal Credit Union—McCook                  | Top Office Products—McCook                                       |
| Chase County Community Hospital                | Linda Maiden State Farm—McCook                   | Treasurers Office & Assessor Office—Hitchcock County Court House |
| Dundy Count Hospital                           | McCook Community Hospital                        |  |
| Farmers State Bank—Trenton                     | McCook National Bank                             |  |

*thank you!*

DASAS would like to thank everyone who made a donation to our organization since our last issue. We would also like to thank our anonymous donors. We apologize if we have inadvertently missed anyone.

YOUR support will not only touch a life, it may well CHANGE a life. and MAKE A DIFFERENCE.

- |                  |                                   |
|------------------|-----------------------------------|
| Bev Smith        | Presbyterian Church—Beaver City   |
| Lanessa Wickizer | Culbertson United Methodist Women |
| Lisa Wilcox      | Evangelical Free Church Missions  |
| Julie Harper     | McCook Eagles Auxiliary 276       |
| Lillian Kehler   | Night-N-Gals—Hayes Center         |
| Joy Funk         | Haigler United Methodist Women    |
| Myrna Harper     | Dollar General—Oberlin            |
| Judy Malone      |                                   |

## CONTRIBUTION CERTIFICATE

My donation of \$\_\_\_\_\_ is enclosed.

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

*DASAS is a 501(C)(3) nonprofit organization. Donations are tax deductible.*

\_\_\_\_\_ *Check here if you DO NOT want your name to appear in the Newsletter*

*Please send your contribution to:  
DASAS, P.O. Box 714, McCook, NE 69001.  
Thank You for your support!!*

## Wish List

- |   |   |
|---|---|
| *Baby Wipes & Diapers—Size 3 & 4              | <u><i>At the moment DASAS has an over abundance of the following:</i></u> |
| *Paper Towels                                 | Toothbrushes  |
| *Toilet Paper                                 | Shampoo   |
| *Laundry Detergent                            | Hand & Body Lotion  |
| *Liquid Hand Soap                             | Perfumes/Body Spray   |
| *Dryer Sheets                                 |   |
| *Cleaning Supplies                            |   |
| Trash Bags— kitchen size                      |   |
| Bottled Water                                 |   |
| Copy Paper                                    |   |
| Forever Postage Stamps                        |   |
| Non-Perishable Foods (check expiration dates) |   |

\* Items that currently are most in need.



## Creating Healthy Friendships

When we think of relationships we often put an emphasis on romantic relations, but relationships are not all about romance. Relationships are created every day among family, friends, or significant others. Some of the first relationships we create outside of our own families are often friendships. Friendships become an important part of our lives because they can provide support and promote mental health and wellbeing.<sup>1</sup> Many benefits can come from having friends, but to younger kids it may mean so much more.

At a young age children use their friendships to learn how to communicate, share, empathize, problem solve, and relate to others. Friendship begins the process in understanding what healthy vs. unhealthy relationships look like. They begin to understand more about the good and bad qualities a person may hold. With school right around the corner it is important to share a few insights with your children in order for them to develop healthy friendships.<sup>2</sup>

- **Communicate, Share, Trust, and Respect**—Healthy relationships depend on these four qualities in order to support and sustain friendships.
- **Be sure the relationship involves give and take**—Create a healthy balance in interests, likes and expectations between you and the other person.

- **Don't spend a lot of time worrying about the relationship** – It is just one part of your life; you have other responsibilities as well.
- **Realize that relationships constantly change** – People change. Relationships need to adjust to these changes.
- **Look at past relationships that were positive** – Model new relationships after past positive relationships. Consider relationships that did not work and identify why they did not work to avoid repeating the same mistakes.

Any relationship requires give and take. There must be mutual care and consideration for one another.<sup>2</sup> A relationship is meant to create happiness. Good and healthy friendships will respect one another's dignity, privacy, and freedom. They allow open communication and have genuine interest in what their friends say, feel, or think. Bottom line, friendships should bring your child joy.

As children mature the stress of "fitting in" among other social groups begins to grow. In attempts to belong, children often forget about the important qualities to look for in friendships. It is important to remind your child that friendships are not about being the most popular or having a lot of friends. It is about finding people who will support and motivate them throughout good and

bad times. When talking to your children about their current friendships have them consider a few things:

- Do I feel better after spending time with my friends?
- Do I feel free to be myself around my friends?
- Do I feel safe, or do I feel like I have to watch what I say and do?
- Are my friends supportive of me? Do they treat me with respect?
- Can I trust my friends?

If your child answers no to one or more of these questions, then it may be time to reconsider the friendship. Ending a friendship is never easy, but it is important to recognize when spending time with a person does more harm than good.

Friendships have the ability to offer a number of benefits to anyone, but understanding what a healthy vs. unhealthy relationship is crucial. Helping your children to understand this difference can set them on the right path to creating future positive relationships.

The only way to have a friend is to be one.  
—Ralph Waldo Emerson



www.phyllisharrisdesigns.com

### Sources

1. Building healthy relationships. (2015). YWCA Evanston/North Shore
2. Buddenberg, L. (2015, July). How to help your teen develop healthy friendships, romantic relationships.

## GO GREEN & HELP US SAVE!

During these tough economic times we are making every effort to conserve. For those of you that utilize email, we are asking that you supply us with your email address so we can send you an electronic copy of our newsletter. This will help the environment by reducing the amount of paper used as well as assist us in lowering both our printing and postage costs. Just send an email to [das@dasas.net](mailto:das@dasas.net) with the subject line of "Newsletter" and we will get you added to the email list. Thank you for helping us GO GREEN!



**DOMESTIC ABUSE SEXUAL  
ASSAULT SERVICES**

407 W. 5th Street  
P.O. Box 714  
McCook, NE 69001

Business Phone: (308) 345-1612  
24 Hr. Crisis Line: 345-5534  
or 1-877-345-5534  
www.dasas.net

*PEACE IN THE WORLD...*



*...BEGINS AT HOME*

**DASAS Staff**

Donna — Executive Director,  
Email: dgoad@dasas.net  
Kathy — Office Manager/Victim Advocate  
Nyssa — Criminal Justice Advocate,  
Email: nyssa@dasas.net  
Summer — Community Educator,  
Email: summer@dasas.net  
Sandy—Outreach Advocate  
Email: sandy@dasas.net

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**Help is available 24 hours a day!**

**All services are free and confidential!**

- \* 24-Hour Crisis Line
- \* Crisis Support
- \* Medical Advocacy
- \* Economic Advocacy
- \* Legal Advocacy
- \* Emergency Shelter & Food
- \* Emergency Transportation
- \* Community Education/  
Prevention Programs
- \* Information & Referrals

**For services in Chase, Dundy, Frontier, Furnas,  
Hayes, Hitchcock and Red Willow Counties**

**Call: 345-5534 or 877-345-5534**