

# ADVOCATE

A Publication of the Support, Advocacy & Resource Center

Spring 2018

**This Issue Focuses on Bullying & Suicide:**

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I'm 22 years old and I just learned where my own clitoris is. I'm not "sheltered" or "naive". I'm just uneducated. I passed all my health courses in school and actively listened in the classroom. But four years after graduating, I'm just now learning where this is. Here's why - I went to an American public high school. The most information I was given about sexual health was when I was attending a boarding school in Denmark. It wasn't an extensive subject. In fact, it was only an hour, but I learned more in that hour than I had in the years of attending public school.

Students were given the option to write anonymous questions and concerns about their personal or general sexual health/lifestyle onto a strip of paper and put it into a box that would later be used for a "student gathering". During the gathering, the health educator would randomly grab a question, answer it and suggest resources to further educate ourselves. Each question, no matter how ridiculous it may have sounded, was answered seriously. We weren't separated into guys/girls because it was believed that information like this is relevant for both sexes. Rather than teach about the human anatomy and the science of conceiving life, Danes also talk about safe sex, sex in different religions, what medicine would be needed for different STDs, the controversy with pornography and what consent is.

Many communities in American culture

believe if you educate a person on what to do after having sex or dealing with an intimate "mishap", students are more likely to go out and be sexually reckless because they now know how to "fix the problem". No one taught me about things like vaginal burning, why people circumcise, is pain after intercourse normal, what it means to be "turned on" or who to talk to if I had more questions. Because of my lack of knowledge in sexual health, I had to learn from a police officer, 2 ER nurses and an On Call Advocate what the definition of consent was. I was 18 years old and I didn't know that I had gotten raped 'til about 26 hours after.

I was 18 when I was raped. I was mentally unconscious. So, bear with me on the lack of details. I was at my best friend "Katie's" house when I was overtaken. This night started out pretty much the same as any other weekend at her house. Her parents and/or older brother would get some cheap liquor and soda, we'd take shots to start the night and play board games. Her father was a teacher at the high school I was attending and her mother ran a daycare. Even stereotypical "safe environments" can be misleading. Katie's place was a safe environment to me, up until that night. Earlier, I had picked up Katie and her Sadie Hawking's date "Mike". He was like an "invasive species" they talk about on National Geographic. The ones who are in the wrong place at the right time and manage to compromise the once stable habitat. I didn't really know Mike that well. As far as I could tell, he made people laugh, his voice carried throughout the hallways and people had either a strong or obsolete opinion of him - like everyone else between ages of 13-18. I never really cared to know him but he was in Katie's circle for a moment, which meant he was now part of my circle.

I missed the signs that most people would. Glances, pestering, irresponsible drinking. I like to think that it wasn't planned. I say that because that's what the police officer said. I don't really know for sure because I didn't know *him*. I didn't know that it wasn't made clear where everyone was sleeping that night. I didn't know that my definition of a

safe environment would endanger my well-being. I didn't know that if I had slept on the right side of the bed instead of the left side, Katie would've woken up in unexplained pain instead. I didn't know that both Katie and I's initial reaction to this pain was assuming adultery or ignorance. We didn't know. No one told us. No one said "Hey, sometimes you can't blame yourself.", "Sometimes you need to stop giving others excuses", "Sometimes, you need to understand that intercourse can actually function with only one person involved but that's not ok". As weird as it seems, I'm thankful that this invasion happened to me and not Katie or any of my other friends. I had a strong support system and state of mind. Not all have that, unfortunately.

A lot of hurt had to be dealt with the next few years, physically and mentally. Bizarre as it sounds, I finally found it in myself to forgive Mike around April 2017. The anger was tiring and the grudge was legitimately holding me back from my best life. As much as I tried to, I couldn't maintain a solid friendship. I was in this weird phase where I was trying to "find myself" by traveling and figuring out my limitations. I was never in the same place for more than 4 months. Friendships and relationships take time and I didn't want to waste it on someone who wasn't going to value it as much as I did.

I am a survivor of abuse. But I hate that name. *Survivor*. Makes it sound like we barely made it or that it was tough on our soul. I refer to myself as something more fitting now. Something that would reflect on how these experiences affected me in the long run. These past years I've been very vocal about my experience and am working with SARC to reach out to school systems about informing the students on preventing sexual assault and providing resources to victims. My goal is to be able to work as a motivational speaker and break the silence and taboo of sexual assault and harassment. If I could just prevent what happened to me or supply the knowledge and support that only helps 1 person, it'd be monumental to me. So, from now on, I do not identify as a "victim" or a "survivor". I'm a Thriver.

- *Anonymous*

## **LGBT Teens, Bullying, and Suicide** **What are the causes and how can we help?**

**Harold S. Koplewicz, MD**

In recent years we've seen a tragic number of gay teens, ending their own lives after enduring anti-gay bullying. Eighteen-year-old Tyler Clementi, 15-year-old Billy Lucas, and 13-year-olds Asher Brown and Seth Walsh were living in different corners of America - New Jersey, Indiana, Texas, and California - but each of them was subjected to the same kind of intolerance and cruelty, including a callous violation of their online privacy. Suicide is the third leading cause of death among adolescents, and gay teens are 4 times more likely than straight teens to attempt suicide. Moreover, the pain gay teenagers feel when they are taunted affects others around them: during adolescence, the mantra is, "I want to be the same." Teens feel a powerful need to fit in, and when they see a gay student getting bullied for some perceived "difference," they worry that their own differences - and we all have them - will be targeted by bullies next. I know that many parents find it difficult to discuss sexuality with their teenagers, but discussion is crucial if we want our children to develop healthy self-esteem, embrace their own differences, and accept what is different in others.

### **Here's some information for parents to consider:**

**1. Teens who are "different" are at higher risk for bullying.** All teens want to be "normal" and fit in with their peers, hence differences in sexual orientation can attract harassment and rejection. According to a survey by the Gay, Lesbian, and Straight Education Network, approximately 90 percent of gay, lesbian, transgender or bisexual middle and high school students report being physically or verbally harassed in 2009. As parents, no matter what we believe (with respect to sexuality, religion, culture, politics), we are responsible for our kids' behavior, and need to teach them to be intolerant of intolerance.

**2. A teen who believes his or her sexual feelings are unacceptable to peers may be at risk for suicide.** Parents, teachers, and all caring adults need to be sensitive to teenagers who exhibit feelings of sadness, worthlessness, hopelessness, anxiety, irritability, rejection, and anger - all symptoms of depression, which is experienced by the majority of teens who attempt or complete suicide. Some parents assume that if they are tolerant of different sexual orientations, their children aren't affected by the barrage of messages suggesting that it's abnormal or immoral to be gay. Unfortunately, anti-gay rhetoric has extraordinary, insidious muscle in the cultural landscape, and gay teens are particularly vulnerable. Parents of gay teens are sometimes "the last to know" a problem is brewing.

**3. An overwhelming majority of suicidal teens report feeling misunderstood by their parents.** It's crucial for us as parents to start a conversation with our children, before they go through puberty, to discuss sexual feelings and tolerance of different sexual orientations. If your child is secretly feeling guilty or ashamed of the sexual thoughts he or she is having, you need to know this so that you can give reassurance that there's nothing wrong with different sexual thoughts, or sexuality in general. Teens who feel uncomfortable with their sexuality often suffer from low self-esteem, so it's essential that we counter their feelings of distress with a very positive message of acceptance and love. Our teens need to understand that while we sometimes disagree with them - or simply have different feelings - we respect their beliefs and differences. We love them no matter what.

**4. Parents need to monitor their teens' lives on the Internet.** I'm reminded of a scene in the Facebook movie, *The Social Network*, in which Napster co-founder Sean Parker (played by Justin Timberlake) says, "We lived on farms. We lived in cities. And now we live on the Internet." That means that, as parents and educators, we can't tackle intolerance and bullying effectively unless we engage in Facebook, Twitter, Snapchat and any other social media platform on which our kids interact. Online bullies, not face-to-face with their victims, often fail to appreciate how devastating their words and actions can be. Mark Zuckerberg's would-be girlfriend Erica makes this point in *The Social Network* when she tells him that saying something cruel to a person's face is like using a pencil, but saying something online is like using a pen. We have to talk to our kids about the power and consequences of online behavior. And then, we need to teach them how to use social media as a tool for promoting tolerance, compassion, and social justice.

**5. Parent-teen communication is our best defense against intolerance and teen suicide.** Believe it or not, teens want to spend time with their parents. We sometimes forget this as we watch them try to assert their independence, but studies repeatedly show that teens want to spend quality time with us - and when they do, they're less likely to experiment with drugs, have sex at a young age, and engage in other risky behaviors. We have the opportunity to build our kids' confidence and self-esteem, nurture empathy, and model an acceptance and appreciation of others. However (and this is key), teens only want to spend time with their parents - and talk openly about what they're really experiencing - when they believe their parents aren't judgmental. Again, tolerance, respect, appreciation, love.

I'm encouraged by the fact that so many celebrities - from Cyndi Lauper and Ellen DeGeneres to Matthew Morrison, Jane Lynch, and the entire cast of *Glee* - are raising public awareness of anti-gay bullying and its links to teen suicide. I hope you will join me in promoting tolerance to protect young lives. Please start right now by having a conversation with your child.

<https://childmind.org/article/lgbt-teens-bullying-and-suicide/>

## **What Can We Do Better About Bullying in Our Schools?**

### **A Prevention Specialist's Point of View**

Merriam Webster defines a bully as a blustering, browbeating person; especially: one who is habitually cruel, insulting, or threatening to others who are weaker, smaller, or in some way vulnerable. Other definitions include using superior strength or influence to intimidate (someone), typically to force him or her to do what one wants. There is this assumption the target, who is being bullied, is smaller or weaker. It isn't always the smaller person and it isn't always a weak person. When we think of bullying in schools, we typically envision a child bullying another child because the bully has a low self esteem, they are having issues at home or they use bullying to make themselves feel better. Often times though, a child bully is someone who feels very good about themselves. Other children react and give them attention by laughing or telling them to keep going. This reaction reinforces their behavior and encourages them to continue. Our use of technology has made it worse. Cyberbullying is rampant on social media sites. It can happen 24 hours a day, leaving kids to feel it is inescapable. We have had children, sons and daughters of families in our own community, take their own life after situations where they have been bullied.

This can't happen anymore. We NEED to do better. We CAN do better.

So what can we as a community, parents, teachers, do? Start talking. We need to start by talking to children about it being okay to admit things are out of our control and we need someone to step in. Tell children that it is okay to get an adult involved. Teach children that it doesn't make you a tattler or a narc when someone else's life is at risk. Talk with them and explain that sometimes caring about someone and being good friend means we ask for help even when our friend has asked us not to.

At SARC, we offer prevention programs designed to educate children on topics such as harassment, bullying, and cyberbullying, aimed at decreasing these behaviors in schools and online. We give students tools, encourage empathy, role play being upstanders, and try to help them see how it feels to be in someone else's shoes. Part of our curriculum teaches that when you are being bullied, it isn't about you, it's about the bully. There is something wrong with that student and their behavior. This behavior isn't acceptable, it isn't funny, it isn't entertaining, and although it won't take away the hurt of the bully's actions or words, you can change the way you react to them.

We want them to realize that they are absolutely fine the way they are and to not let the bully convince them otherwise. It isn't going to make it any easier the first or what feels like the 100th time it happens to them, but students working together can change the environment of the school. Encouraging them to unite together and stand up for kids that are being picked on. How they need to be upstanders, someone who does something about what they see, versus being a bystander, someone who sees something but does nothing. They have to stop looking the other way and try to help the student out, even if it isn't their friend or someone they know. Sometimes it means walking up when someone is being bullied, asking the target for help with something, like homework, and physically guiding them out of the situation.

Sometimes it means saying, "Hey, I'm sorry that happened to you. That wasn't okay for them to do that. Can I help?". Sometimes it means getting an adult involved when you fear for someone's safety or well being. And sometimes, if a student is brave enough, saying to the bully, "Hey, that isn't okay.

You need to stop. This can't happen anymore."

Although we can't prevent every tragedy that occurs, we hope the education we provide reaches children who feel alone and might finally reached out for help. We hope to reach a bully who realizes that their behavior isn't acceptable and finally not bully another child. We hope we might reach one student who decides that today is the day they finally say something about a situation that has been bothering them.

We hope at least one student will finally help a classmate who thought no one cared anymore.

If you would like more information about the prevention programs that SARC offers or need some resources to talk with children, please contact us and ask for one of our prevention specialists.

# April 2018: SARC Community Events

**April is Sexual Assault Awareness Month, Child Abuse Prevention Month, and National Crime Victim's Rights Week.** We plan a variety of community events to demonstrate our agency's commitment to ending violence. SARC encourages all the readers of The Advocate to get involved with community events during the month of April. We need to send a strong message that **violence is not tolerated and we are prepared to make a change.**

## Strides of Strength - April 21st, 2018



**Strides of Strength** is a walk designed to empower victims and survivors of crime and to give our community the opportunity to publicly demonstrate their commitment to preventing crime. With each step we provide strength and support to crime victims. This year we are hoping to gain even more community group involvement. SARC will have group registration with an opportunity for a cash prize, so please get a group together and get involved in this great event!

**Community members who attend will also have the chance to win prizes!**

**\*Largest group will win \$200 cash**

**\*Second largest group will win \$100 cash**

**\*All other groups or individuals attending will be able to enter in a raffle to win \$50 cash**

**Registration for the event is FREE** and starts at 10:30 AM. The walk begins at 11:00 AM.

This exciting event will be held at

**The Lord of Life Church, 640 North Columbia Center Boulevard, Kennewick, WA 99336**

### **The Clothesline Project**

The T-shirts that are displayed for this project are designed by survivors of crime.

The design represents their journey through dealing with violence and their recovery to follow. The t-shirts are hung on a clothesline as a visual reminder about the effects and impact violence has on survivors in our community. Each story told is unique and powerful.

The clotheslines are displayed at the local libraries in Benton and Franklin Counties.

**Come and see  
for yourself!  
April 2nd - 6th**



### **GET INVOLVED!**

In order to put on these great events, we need a lot of help from the community! To find out how you can get involved or to get more information about a specific event, please contact us at (509) 374-5391 or e-mail:

**Andrea Garcia**

**([agarcia@supportadvocacyresourcecenter.com](mailto:agarcia@supportadvocacyresourcecenter.com))**

**Denise Martin**

**([dmartin@supportadvocacyresourcecenter.com](mailto:dmartin@supportadvocacyresourcecenter.com))**

You can also visit our website at [www.supportadvocacyresourcecenter.org](http://www.supportadvocacyresourcecenter.org) or find us on Facebook @ Support, Advocacy & Resource Center

**We look forward to seeing you in April!!**

## **Little Hearts Project:**

Each wooden figure of a child in the Little Hearts Project represents one of the 312 children who were interviewed through our Kids Haven program last year. They will be displayed at the Columbia Center Mall to raise awareness about child physical and sexual abuse. The Little Hearts will be displayed **during the week of April 6th - 13th.** They will also be carried by participants at our Strides of Strength Walk on April 21st. **You can be a sponsor by purchasing a "little heart" for \$10.**

The "little heart" will have the sponsor's name as well as an inscription saying, **"Helping Little Hearts Heal"**. Each sponsor is also listed by name or organization on a sign that goes on display with the little hearts.



**The Little Hearts Project** is a great visual reminder of how often child abuse occurs within our community. **We appreciate your support!!**



## **Kids Haven Benefit Auction April 2018**

We are inviting you to participate in our annual auction to benefit children. Proceeds raised through this event will be used for services for children who have been physically or sexually abused. Kids Haven is a joint program of our local city and county governments and the Support, Advocacy & Resource Center.

Our benefit auction will be held online from April 13th to May 4th.

Please visit **[www.biddingforgood.com/SARC](http://www.biddingforgood.com/SARC)** to view all of our great auction items.

### **How You Can Help**

#### **\*Become a Sponsor**

**\*Donate an item or service to the auction**

**\*See something you like? Bid on it!**

**Please call or email Mitzi or JoDee for questions: (509) 374-5391**

**[mveng@supportadvocacyresourcecenter.com](mailto:mveng@supportadvocacyresourcecenter.com)**

**[jgarretson@supportadvocacyresourcecenter.com](mailto:jgarretson@supportadvocacyresourcecenter.com)**



## **End-of-Auction "Cinco de Mayo" Celebration Dinner**

**Friday, May 4th, 2018, 6-9pm, Richland Community Center**

Please join us for a festive evening of food, silent auction, on-line auction, games, and fun to benefit the children served at the Support, Advocacy & Resource Center. We will celebrate the last day of online bidding on Friday, May 4th from 6:00 - 9:00 PM, at the Holiday Inn Express, 4525 Convention Pl, Pasco, WA. **Tickets are \$50 each; they include a fabulous authentic Mexican dinner, complimentary margaritas, wine, beer & non-alcoholic beverages, a silent auction and an exciting live auction.**

For more information or to purchase your tickets please call (509) 374-5391 or email [jgarretson@supportadvocacyresourcecenter.com](mailto:jgarretson@supportadvocacyresourcecenter.com). **We hope to see you there!**

**<https://www.eventbrite.com/e/kids-haven-benefit-auction-tickets-43767954129>**



We had many generous donations this year for our clients. Thanksgiving meal donations from McCurley, community partner donations of Christmas gifts, as well as our younger clients participating in the Cops & Kids event. Thank you to Parish of the Holy Spirit, Littrell Family, Douglas Family, Williams Family, Sears, MSA, HAPO, Fraternal Order of Police, KPD, Rachel Jewett, SeaComm, United Way, Toys for Tots, our SARC Board, and everyone who contributed!



# Holidays at SARC



# Opportunities to Help

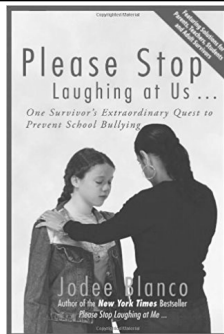
When a trafficking victim comes in, often times the only possessions they own are what is on their person. When we respond to a call with an individual, we can provide them with something comforting that humanizes them as well.

We are always in need of donations of the following items:

- Gift cards for food
- Gift certificates for haircuts or nails
- Any items a teen or adult survivor might need or want to help with the transition
- Dry cleaning services or certificates
- Adult blankets
- Underwear
- Nylons and trouser socks
- Hair brushes and hair ties
- Make up
- Skin care products, such as body and facial wipes
- Feminine hygiene products

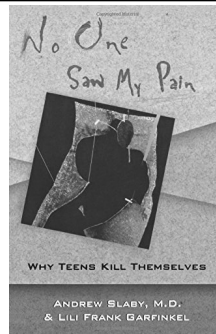
If you have any of the items listed above and are willing to provide them to our program, please call or stop in the office Monday thru Friday, 8am-5pm. We greatly appreciate how our community supports this important program!

**Sibary Resources**



**Please Stop Laughing at Us....**  
By: Jodee Blanco

A sequel to The New York Times bestselling memoir. This groundbreaking investigation walks down the hallways of today's schools to find realistic solutions to the serious problem of bullying. Trusted advice on how educators, parents, and caregivers can prevent school bullying is weaved throughout the author's own survival story as well as narratives from other victims of intimidation. Exposing weaknesses and vulnerabilities in the American educational system, this vital social critique shows how to help both bullies and victims change for the better, why traditional punishment is counter-productive, how to inspire compassion in the classroom, and how to discipline a child in ways that benefit self-esteem.



**No One Saw My Pain**  
By: Andrew Slaby, MD & Lili Frank Garfinkel

There is always a moment of shock, or horror—and for any parent, of fear—when a teenager chooses suicide. How could this happen? Didn't his parents know he was so depressed? She was so pretty, such a high achiever—what went wrong? Slaby, a psychiatrist specializing in depression and crisis intervention, and Garfinkel, a parent educator, shed light on these perplexing questions. They present psychological profiles of eight severely depressed adolescents who either attempted or committed suicide. In reading the teens' journals and talking with their family and friends, they found that the severity of their distress was missed, not because people around them didn't care, but because they didn't know what to look for, what questions to ask, or how to respond effectively. In addition to sharing these families' stories, the authors offer guidelines for recognizing and working with suicidal youth.



**Teen Cyberbullying Investigated**  
By: Judge Tom Jacobs

How do teens know when they might be “one click away from the clink”? Judge Tom Jacobs presents a powerful collection of landmark court cases involving teens and charges of cyberbullying, which includes: sending insulting or threatening emails, text, or instant messages directly to someone; spreading hateful comments about someone through emails, blogs, or chat rooms; stealing passwords and sending out threatening messages using a false identity; and building a Web site to target specific people. Each chapter features the seminal case and resulting decision, asks readers whether they agree with the decision, and urges them to think about how the decision affects their lives. Chapters also include related cases, important facts and statistics, and suggestions for further reading.

# THE VIGILANT

**Spring  
2018**

## Crime Types

- Arson
- Assault
- Bullying
- Child Physical Abuse
- Child Pornography
- DUI/DWI Crashes
- Fraud
- Harassment
- Hate Crimes
- Homicide
- Human Sex/Labor Trafficking
- Identify Theft
- Kidnapping
- Mass Violence
- Property Crime
- Robbery
- Sexual Assault
- Terrorism
- Vehicular Assault
- Vehicular Homicide
- Violation of Court Order

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Who's At Risk For Bullying? & How To Stop The Bullying	11

Dear Readers,

As an advocate for crime victims, I would like to inform the community about Bullying. After reading The Vigilant, I hope you have a better understanding of Bullying. If you have any questions or need my assistance, please call me at (509) 374-5391.

Alejandra Cardoso  
Crime Victim Advocate

## Survivor Story

**Susane Colasanti's Story: Embracing Your Outstanding, Outsider Self:**

When I was a teen, I would have been mortified to admit I was being bullied. My junior high and high school years were the worst time of my life. As a poor kid at the rich kids' school in a small town, I was targeted for not having the same experiences as everyone else: for not wearing the right jeans, for living in an apartment instead of a huge house, for being a science nerd, for sucking at gym...really, just for being different. I was embarrassed by all the ways I didn't fit in.

I am not embarrassed anymore. Because I have turned the negative experiences of my past into something positive.

After I left for college, I realized that the kids who were different in high school would become the grownups who change the world. You have to stand out—be outstanding—if you want to make a difference. I couldn't believe I'd wasted so much time wishing I had fit in with a bunch of people I would never have to see again for the rest of my life. Out in the real world, I was surrounded by hundreds of accepting people who rocked their unique qualities. And I was finally one of them.

What made me keep holding on through my horrible teen years was the hope that one day I would be living my dream life. All of the bullying I endured has manifested in strength, insight, and my purpose in life: To reach out to teens and help them feel less alone. By writing teen novels like *Keep Holding On*, I can hopefully connect with teens who are feeling desperate. I know what it's like to feel like you'll never be happy again, that giving up would be a relief. On your worst days when you can't even stand to be in your own skin, please know that you can create the life you want to be living. You can find your place to belong. You can be the person you want to be.

You are the change you've been waiting for. Helping others is an excellent way to make this world a better place while increasing the positive energy in your life. You can take a stand against bullying by being an Upstander with the Tyler Clementi Foundation. As an Upstander, you pledge to support anyone who is the target of abusive words or actions.

Speak out, stay strong, and never give up.

Source: <https://tylerclementi.org/susanes-story-embracing-outsider-self/>



# Definition of Bullying

The definition of bullying is when an individual or a group of people with more power, repeatedly and intentionally cause hurt or harm to another person or group of people who feel helpless to respond. Bullying can continue over time, is often hidden from adults, and may continue if no action is taken.

While the bullying definition is broad and can occur in a variety of environments, it is usually a relationship problem and requires relationship-based solutions.

Source: <https://www.ncab.org.au/bullying-advice/bullying-for-parents/definition-of-bullying/>

# Types of Bullying

There are many different types of bullying that are experienced by children and adults. Some are obvious to spot while others can be more subtle. Below are the different types of bullying:

- Physical bullying includes hitting, kicking, tripping, pinching and pushing or damaging property. Physical bullying causes both short-term and long-term damage.
- Verbal bullying includes name-calling, insults, teasing, intimidation, homophobic or racist remarks, or verbal abuse. While verbal bullying can start harmless, it can escalate to levels, which start affecting the individual target.
- Social bullying includes lying and spreading rumors, negative facial or physical gestures, menacing or contemptuous looks, playing nasty jokes to embarrass and humiliate, mimicking unkindly, encouraging others to socially exclude someone, and damaging someone's social reputation or social acceptance. Social bullying is often harder to recognize and can be carried out behind the bullied person's back. Its purpose is to harm someone's social reputation and/or cause humiliation.
- Cyber bullying can include abusive or hurtful texts emails or posts, images or videos, deliberately excluding others online, nasty gossip or rumors, and imitating others online or using their log-in. Cyber bullying can be obvious or hidden behaviors using digital technologies. It includes hardware such as computers and smartphones, and software such as social media, instant messaging, texts, websites and other online platforms. Cyber bullying can happen at any time and it can be in public or in private.

Source: <https://www.ncab.org.au/bullying-advice/bullying-for-parents/types-of-bullying/>



# Effects of Bullying

Bullying can affect everyone. Those who are bullied, those who bully, and those who witness bullying. Bullying has many negative outcomes including impacts on mental health, substance use, and suicide. It is important to talk to children to determine whether bullying is a concern.

- Children who are bullied can experience negative physical, school, and mental health issues. They are more likely to experience depression and anxiety, increased feelings of sadness and loneliness, changes in sleep and eating patterns, health complaints, and loss of interest in activities they used to enjoy. These issues may persist into adulthood. It can also decrease academic achievement GPA and standardized test scores and school participation. They are more likely to miss, skip, or drop out of school.
- Children who bully others can also engage in violent and other risky behaviors into adulthood. They are more likely to abuse alcohol and other drugs in adolescence and as adults, get into fights, vandalize property, and drop out of school, engage in early sexual activity, have criminal convictions and traffic citations as adults, and be abusive toward their romantic partners, spouses, or children as adults.
- Children who witness bullying are more likely to have increased use of tobacco, alcohol, or other drugs, have increased mental health problems, including depression and anxiety, and miss or skip school.

Source: <https://www.stopbullying.gov/at-risk/effects/index.html>

# Warning Signs of Bullying

There are many warning signs that may indicate if someone is affected by bullying, either being bullied or bullying others. Recognizing the warning signs is an important first step in taking action against bullying. Not all children who are bullied or are bullying others ask for help. Therefore, it is important to talk with children who show signs of being bullied or bullying others. These warning signs can also point to other issues or problems, such as depression or substance abuse. Talking to the child can help identify the problem.

- Looking for changes in the child can determine if your child is being bullied. However, be aware that not all children who are bullied exhibit warning signs. Some signs that may point to a bullying problem are unexplainable injuries, lost or destroyed clothing, books, electronics, or jewelry, frequent headaches or stomach aches, feeling sick or faking illness, changes in eating habits, like suddenly skipping meals or binge eating, difficulty sleeping or frequent nightmares, declining grades, loss of interest in schoolwork, or not wanting to go to school, sudden loss of friends or avoidance of social situations, feelings of helplessness or decreased self esteem, and self-destructive behaviors such as running away from home, harming themselves, or talking about suicide.
- Some signs a child is bullying others are getting into physical or verbal fights, have friends who bully others, are increasingly aggressive, get sent to the principal's office or to detention frequently, have unexplained extra money or new belongings, blame others for their problems, don't accept responsibility for their actions, and are competitive and worry about their reputation or popularity.

Source: <https://www.stopbullying.gov/at-risk/warning-signs/index.html>



## Who's At Risk For Bullying?

There is no single factor that puts a child at risk of being bullied or bullying others because bullying can happen anywhere. However, depending on the environment, some groups such as lesbian, gay, bisexual, transgender or questioning (LGBTQ) youth, youth with disabilities, and socially isolated youth may be at an increased risk of being bullied.

- Children who are at risk of being bullied have one or more of the following risk factors: they are perceived as different from their peers, such as being overweight or underweight, wearing glasses or different clothing, being new to a school, or being unable to afford what kids consider “cool”, are perceived as weak or unable to defend themselves, are depressed, anxious, or have low self esteem, are less popular than others and have few friends, and do not get along well with others, seen as annoying or provoking, or antagonize others for attention. However, even if a child has these risk factors, it doesn't mean that they will be bullied.
- There are two types of children who are more likely to bully others. Children who are well-connected to their peers, have social power, are overly concerned about their popularity, and like to dominate or be in charge of others. Other children who are more isolated from their peers and may be depressed or anxious, have low self esteem, be less involved in school, be easily pressured by peers, or not identify with the emotions or feelings of others.
- Children who have the following factors are also more likely to bully others: are aggressive or easily frustrated, have less parental involvement or having issues at home, think badly of others, have difficulty following rules, view violence in a positive way, and have friends who bully others. Remember, those who bully others do not need to be stronger or bigger than those they bully. The power imbalance can come from a number of sources like popularity, strength, cognitive ability, and children who bully may have more than one of these characteristics.

Source: <https://www.stopbullying.gov/at-risk/index.html>

## How To Stop The Bullying

You may have noticed your child is showing some of the signs of being bullied, or you might discover they have been bullied in some other way. The big question is how to stop bullying? The first recommended step is to try to get your child to open up about what's happening in their life by showing them that you understand, and won't judge them.

- Try to listen to the whole story without interrupting. Be empathetic, calm and show you understand what the child is saying. Your child might need to tell their story more than once.
- Have a conversation about what happened. Showing strong emotions can intensify the child, make it worse for them or may discourage your child from talking to you another time. Remind your child it's normal to feel hurt and it's never okay to be bullied. Tell them the behavior was intentional, meant to hurt, and won't just go away. Also, ask your child what they would like to happen because most often they want to know is how to stop the bullying. Children fear if the bully gets punished, it will be worse for them in the end.
- Note what, when and where the bullying occurred, who was involved, how often and if anybody else witnessed it. Don't offer to confront the other child or their parents yourself because it might make things worse for your child.
- Contact your child's school because they may not be aware of it. Don't assume the school knows about the situation because your child may not have told them. The majority of children do not disclose to teachers or parents. Also, be confident that once you alert the school, the school will want to stop bullying behavior as much as you do.

Source: <https://www.ncab.org.au/bullying-advice/>

# SARC Program Reports



## SARC Crisis Program

During the first half of the **2017-2018** fiscal year, SARC served **176** new sexual assault victims, **31** new human trafficking victims and **112** new general crime victims.

### Types of Sexual Assault

Family Molestation:	30%
Acquaintance Rape:	21%
Other/unknown:	15%
Family Rape:	11%
Acquaintance Molestation:	10%
Stranger Rape:	6%
Date Rape:	3%
Adult Survivor:	3%
Stranger Molestation:	1%
Marital Rape:	0
Sexual Harassment:	0

SARC's Sexual Assault Advocates invested over **800 hours** providing advocacy for their clients. They also provided a total of **2,740 follow up services** and made **579 contacts** on behalf of their clients.

SARC's General Crimes Advocate and Human Trafficking Advocate invested **900 hours** into providing services for clients. They provided **4,533 follow up services** and made **1,767 contacts** on behalf of their clients.

### Age of Victim Sexual Assault

0 thru 5:	11%
6 thru 11:	24%
12 thru 18:	37%
19 thru 59:	27%
60+:	2%

### Age of Victim General Crimes

0 thru 5:	7%
6 thru 11:	7%
12 thru 18:	22%
19 thru 59:	56%
60+:	8%

### Crime Type

Harassment:	26%
Assault:	26%
Trafficking:	21%
Child Abuse:	11%
Bullying:	4%
Robbery:	3%
Elder Abuse:	3%
Kidnapping:	2%
Property Crimes:	2%
Fraud/Forgery:	1%
Vehicular Assault:	1%
Homicide:	0

*"My advocate has been amazing. She has made an uncomfortable situation comfortable." - sexual assault client*

## Kids Haven Program

During the first half of the 2017-2018 fiscal year, **148 interviews** were conducted at Kids Haven.

### Crime Type

Sexual Abuse:	77%
Physical Abuse:	19%
Witness to Violence:	4%

### Age of Victim

0-5:	26%
6-11:	48%
12-18:	26%
Over 19:	0%

### Gender

Female:	67%
Male:	33%

*"Thank you for all you do and the kindness during an extremely hard time" - parent of a child interviewed*

## Prevention Program

SARC's Prevention Program provided **523 presentations** during the first half of the 2017-2018 fiscal year, reaching **14,577 individuals**. Additionally, through outreach efforts such as community fairs and media, **100,741 individuals** were reached.

### Programs

Body and Boundary Safety:	3
Harassment and Bullying Prevention:	155
Safe Bodies, Healthy Minds:	58
Creating Healthy Relationships:	67
Personal Body Safety:	56
SARC Services:	17
Technology Safety:	144
Other:	6
Parent Education:	3
Trafficking	14

*"I know I can always come to you (SARC) for help."*

*"I liked that this will help me throughout my lifetime."*

*- student comments about presentations*

### Age of Audience

Preschool	74
K-2nd	1,147
3rd-5th	3,078
6th-8th	6,707
9th-12th	2,078
Adults	1,493

### Gender of Audience Members:

Female:	7,604
Male:	6,973

# New SARC Employees



## **Anna Olson**

I grew up in Western Montana and moved to Tri-Cities eight years ago. I'm married to a wonderful man and we have three daughters, ages 10, 9, and 6. In our spare time my family enjoys doing volunteer work in the homeless community, exploring the Pacific Northwest, being active in our church, and watching Game of Thrones.

I am honored and excited to work in human trafficking intervention for SARC because each day I feel like I am truly making a difference for a hurting world.



## **Riley Dixon**

My name is Rylie Dixon and I am SARC's new Sexual Assault Advocate. I have lived in the Tri-Cities my entire life. I grew up playing soccer and eventually went on to play at the collegiate level.

In 2015, I joined the SARC team to pursue a passion of mine in helping those who have been abused. I was awarded Volunteer of the Year after a year of becoming a volunteer in 2016. This agency has brought so many blessings to me and I am so grateful to work alongside such great women.



## **Sherrie Lennox**

I am a native of the Tri-Cities with 18 years of counseling experience and 14 years as an elementary school counselor. Mom and grandma of 6 grandchildren. Love my two dogs (Buddy and Casper) who have helped me so much in finding my own peace from trauma. Darrell is my significant other and we have been together for 21 years.

I am a huge advocate for Crime Victim Rights. I am a survivor of trauma myself and I am looking forward to assisting other trauma survivors to regain peace in their lives.

## **Volunteer Advocates**

SARC volunteer advocates provided a total of **12,384 hours** for our after hours crisis and hospital lines during the first half of 2017-2018 fiscal year. Thank you for your compassion and dedication for victims of crime in our community!

**Congratulations to the following individuals who recently completed our 32-hour Advocate Training in March 2018:**

Amanda Weiss, Sami Bigham, Amber Erb, Stephanie Gordon, Angie Lynch, Megan Cole, Leslie Hickman, Jill Oldson, Heidi Granados, Tera Bell, Veronica Cisneros, Brett Jakubek

# Sex Offender Information

## This Notice is For Information Only

This information is provided in accordance with RCW 4.24.550. The Police Departments have no legal authority to direct where a sex offender may live. Unless court ordered restrictions exist, the offender is constitutionally free to live wherever they choose. Citizen abuse of this information to threaten, intimidate or harass registered sex offenders will not be tolerated. Such abuse could end our ability to do community notifications.

### Level II Sex Offender: Benton County, WA



NAME: Russell Meyer  
 ADDRESS: 1100 block of  
 Cromwell Ave, Richland, WA  
 SEX: Male  
 AGE: 43  
 HAIR: Brown  
 EYES: Blue  
 HEIGHT: 6'05"  
 WEIGHT: 210  
 CONVICTION DATA:  
 9A.56.130 - Extortion in the  
 second degree Sexual Motivation  
 DATE CONVICTED:  
 08/11/2016

### Level II Sex Offender: Franklin County, WA



NAME: Bradley Thomas  
 ADDRESS: 4400 Block of W  
 Livingston Rd, Pasco, WA  
 SEX: Male  
 AGE: 24  
 HAIR: Brown  
 EYES: Blue  
 HEIGHT: 5'10"  
 WEIGHT: 195  
 CONVICTION DATA: Indecent  
 Liberties with Forcible Compulsion,  
 Rape in the Third Degree  
 DATE CONVICTED:  
 02/22/2012

☆☆

☆ **Throughout the year we receive many generous donations from our community members.** ☆  
 ☆ **We appreciate each and every contribution we are given. All donations help us to continue to serve the** ☆  
 ☆ **important needs of our clients. Thank You To All Of Our Wonderful Supporters!** ☆

- |                              |                              |                             |
|------------------------------|------------------------------|-----------------------------|
| ☆ Frost Me Sweet             | ☆ James Compton              | ☆ Cathy Perkins             |
| ☆ Women of the Moose         | ☆ Duane Moe                  | ☆ Terra Graphics            |
| ☆ Badget Mtn Elementary PTO  | ☆ Roy & Shelley Cyr          | ☆ Environmental Engineering |
| ☆ Gina Manente               | ☆ Pat & Michael Tuohy        | ☆ Bob & Jan Cantley         |
| ☆ Sharron Fisher             | ☆ Cynthia & Steven Ely       | ☆ Janet Bell                |
| ☆ Richard & Susan Harrington | ☆ Teresa Murphy              | ☆ Mark Twain PTO            |
| ☆ Lil' Firehouse Coffee      | ☆ Kristen Jarmen             | ☆ Justin & Chelsy Boyd      |
| ☆ Badger Mtn Coffee          | ☆ Brian Jenner               | ☆ Tri-Cities Optimist Club  |
| ☆ Umpqua Bank                | ☆ Parish of the Holy Spirit  | ☆ FE & C, Inc.              |
| ☆ Numerica                   | ☆ Don & Jennifer Miller      | ☆ Fifth Generation, Inc.    |
| ☆ Kari Schillios             | ☆ Beverly Johnson-Torelli    | ☆ Battelle                  |
| ☆ Janelle Harvey             | ☆ Jim & Donna Raymond        | ☆ Washington River          |
| ☆ Jim & Diane Foss           | ☆ Emmy Saucedo               | ☆ Protection Solutions      |
| ☆ Delt Clark                 | ☆ Cindy & the Barbosa Family | ☆ Mary Buchan-LaMothe       |
| ☆ Vicki Gordon               | ☆ Fleur De Lis               | ☆ Village Tavern            |
| ☆ Tyler Best                 | ☆ Linda Lords                | ☆ Pasco North Stake         |
| ☆ Rachel Ferrell             | ☆ Kristin Hunt               | ☆ TC Quilters' Guild        |
| ☆ Dave Zobell                | ☆ Jennifer Alto              | ☆ Michelle Cameron          |
| ☆ Gesa Credit Union          | ☆ Melanie & Max Bridge       | ☆ JMS Construction, Inc.    |
| ☆ Patricia Deluchhi          | ☆ Michelle Carey             |                             |
| ☆ Joyce Henton               | ☆ Laurie Bauder              |                             |

☆☆

# SARC NEWS



April 1-7	National Crime Victims' Rights Week
April 2-6	Clothesline Project Displayed
April 6-13	Little People @ Columbia Center Mall
April 17	Board Meeting 5:15 pm
April 21	Strides of Strength Walk 11:00 am
April 21	Kids Haven Online Auction Opens
May 4	Cinco de Mayo Celebration Dinner
May 15	Board Meeting 5:15 pm
May 29	Closed for Memorial Day
June 11-13	Human Trafficking Conference
June 18-22	Summer Camp
June 30	End of Fiscal Year
July 4	Closed for 4th of July
October 27	Harvest Brew Festival

## SARC Staff Members

JoDee Garretson <i>Executive Director</i>	Desiree Reynolds <i>Program Director, Human Trafficking</i>
Mitzi Veng <i>Office Administrator</i>	Gabriela Navarro <i>Human Trafficking Advocate</i>
Jessica Ramirez <i>Program Director, Client Services &amp; Prevention</i>	Anna Olson <i>Human Trafficking Assistant</i>
Rosanna Herrera <i>Sexual Assault Advocate</i>	Denise Martin <i>Prevention Specialist</i>
Riley Dixon <i>Sexual Assault Advocate</i>	Andrea Garcia <i>Prevention Specialist</i>
Alejandra Cardoso <i>Crime Victim Advocate</i>	Andrea Aldous <i>Prevention Assistant</i>
Ashlea Walton <i>Crisis Program Assistant</i>	Anna Hahn <i>Clinical Director</i>
	Sherrie Lennox <i>Counselor</i>

## Where Shopping & Giving Unite

Support SARC just by shopping at Fred Meyer with your Rewards Card. All you have to do is link your Rewards Card and scan it every time you shop at Fred Meyer. You can link your card and/or sign up for a rewards card in just 2 simple steps:

1. Sign into your account at:

[www.fredmeyer.com/  
communityrewards](http://www.fredmeyer.com/communityrewards)

(you can obtain a rewards card on this same link if you do not have one)

2. Enter your Fred Meyer Rewards Card Number and the SARC non-profit number which is: **86721**

Each time you shop, SARC receives a percentage at NO COST TO YOU and without affecting your benefits you are currently receiving utilizing your card!

Please join and share - we appreciate your help!

AmazonSmile is a simple and automatic way for you to support SARC every time you shop, at no cost to you.

When you shop at [smile.amazon.com](http://smile.amazon.com), you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate **0.5%** of the purchase price.

### How do I shop at Amazon Smile?

To shop at Amazon Smile simply go to [smile.amazon.com](http://smile.amazon.com) from the web browser on your computer or mobile device.

### Can I use my existing Amazon.com account on AmazonSmile?

Yes, you use the same account on Amazon.com and Amazon Smile.

### How do I select SARC to support when shopping on Amazon Smile?

On your first visit to Amazon Smile ([smile.amazon.com](http://smile.amazon.com)), select SARC. Amazon will remember your selection, and then every eligible purchase you make at [smile.amazon.com](http://smile.amazon.com) will result in a donation.

**Happy Shopping!!**

## SARC Board of Directors

**President**  
Kevin Hartze

**Vice President**  
Monica Cisneros

**Secretary**  
Marilyn Heasley

**Treasurer**  
Craig Littrell

**Members**  
Sharon Adkins  
Adam Austin  
Jeff Escalera  
Jim Raymond  
Leslie Sievers  
Tobaski Snipes

**Member at Large**  
Betsy Dickinson

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*Striving for a "Community without Victims"*



## about the program

The Support, Advocacy & Resource Center serves Benton and Franklin Counties with sexual assault crisis and education services. We provide free and confidential assistance for victims of all crimes.

SARC also provides prevention education for our schools, day cares and community groups on sexual abuse and safety issues. Our services are available to all people regardless of age, gender, religion, ethnicity, sexual orientation, or physical and mental ability.

The Washington State Office of Crime Victims Advocacy accredits SARC as a Community Sexual Assault Program. SARC is a member of the Washington Coalition of Sexual Assault Programs.

Services are provided through grants from the state and federal government, local and regional foundations, and through donations from our generous community.

The opinions expressed in the "Point of View" section of this publication do not necessarily reflect the views and opinions of staff, board of directors, volunteers and sponsors of SARC.

The SARC Advocate is designed to educate, inform and promote community awareness regarding crime issues. Reader feedback and submissions are always welcome. Mail to: 1458 Fowler St, Richland, WA 99352 or contact us via e-mail.

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[www.supportadvocacyresourcecenter.org](http://www.supportadvocacyresourcecenter.org)



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