

ACCIS NEWS

April 2016



APRIL IS SEXUAL ASSAULT AWARENESS MONTH:

SEX: LET'S TALK ABOUT IT!

Sex. It's a hard topic to talk about. If you're a parent then you know the dread that comes over you when your child asks you about where babies come from. If you work with teens you know the blush that colors your face when you over hear some of the locker room conversations. The word grabs your attention and you try to look away whenever you see the word in print. Sex, it's a powerful word. But, I'm here to tell you that it's not a word to be embarrassed about or afraid of. So let's talk about it.

On my Facebook scrolling I came across a quote by an unknown author I really liked. It was in regards to "consensual" and "non-consensual" sex. The final point was that there is no such thing as "consensual" and "non-consensual". Sex without consent is rape. So, the reality is there is only sex and rape. I really like this concept because there is a great deal of misconceptions around what consent is and what it isn't. I hope you would consider adopting this language when you talk about sex and rape. Let me tell you about consent so that you can use this language effectively.

According to section 74 of the Sexual Offences Act 2003, someone consents when she or he "agrees by choice...and has the freedom and capacity to make that choice." That seems pretty clear, but somehow we like to muddy the water with "what if" and victim blaming statements. So let me tell you what consent is **not**.

1. Only yes means yes. No and I don't know or maybe does not mean yes. No clearly means no. If your partner is not sure, then that means no. Silence also means no. Anything other than a clear, enthusiastic and ongoing yes should be accepted.

2. What they are wearing does not imply consent. In today's society, sexy is in. We sell it in everything from our movies, to our music, to our advertisements. Shorts and skirts are cut shorter. Shirts and dresses are tighter. Girls and women dressed provocatively are called beautiful. If society is going to condone this type of dress as normal and in style, then we cannot use it to blame victims for being raped. If I wore a shirt that said, "Please shoot me", would that mean that you would not hold the person that shot me accountable for my death? Would my friends say she was

How You Can Help Us

One of the questions we hear the most is "How can I help?". The most pressing need is for volunteers, much help is received through many different volunteer opportunities. We need:

Hotline Volunteers– To answer our crisis line.

Board Members– Attend monthly meetings and support our cause.

Court Advocacy– Provide moral support at court hearings, acquiring signatures and current information and escorting clients from the courthouse.

Shelter/Relief/Outreach–Office duties, client transportation, sorting donations, greeting people, and other general duties.

Professional Services– Provide professional counseling, legal services, medical services, dental services, hair cutting, pet placement, translating, and many others.

No time to volunteer? Anyone who wants to can help us by making a financial donation as well. Missouri offers a **Shelter Tax Credit** to those who make a donation of \$100 or more to a domestic violence shelter. While all donations made to ACCIS are tax deductible, this is a **tax credit of up to 50% of your donation!**



(cont. from pg. 1)

asking for it? I hope that thought would be as incomprehensible as it would be for you to think that wearing a short skirt was consent for sex.

3. Saying yes once does not mean consent the next time. This would be equivalent to me asking you if I could drive your car to pick up my kids from school one day, and then coming and taking your car the next day to drive to work. You would clearly say I did not have permission to take the car to work. Just because you said yes once doesn't give me permission the next time I want it.

4. Passed out or drugged does not mean consent. Remember the definition of consent includes capacity. If she/he is drunk, not conscious, or if someone slipped something in their drink, they do not have the capacity to give consent. If you were drinking and said that you want to dye your hair snot green, passed out and your friend dyed your hair snot green, you would ask them why they thought they should do that. Would an acceptable answer be that you said you wanted it while you were drunk? You need to have capacity to give consent.

5. Consent can be withdrawn at any time. Remember that consent is ongoing. That means from start to finish. If your partner decides at any time they are no longer comfortable, or no longer want to have sex, then you no longer have consent. Consent has to be given for each and every step of sexual intimacy. Just because your partner gave consent for kissing, does not mean they gave consent to sex.

Without consent is sexual assault and rape. Sex is with clear, enthusiastic and ongoing consent. Let's work on this together and change rape culture in our society. There is only sex and rape. If you want to take a stand against rape, ACCIS will be hosting an event called "Lunch on the Lawn" on Friday, April 29th. Join us at the Audrain County Courthouse between 11:30am and 1:30pm and make a public stand that you will not tolerate rape in our community.

If you, or someone you know, is a victim of sexual violence there is help. Call ACCIS at (800)246-2280, 24 hours a day, 7 days a week.

-Executive Director
Janelle E. Williams

Denim Day 2016

This year our Denim Day Event will be on **Friday, April 29th from 11:30am-1:30 pm** at the Audrain County Courthouse on the lawn, located at 101 N Jefferson, in Mexico. Please join us with your favorite bag lunch or take out, a lawn chair or blanket, and a willingness to show your support publicly for the survivors of sexual assault.

Also to show your support, some businesses and offices here in Audrain County decided to use Denim Day as a fundraiser for ACCIS. Employers can opt to allow their staff to wear denim to work in a show of support for victims and survivors of sexual assault, but charge a daily or weekly fee for the opportunity to wear denim to work.

Wearing jeans during Sexual Assault Awareness Month became an international symbol of protest against common attitudes about rape in 1999 when an Italian High Court overturned a rape conviction. The justices reasoned that since the victim wore very tight jeans the man who was accused of raping her could not have removed them himself, so the victim must have willingly participated. Every year since 1999, people have made a social statement by wearing jeans to protest the myths that surround rape and sexual assault.



Shelter Remodel is Complete!

Community Education and Awareness Events

One of the best tools that we have available to help prevent domestic and sexual violence is education and raising awareness of the problems. To that end, ACCIS holds monthly Community Education Events at our outreach office on the 1st Tuesday evening of each month from 5:30pm to 7:30pm.

The presentation each month is on a different topic surrounding Domestic and Sexual Violence and how you can help at both the individual and community level.

This month's presentation will be on Sexual Violence, how you can help, and steps that you can take to help lead our community in prevention efforts.

With many warm thanks and gratitude filled hearts we are happy to announce that our remodel and addition projects at our shelter are completed. We now have a new kitchen, an additional bathroom with a shower, a half bath, and an additional bedroom! The special attention that was paid by our contractors and board members making the decisions have brought us into compliance with the Americans with Disabilities Act and will give us the ability to provide services that we were less able to provide before the remodel was completed.

Some of the funding for the project was provided by the AP Green Foundation and the Kerr Foundation. We would like to extend our deepest gratitude for their concern for the victims in our community who need our shelter to flee violent situations.



Newsletters Available Via Email

With the cost of postage, paper, and printing on the rise, as well as the concerns about the cost to our environment, we thought that it might be the right time to see how many of our wonderful supporters would prefer to receive their newsletters via email rather than through the postal service. There are some great benefits to receiving the e-newsletter, such as richer content, more pictures, and links to relevant articles and information. If you are interested in being added to the e-news list please send an email to Jeannie at volunteer.coordinator@audraincountycrisis.org



Free Training for Medical Professionals

ACCIS will be hosting a free Domestic and Sexual Violence Training for Medical Professionals on **Tuesday, May 17, 2016** from 10:00am-3:00pm. The training will be held at the Garfield Community Center, 828 Garfield Avenue, Mexico, MO. Lunch will be provided for those attending, however we will need attendees to RSVP by Friday, May 13, 2016.

The guest speakers will be Tina Bloom, PhD, MPH, RN and Kathryn Howard, RN, SANE-A. Tina is an associate professor and Robert Wood Johnson Foundation Nurse Faculty Scholar at the Sinclair School of Nursing, University of Missouri, Columbia. Her area of research is safety planning for abused women. She has trained many hundreds of healthcare providers on how to address intimate partner violence in practice. Kathryn is a Forensic Nursing Coordinator with SSM St. Louis University Hospital's Center for Forensic Nursing Excellence. A graduate of St. Luke's School of Nursing, she has completed hundreds of sexual assault exams, testified as a factual/expert witness in sexual assault trials and has a SANE-A certification from the International Association of Forensic Nurses. She has developed a 40 hour SANE training program in St. Louis and is a SANE instructor.

Some of the topics to be covered are: Domestic and Sexual Violence screening and best practices, evidence collection time limits, medications, drug facilitated sexual assault testing, alternate light source evidence collection and collaborations. It is our sincerest hope that the medical professionals in our area will come out in force to learn all that they can to provide the very best services possible to victims of Domestic and Sexual Violence.



Walk a Mile in Her Shoes®

**THE INTERNATIONAL MEN'S MARCH
TO STOP RAPE, SEXUAL ASSAULT & GENDER VIOLENCE**

Frank Baird created Walk a Mile in Her Shoes® in 2001. What started out as a small group of men daring to totter around a park has grown to become a world-wide movement with tens of thousands of men raising millions of dollars for local rape crisis centers, domestic violence shelters and other sexualized violence education, prevention and remediation programs. Each year, an ever-increasing number of men, women and their families are joining the award-winning Walk a Mile in Her Shoes®: The International Men's March to Stop Rape, Sexual Assault & Gender Violence. A Walk a Mile in Her Shoes® Event is a playful opportunity for men to raise awareness in their community about the serious causes, effects and remediation to men's sexualized violence against women.

Sexualized violence does not just affect women. It affects the men who care about them, their families, their friends, their coworkers, and their communities. Sexualized violence is epidemic. Some of the statistics: Every two minutes someone in America is raped. One in six American women are victims of sexual assault. That means someone you know, someone you care about, has been or may become the victim of sexual violence. It may be your mother, your sister, your friend, your girlfriend, your wife, your coworker or your daughter.

This year we are pleased to host our 1st Walk a Mile in Her Shoes event. The event will be held on **Saturday, June 4th, 2016** with both team and individual participation encouraged. Registration will begin at 10:00am, at Teal Lake Shelter, and the Walk will begin at 10:30am. Registration for participation in Walk a Mile in Her Shoes is \$20.00 per individual. After the walk will be a BBQ dinner. For more information on how to pre-register, contact ACCIS at (573) 581-3835.

We hope to see the trail filled with those men in our community who dare to face the challenge of walking a mile in her shoes!

New Mission & Vision

ACCIS is excited to share our new and updated mission and vision statements. Our new mission and vision reflect ACCIS's responsibility to our communities and role in ending domestic and sexual violence.

Our new mission statement is: " Educate; Empower; Serve!"

Our new vision statement is: "To work with our communities to end domestic and sexual violence."



2nd Annual Poker Run

The date for our 2nd Annual Poker Run has been set for **August 27th, 2016**. Registration begins at 10am and the ride starts and ends at the Lawrence Shelter at Plunkett Park with the last vehicles out at 12pm. The last vehicles should pull in at 4:30pm, and a meal will begin being served at 4pm.

The first hand will cost \$10 with additional hands at \$5 each.

A route map will be provided for the approximately 100 mile ride at registration.

There will be cash prizes for the best and worst rides. There will also be a 50/50 drawing, and plenty of fun to be shared.

We will be thrilled to see as many as possible join us in Breaking the Cycle, Tossing the Chains, Being Life Savers, and Making the Change!

Mark Your Calendars

April

5th- Community Education Event 5:30pm-7:30pm at 103 W. Monroe. The topic will be Sexual Violence.

21st- Board Meeting 6pm at 103 W Monroe

29th- Denim Day Lunch on the Lawn 11:30am-1:30 on the
Audrain County Courthouse Lawn

May

3rd- Community Education Event 5:30-7:30pm at
103 W Monroe. The topic will be Court and Legal Advocacy.

17th- DV and SV Training for Medical Professionals 10am-3pm
Garfield Community Center

19th- Board Meeting 6pm at 103 W. Monroe



June



4th- Walk a Mile in Her Shoes at the Teal Lake Shelter

7th- Community Education Event 5:30-7:30pm at 103 W Monroe.
Topic will be Profile of a Abuser.

16- Board Meeting 6pm at 103 W Monroe.

July

5th- Community Education Event 5:30-7:30pm, topic will be Human
Trafficking

21st- Board Meeting 6pm at 103 W Monroe

August

2nd- Community Education Event 5:30-7:30pm, topic will be Role of
the Advocate/Role of the Community

18th- Board Meeting 6pm at 103 W Monroe

27th- Poker Run 10am, Lawrence Shelter at Plunkett Park

