

PEACE IN THE WORLD...



...BEGINS AT HOME

VOLUME 15 ISSUE 4



DIRECTIONS

DOMESTIC ABUSE/SEXUAL ASSAULT SERVICES

SUPPORT TO END DOMESTIC VIOLENCE

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MYTH OR FACT

Myth:

Domestic Violence only occurs in poor, uneducated and minority families.

Fact:

Abuse can happen to anyone regardless of income, profession, religion, ethnicity, educational level or race.

"Domestic violence affects every American. It harms our communities, weakens the foundation of our Nation, and hurts those we love most. It is an affront to our basic decency and humanity, and it must end."

— President Barack Obama

Domestic violence has long thrived on the silence of our communities. On average, nearly 20 people per minute are physically abused by their intimate partner in the United States, equating to more than 10 million men and women a year.¹ This does not include the millions of other individuals who are affected by other forms of abuse such as emotional, financial, or sexual. Domestic violence has long thrived on the silence of our communities. It is time that we come together to stand up and show that violence is unacceptable in our communities. Take a stand against domestic violence this October by showing your support. During October Domestic Abuse/Sexual Assault Services (DASAS) is asking that the

local communities unite together and join us in our efforts to end domestic violence.

Ways to show support:

- Make a donation to DASAS in honor of the people in your life who have been impacted by domestic violence. (All donations go directly back to helping victims of domestic violence)
 - Donation drives for items on our wish list (pg. 4) that go to help victims in need.
 - Organize garage sale/ bake sale or host a fundraiser to raise funds for victims.
 - Direct donation to DASAS.
- Wear purple – the color of Domestic Violence Awareness Month – every Thursday during the month of October and use this as a way to tell others that ending domestic violence is important to you. Tie a purple ribbon to your car's antenna.
- Participate in our Night Light for Domestic Violence on

Tuesday, October 6th from 6 – 10pm by leaving on your porch light to show your support for victims of domestic violence.

- Follow us on Facebook and share posts with others.
- Invite our community educator to speak on domestic violence to your group, school, church, club, business, etc. during the month.

We know that 1 in 4 women and 1 in 7 men will experience domestic violence in their lifetime.¹ We know that young people between the ages of 16 -24 years of age are at a higher risk of experiencing violence.¹ We know that domestic violence is an epidemic affecting individuals in every community, regardless of age, economic status, sexual orientation, gender, race, religion, or nationality.¹ We know that it takes a community effort to stop this! Join DASAS in our efforts to raise awareness and bring to light the issues and effects of domestic violence.



Sources

1. "National Statistics." National Coalition Against Domestic Violence. 2015. Web.

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.

UNDERSTANDING DOMESTIC VIOLENCE

Domestic violence is the willful intimidation, physical assault, sexual assault, and/or other abusive behaviour as part of a systematic pattern of power and control perpetrated by one intimate partner against another. It includes physical violence, sexual violence, psychological violence, and emotional abuse. The frequency and severity of domestic violence can vary dramatically; however, the one constant component of domestic violence is one partner's consistent efforts to maintain power and control over the other.

It is not always easy to determine in the early stages of a relationship if one person will become abusive. Domestic violence intensifies over time. Abusers may often seem wonderful initially, but gradually become more aggressive and controlling as the relationship continues. Abuse may begin with behaviours that may easily be dismissed or downplayed such as name-calling, threats, possessiveness, or distrust. Abusers may apologize profusely for their actions or try to convince the person they are abusing that they do these things out of love or care. However, violence and control always intensifies over time with an abuser, despite the apologies. What may start out as something that was first believed to be harmless (e.g., wanting the victim to spend all their time only with them because they love them so much) escalates into extreme control and abuse (e.g., threatening to kill or hurt the victim or others if they speak to family, friends, etc.).

It is important to note that domestic violence does not always manifest as physical abuse. Emotional and psychological abuse can often be just as extreme as physical violence. Lack of physical violence does not mean the abuser is any less dangerous to the victim, nor does it mean the victim is any less trapped by the abuse.

Anyone can be a victim of domestic violence. There is NO "typical victim." Victims of domestic violence come from all walks of life, varying age groups, all backgrounds, all communities, all education levels, all economic levels, all cultures, all ethnicities, all religions, all abilities, and all lifestyles.

Victims of domestic violence do not bring violence upon themselves, they do not always lack self-confidence, nor are they just as abusive as the abuser. Violence in relationships occurs when one person feels entitled to power and control over their partner and chooses to use abuse to gain and maintain that control. In relationships where domestic violence exists, violence is not equal, even if the victim fights back in an effort to diffuse a situation. There is always one person who is the primary, constant source of power, control, and abuse in the relationship.

Every relationship differs, but what is most common within all abusive relationships is the varying tactics used by abusers to gain and maintain power and control over the victim. Nearly 3 in 10 women and 1 in 10 men in the United States have experienced rape, physical violence, and/or stalking by an intimate partner [or former partner] and reported at least one impact related to experiencing these or other

forms of violent behaviour in the relationship (i.e., feeling fearful, concern for safety, post-traumatic stress disorder, need for health care, injury, crisis support, need for housing services, need for victim advocacy services, need for legal services, missed work or school).

Physical and sexual assaults, or threats to commit them, are the most apparent forms of domestic violence and are usually the actions that make others aware of the problem. However, regular use of other abusive behaviours by the abuser, when reinforced by one or more acts of physical violence, make up a larger scope of abuse. Although physical assaults may occur only occasionally, they instill fear of future violent attacks and allow the abuser to control the victim's life and circumstances. Very often, one or more violent incidents are accompanied by an array of other types of abuse that are less easily identified, yet firmly establish a pattern of intimidation and control in the relationship.

There are periods of time where things may be calmer, but those times are followed by a build-up of tension and abuse, which usually results in the abuser peaking with intensified abuse. The cycle then often starts to repeat, commonly becoming more and more intense as time goes on. Each relationship is different and not every relationship follows the exact pattern. Some abusers may cycle rapidly, others over longer stretches of time. Regardless, abusers purposefully use numerous tactics of abuse to instill fear in the victim and maintain control over them.

Domestic violence affects all aspects of a victim's life. When abuse victims are able to safely escape and remain free from their abuser, they often survive with long-lasting and sometimes permanent effects to their mental and physical health; relationships with friends, family, and children; their career; and their economic well-being. Victims of domestic violence experience an array of emotions and feelings from the abuse inflicted upon them by their abuser, both within and following the relationship. They may also resort to extremes in an effort to cope with the abuse.

Additionally, domestic violence does not always end when the victim escapes the abuser, tries to terminate the relationship, and/or seeks help. Often, it intensifies because the abuser feels a loss of control over the victim. Abusers frequently continue to stalk, harass, threaten, and try to control the victim after the victim escapes. In fact, the victim is often in the most danger directly following the escape of the relationship or when they seek help.

Unfair blame is frequently put upon the victim of abuse because of assumptions that victims choose to stay in abusive relationships. The truth is, bringing an end to abuse is not a matter of the victim choosing to leave; it is a matter of the victim being able to safely escape their abuser, the abuser choosing to stop the abuse, or others (e.g., law enforcement, courts) holding the abuser accountable for the abuse they inflict.

PROTECTION ORDERS: WHAT YOU NEED TO KNOW.

Leaving an abusive relationship is never an easy step for victims of domestic violence. Obstacles such as family, finances, religious beliefs, fear, etc. make it difficult for any victim to leave, but when ready, the process can be both empowering and frightening. Past threats from the abuser may keep a victim in a state of fear, wondering what will happen when they leave. It is important that victims have a safety plan prepared prior to leaving the abuser. Having a safety plan means knowing how and when you're going to leave, where you're going to go, and keeping the information safe from the abuser.

The first step in the safety planning is to gather as many of the important items without the abuser knowing. Important items to pack for the victim and their children include¹:

- Spare keys and driver's license
- Credit cards and money
- List of phone numbers (family, friends, schools, local DV agency, etc.)
- Change of clothes
- Medications
- Glasses and contacts
- Important documents (i.e. birth certificates, social security cards, school records and immunizations, pay stubs, bank account information, marriage license, will)
- Few personal items (i.e. photo albums, jewelry, etc.)

These items should be kept in a safe location where the abuser cannot find them (trusted friend's house, neighbor, place of employment, etc.). Always remember that

in certain situations it may be impossible to pack anything prior to leaving. There are ways to retrieve and access important documents without risking the victim and children's lives.

Protect from Abuse



Upon leaving an abusive relationship the victim has the option to file a Domestic Abuse Protection Order. Protection orders, also known as restraining orders, are a safety tool issued by the court that forbids or attempts to restrain an abuser from the victim. A protection order can include any of the following relief;

- Prohibit the abuser from imposing any restraint or liberty upon the victim;
- Prohibit the abuser from threatening, assaulting, molesting, or attacking the victim, or otherwise disturbing their peace;
- Prohibit the abuser from telephoning, contacting, or otherwise communicating with the victim;
- Remove and exclude the abuser from the victim's place of residence;
- Grant the victim temporary custody (not to exceed 90 days) of minor children;
- Prohibit the abuser from possessing or purchasing a firearm.

There is no fee to get a protection order and it can last for up to one year and can

be renewed. Once an order is issued, only a judge can change it. If the order includes a stay-away provision and the abuser comes to the house, he or she is violating the order and can be arrested. Protection orders can be beneficial in getting the abuser arrested if the order is violated, but it is also important to decide if applying for a protection order is right for you. **Domestic Abuse/Sexual Assault Services advocates are available to help assess if requesting an order is right for the victim or can provide assistance in filing for an order.**

The state of Nebraska issues both ex parte "from one side" temporary orders and final protection orders. When a petition for a Domestic Abuse Protection Order is filed a judge has the ability to issue an Ex-Parte order if he/she has reason to believe that the victim is in immediate danger of being abused based on the affidavit of statements.¹ If an Ex-Parte order is issued, it will be served upon the abuser along with a form for the abuser to request a "Show-Cause Hearing" in which the abuser would appear in court and show cause (evidence) why the order should be dismissed – and the victim would present evidence why the order should be kept in effect.¹ **If the abuser requests a hearing it is important that the victim be present at the hearing to ensure that the protection order is not dropped.** Advocates at DASAS are available to accompany a victim to any hearings related to the protection order. If granted the final order can last up to 1 year.

****To access these forms visit www.supremecourt.ne.gov.self-help**

Sources

1. Sanford, Robert. "Domestic Violence Protection Orders." WomensLaw.org. 2008. Web.

thank you!

FOR YOUR SUPPORT!

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.

- Bev Smith
- Lanessa Wickizer
- Sunya Decker
- LeAndra Monie
- Myrna Harper
- Joy Funk
- Farrell's Pharmacy and Hallmark
- Evergreen Church
- Lord's Hardware and Furniture

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!!

Domestic Abuse/ Sexual Assault Services

407 W. 5th Street, McCook, NE 69001 • (308) 345-1612



W i s h L i s t

- | | | |
|---|--------------------------------|--|
| Baby Wipes | Silverware | Sheets/Pizza Pans |
| Diapers—Size 3, 4, 5, 6
(*in need of size 4) | Can Openers | Shower Curtains/Hooks |
| Laundry Soap | Cookware | Non-Perishable Foods
(check expiration dates) |
| Dryer Sheets | Cooking Utensils | |
| Deodorant | Cleaning Supplies | |
| Conditioner | Hand Sanitizer | |
| Toothpaste | Trash Bags— kitchen size | |
| Ziploc bags | Brooms, Dust pans, and
Mops | |
| Clorox Wipes | Baking Pans/Cookie | |

At the moment there is an over abundance of the following:

- Toothbrushes
- Shampoo
- Hand & Body Lotion
- Perfumes/ Body Spray

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 with the subject line of "Newsletter" and we will get you added to the email list. Thank you for helping us GO GREEN!



Bullying: Make It Orange and Make It End



*Broken, shattered, torn
My heart can't take anymore
Heal my soul
This truth needs to be told
Been called stupid, ugly, freak
Made me feel weak

One person can help all
One word please before I fall
Into this land of tears
That holds my tears
And insecurities*

-By: Jaena



Every day thousands of children and teens wake up afraid to go to school.² Bullying has become a problem that affects millions of student across the nation, yet parents, teachers, and other adults don't always see it or understand it. For some bullying may seem easy to define – physical intimidation from an older, bigger, and stronger child, but today bullying is much more complex and goes beyond the acts of name-calling and teasing. With the use of technology gossip, cruel jokes, or humiliating photos can be instantly posted online for all to see. Bullying online, also known as cyberbullying, has become dangerous due to its ability to be done 24/7 and anonymously. Having the inability to escape bullying can make it difficult for the victims to get a moment of peace. Severe, long-term, or frequent cyberbullying can leave both victims and bullies at greater risk for anxiety, depression, and other stress-related disorders.

Many kids and teens who are cyberbullied don't want to tell a teacher or parent, often because they feel ashamed of the social stigma or fear that their computer privileges will be taken away at home.¹ Signs of cyberbullying vary, but may include:

- being emotionally upset during or after using the Internet or the phone

- being very secretive or protective of one's digital life
- withdrawal from family members, friends, and activities
- avoiding school or group gatherings
- slipping grades and "acting out" in anger at home
- changes in mood, behavior, sleep, or appetite
- wanting to stop using the computer or cellphone
- being nervous or jumpy when getting an instant message, text, or email
- avoiding discussions about computer or cellphone activities

This issue of bullying should not be accepted as a part of growing up. Students, parents, teachers, and administrators must stand up and speak out against bullying. Join others across the nation to end bullying by raising awareness in your school and communities. **Wednesday, October 21st marks Unity Day, a day where you can show your support to end bullying by wearing the color orange.** That's the day everyone can come together—in schools, communities, and online – and send one large **ORANGE** message of support, hope, and unity to show that we are united against bullying and united for kindness, acceptance and inclusion.

Other ways to become involved:

- Have students take the “Kids Against Bullying” pledge. Promise to speak up, reach out, and be a friend when they see bullying.
- Create a poster that helps raise awareness on bullying issues.
- Begin a discussion with kids and teens on the seriousness of bullying and ways to prevent or stop it.
- Create an Above the Line/Below the Line poster that will help kids/teens understand the concept of above the line versus below the line behaviors and make a commitment to promoting above the line behaviors.

“The End of Bullying Begins With You”

Sources

1. "Cyberbullying." Kids Health. 2015. Web.
2. "Dealing With Bullying." Kids Health. Web. 2015.

Raise Awareness: Community Education

With our constant effort to help educate and raise awareness DASAS encourages organizations around our service area to utilize our community educator, Summer. Presentations can be altered to fit your need and education goals. If you have any questions regarding presentations or would like to schedule one for your organization please contact DASAS at (308) 345-1612 or email Summer directly at summer@dasas.net.

Presentation Topics Available:

- | | | |
|-----------------------------|------------------------------|-------------------------|
| – Dating Violence | – Acquaintance Rape | – Healthy Relationships |
| – Intimate Partner Violence | – Media Awareness | – Good Touch/Bad Touch |
| – Anti-Bullying | – Internet/Technology Safety | – Hazing |

****Contact DASAS if you do not see your topic listed.**

**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

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Email: sandy@dasas.net

DASAS Board of Directors

Geraldine Brown—President
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Tracy Flaska
Peg Smalley
Karen Van Kooten-Wall
Pat Weskamp

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**