

The SARC

# ADVOCATE

A Publication of the Support, Advocacy & Resource Center

Spring 2019

## This Issue Focuses on: Supporting Survivors

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Because this case is still in the legal system, I cannot say much about my cousin, Kelsey's, brutal murder. I can't speak to the vicious premeditated beating she suffered. I can't talk about the details that absolutely infuriate me and bring me to my knees, all at the same time. At this point, what I can talk about publicly, is the impact people I don't know have had on me since learning that Kelsey was missing, to finding out she was presumed dead, to hearing all of the horrid details during the preliminary hearing.

Kelsey's case has garnered a great deal of national attention; people across the country have had many opportunities to insert their opinions, their fears, their

accusations and their support. I have been contacted by countless individuals via Facebook messenger, my home phone, cell phone, work phone, email and even my husband's cell phone. I received numerous calls/texts from reporters. There were also Facebook pages created solely for the purpose of following her case.

I quickly became obsessed with finding every comment made about Kelsey, her disappearance, her murder and anything at all related. I then made every effort to counter comments that were hurtful, ignorant, and lacking in sensitivity. I was quickly outraged at the number of people who found all of this to be "entertainment".

But more importantly are the people with caring hearts, generous spirits, and the willingness to reach out.

A local reporter that answered my plea to air Kelsey's disappearance. This was the first news coverage and was helpful in getting her face and name out to the public. My Rotary Club that continued to say prayers for Kelsey and my family for weeks on end, until I let them know it was time we could stop. Strangers across the country who organized an "Amazon registry" for Kelsey's baby to help with her

care, and who continue to reach out with words of support and encouragement. My neighbors who have brought notes and treats, just letting us know they care. The many people who are "friends" on FB, but I don't have the opportunity to see very often. They have messaged me, prayed for us, and still continue to offer support. Many continued to share the "Missing Kelsey" posts until I stopped posting them. My coworkers who check in on me while also understanding the difficulty I have in speaking about this.

When something so horrific happens, it is difficult to remember that there are good people. It is hard to look beyond the evil and senseless act committed. People hurting need to be blessed with the compassion of others. We need to know that we are not alone. Every gesture, no matter how seemingly small, will be noticed and appreciated. Each word of support and encouragement will provide strength. Every prayer will help lead to a sense of peace that has been lost. Reaching out to support a victim of crime is always the right thing to do and will help them on their journey to heal.

- JoDee Garretson

## HOW YOU CAN SUPPORT A SURVIVOR

Violence against women almost always takes the form of interpersonal violence, such as sexual assault/abuse and domestic physical abuse. Supporting a survivor of violence requires intentional thought and behavior toward recognizing what the survivor needs at any given moment during their recovery. And the response to survivors is often very different than responses we may give to other events or issues in a person's life.

**Listen.** One of the primary things a survivor of violence needs is for you to just sit and listen sincerely. Listen without judging and listen without fixating over what you are going to say next. Listen without freaking out over the accounting of the events of violence and abuse. Just listen to what they have to say and allow them to be truly heard.

**Believe.** Another primary thing a survivor needs is to be believed. Do not question their version of events or if what happened to them was a "legitimate" sexual assault. Tell them directly: "I believe you." Many people never report their assault because they are afraid that no one will believe them. They will have their account of the assault repeatedly challenged and de-legitimized throughout their life, so please offer unconditional support.

**Ask how you can help.** Sometimes we may feel like we know what to do in this situation or may want to immediately seek help for the victim. We must remember that this is not about us and it is more useful to ask "Is there anything you need from me right now?" instead of taking control of the situation. It is important to remember to go at the victim's pace and what they are comfortable in doing.

**NO coulda, shoulda, woulda.** Do not offer your friend suggestions on how they could have prevented being assaulted— the chances are that they have already replayed their assault in their head and wondered what they could have done differently. The reality is that the person who assaulted them should never have done it in the first place. It is never the victim's fault that someone assaulted them.

**Respect Boundaries.** If they ask you not to say anything and to just listen: just listen. If they ask for a hug or other reassuring touch: offer it if you feel comfortable and do not touch them in any way unless asked or permitted. Do not try and help or offer suggestions if they do not want any. React in the way they ask you to. Do not tell others about the assault if they have confided in you. Do not report their assault to law enforcement or officials without their consent. Remember that victims of violence have had their boundaries violently abused by the offender and will need people to respect them.

**Empower!** Put them in control of their own healing while being supportive. Never put pressure on your friend to pursue these options or react in a certain way. Give them the tools to decide how to move forward and don't judge their decisions. Being a survivor of sexual violence means they are usually dealing with a loss of power, so do all that you can to help them restore their autonomy.

**Provide resources.** If you know someone that has been a victim of sexual assault give them resources. Let them know that there is professional help available. If they are not ready to go to a local center, they can call a crisis line. SARC's crisis line is available 24/7 to anyone at 509-374-5391.

**Accompany the Survivor to Get Help.** If they decide to move forward with seeking help and healing, offer to drive them and/or accompany them (with their permission) to any or all of the agencies that will provide them with help, such as the hospital for a medical and/or forensic exam, to a crime victim center for advocacy and support, and/or to the counselor for therapy.

**Debunk the myth of alcohol/medication or other substances.** Many people have heard victim blaming language when it comes to a victim drinking alcohol, taking sleeping pills, or using other substances before their assault. Just because a person had something to drink or took medication does not mean the person asked for the assault to happen or is to blame for it. Let them know that just because they had alcohol or other substances does not mean they deserved the assault to happen.

**Hold Abusers Accountable for their Actions.** Do not let abusers make excuses, such as blaming the victim for alcohol, drugs, behavior, or clothing. Shift the blame back on to the abuser, where it belongs, and away from the victim.

**Volunteer!** Many domestic violence/sexual assault centers have wonderful volunteer opportunities and programs available. Many of these agencies rely on dedicated volunteers to respond to sexual assault calls. These agencies do a wonderful job at training interested volunteers as well as offering them support along the way. Go online and search for these centers in your community to find the nearest volunteer opportunity.

**Attend a Community Event.** One of the ways you can support rape survivors and show your support is attend a community event that is bringing awareness to sexual assault or crime in communities and offering support. There are many events like National Night Out that happen in communities around the country and various events that happen during April for Sexual Assault Awareness Month. This is a good way to show your support for the community of survivors living in your city and is a good way to get education on the issue.

**Have Conversations with Men in Your Life.** Educating on consent and sending messages to men to be accountable for their actions and behavior is important. Men need to realize the responsibility to prevent rape is on them and not the people getting raped. We need to have more conversations with men and boys about healthy relationships and consensual sex.

**Take Care of Yourself.** Sexual assault is more common and has more manifestations than we let ourselves believe or acknowledge within our society. If you or someone you know has experienced sexual assault, the disclosure of another friend may bring up uncomfortable feelings or reawaken trauma. Make sure you get the support you need to be a good ally to your friend and to keep your own mental and emotional health in check.

<https://16days.thepixelproject.net/16-ways-you-can-support-a-survivor-of-violence-against-women/>

## **SUPPORTING SURVIVORS: CHALLENGE VICTIM BLAMING**

Victim blaming is the tendency to view victims as responsible for the violent acts perpetrated against them. Victim blaming implies the fault for events such as domestic violence, sexual assault and harassment, and other acts of violence lies with the victim rather than the perpetrator. Common negative social reactions include anger, disbelief or skepticism, implicit or explicit blame, and even the refusal of assistance for victims seeking help.

Victim blaming also takes many forms and can be quite subtle; for example, when a woman who is pickpocketed is chided for her decision to carry a purse. Any time someone questions what a victim could have done differently, he or she is participating in the culture of victim blaming.

Simply talking about an abuse experience requires significant vulnerability and bravery! Victim blaming severely hampers our ability to best support people who have entrusted us to their story. At its core, victim blaming reinforces what abusers have been saying, thus increasing the sense of shame and self-stigma that invariably comes from internalizing some of the emotional and mental injury perpetuated. Being blamed for traumatic experiences can lead to increases in mental health challenges such as depression, anxiety, and PTSD. The cultural tendency for victim blaming also decreases the likelihood that people will seek help and support due to fear of being further shamed or judged. It even prevents people from reporting crimes. This is true not only in cases of sexual assault but also in cases of domestic abuse or hate crimes.

The challenge to changing and dismantling victim blaming attitudes lies in the fact that such responses are pervasive, often automatic, and emanate from people's desire to feel safe themselves. Blaming victims allows us to feel that the world is just, that we have control over what happens to us, and that we can avoid traumatic experiences ourselves. While these attitudes grant us some sense of control over our lives, they also compromise our ability to empathize with others and perpetuate public stigma.

Survivors benefit from being around supportive people who understand the pitfalls of victim blaming.

Fortunately, there are a number of strategies we might use to offer unequivocal support and compassion to survivors who share their stories with us:

- \* Acknowledge how incredibly difficult it is to share stories of trauma and abuse. Believe people who choose to share their stories with you. Realize that they are trusting you to treat them and their personal life experiences with respect.
- \* The first step is awareness. Be aware of the mental trap of believing that the world is just. It is difficult to accept that sometimes, bad things happen to good people. Recognize the tendency to rationalize suffering, trauma, and misfortune in this way.
- \* Survivors sharing their story with us may interpret "why" questions as a guised form of blame. Avoid accusatory questions. Pointing out how the victim could have acted or responded differently is not useful and can be invalidating. Offer compassion by listening to what they have to say without offering interpretations of the event.
- \* Since many people attribute part of the blame to themselves, reassure survivors that "it is not your fault".
- \* Language surrounding acts of violence often focus on the victim rather than the perpetrator, which can have the effect of erasing the behavior of the perpetrator. When discussing acts of violence, use active voice to focus attention on the perpetrator ("X hit Mary"). Reframe questions to focus on the perpetrator's actions ("What did X do next?").

While these strategies allow us to communicate and offer support to individual survivors, these are also a number of ways we can attempt to challenge the culture of victim blaming on a more systemic level:

- \* Challenge victim blaming statements when you hear them. People may not realize their attitude is one that makes it seem as if a victim is a fault. Kindly counter their statements and increase awareness in others by challenging statements that condone victim blaming.
- \* Remember that the only one at fault for a crime is the perpetrator. When perpetrators or their enablers make excuses, hold them accountable and do not let them rationalize their actions by blaming the victim or minimizing their crime.
- \* Jokes normalize victim blaming by making light of trauma. Challenge jokes about traumatic events by calling it out immediately and explaining why it makes you uncomfortable.
- \* Educate your community by collaborating with organizations (e.g., local women's organizations, domestic violence organizations, crisis centers, and victim's rights organizations) that can teach people the importance of supporting survivors.

<https://wisewisconsin.org/blog/challenging-victim-blaming/>

# April 2019: 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.**



## Community Education Night April 18th, 2019

We have a new event this year!  
**Community Education Night**  
This event will be held on  
April 18th, 2019, from 6-8pm.



This exciting event will take place at  
**Westgate Elementary, 2514 W 4th Ave, Kennewick.**  
Please contact Rosanna Brown  
at 509-374-5391 or e-mail at  
[rherrera@supportadvocacyresourcecenter.com](mailto:rherrera@supportadvocacyresourcecenter.com)  
for information or if you have any questions.

The event will include a light dinner, parent education, education for teens, and activities for children. Parent education is a vital component in the prevention of child sexual abuse. We encourage you to join us!

### **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 1st - 5th**



### **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 5th - 12th.** SARC would like to invite you to assist in our efforts to raise awareness. **You can be a sponsor by purchasing a "little heart" for \$10.**

The "little heart" has 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 powerful visual reminder of how often child abuse occurs within our community. **We appreciate your support!**



## **Kids Haven Benefit Auction April 2019**

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 12th to May 3rd.** 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 Mitzi or JoDee for questions: (509) 374-5391 or e-mail [mveng@supportadvocacyresourcecenter.com](mailto:mveng@supportadvocacyresourcecenter.com) [jgarretson@supportadvocacyresourcecenter.com](mailto:jgarretson@supportadvocacyresourcecenter.com)**



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

**Friday, May 3rd, 2019, 6-9pm, Holiday Inn Express, Pasco**

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 3rd from 6:00 - 9:00 PM, at the Holiday Inn Express, 4525 Convention Place, Pasco, WA. **Tickets are \$50 each and 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 e-mail [jgarretson@supportadvocacyresourcecenter.com](mailto:jgarretson@supportadvocacyresourcecenter.com). We hope to see you there!

<https://www.eventbrite.com/e/kids-haven-2019-benefit-auction-cinco-de-mayo-celebration-tickets-58168491524>



**Thank you to the following for your involvement with Human Trafficking Awareness Month!  
We appreciate all the community members who promoted and supported our events & projects!**

Columbia Center Rotary Club  
Lampson International LLC  
Atomic Screen-Printing  
Tobaski Snipes  
Washington State Patrol  
Truckers Against Trafficking  
Senator Sharon Brown  
Pasco Police Department  
Dairy Queen  
Richland Police Department  
Lourdes Medical Center  
WA Dept. of Transportation  
Tri City Herald  
Love the Tri  
Juvenile Justice Center  
Lutheran Community Services  
Kennewick Police Department  
Domestic Violence Services  
Union Gospel Mission  
Family First Dental

Dark Zero Tattoo  
Northwest Justice Project  
West Richland  
Police Department  
Franklin Co. Prosecutor's Office  
Mission Support Alliance  
Dogs Best Friend  
Go Team Therapy Dogs  
Benton County Sheriff's Office  
Tri Cities Area  
Journal of Business  
Prosser Police Department  
Trios Health  
Benton Co. Prosecutor's Office  
Planned Parenthood  
Franklin County Sheriff's Office  
Stolen Crown Foundation  
Kadlec Medical Center  
Vision Clinic  
WSU Tri-Cities

Columbia Basin College  
Chiawana High School  
Delta High School  
KiBe High School  
Wells Fargo  
Umpqua  
Numerica  
HAPO  
Salvation Army  
Dr. John Matheson  
Franklin County Clerk's Office  
Benton County Clerk's Office  
KNDU  
KEPR  
KVEW  
Univision KUNW  
KONA  
Tri-City Herald  
Calvary Youth Group  
United Way



### **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:

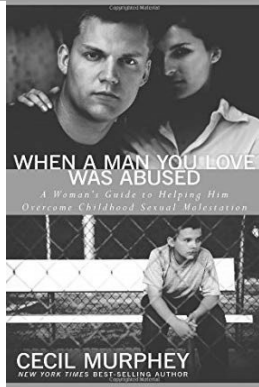
- Socks (men/women)
- Maternity Clothing
- Gloves
- Long sleeve t-shirts
- Athletic shoes
- Duffle bags/backpacks
- Full size shampoo & conditioner
- Mouthwash
- Bras in all sizes
- Soft blankets
- Ziploc bags
- Hooded sweatshirts
- Pajamas
- L, XL, XXL leggings
- Feminine hygiene products

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!

## DID YOU KNOW?

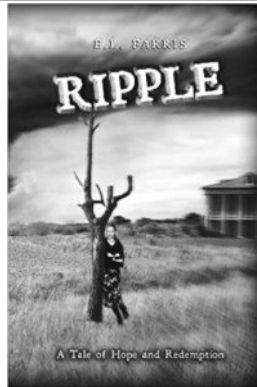
The Support, Advocacy and Resource Center has many books and videos available for survivors to learn about crime victimization and the healing process. Our extensive collection includes topics such as sexual abuse, human trafficking, crimes, prevention topics and self-care. These are available for free for check out to all community members. A few of the books we have available and their descriptions are listed below. Please come “check them out” for yourself or a friend!

Library Resources



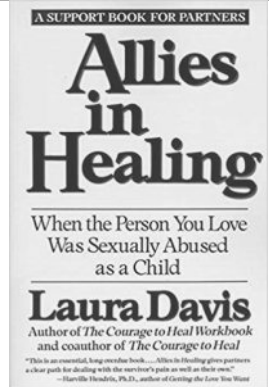
**When a Man You Love Was Abused**  
Cecil Murphy

The numbers of males abused in childhood are sometimes listed as low as 5 percent or as high as 33 percent. Though statistics are controversial, no one disputes the fact that childhood abuse is a continuing problem- or that such abuse can have devastating effects on future relationships. Both informative and highly practical, Murphey helps women understand the continuing problems that abuse survivors may encounter, including hurtful memories, issues of self worth, and the need to feel in control. With sensitivity and encouragement, Murphey then explains what women can do to help bring about healing and forgiveness. Written with the empathy that only a true survivor can convey, *When a Man You Love Was Abused* is a timely piece of advice and encouragement.



**Ripple: A Tale of Hope and Redemption**  
E.L. Farris

When high-powered attorney Helen Thompson discovers that her husband has abused their fifteen-year-old daughter and plans to use her in a sex ring, she takes a golf club to his head. And she doesn't stop there. With the last of the perpetrators still at large, Helen escapes with Phoebe to a safe house, where a team of lawyers and therapists help them begin the painful journey to healing. But even surrounded by safe walls and good people, Helen's desperate efforts to save her daughter may not be enough. A dark, gripping, but uplifting read, *Ripple* handles sensitive material with compassion and conviction, ultimately weaving a tapestry of healing that celebrates the human spirit.



**A Support Book for Partners: Allies in Healing- When a Person You Love Was Sexually Abused as a Child**  
Laura Davis

Based on in-depth interviews and her workshops for partners across the country, Laura Davis offers practical advice and encouragement to all partners – girlfriends, boyfriends, spouses, and lovers – trying to support the survivors in their lives while tending to their own needs along the way. She shows couples how to deepen compassion, improve communication, and develop an understanding of healing as a shared activity.

## Tri-Cities Coalition Against Trafficking (TC-CAT) Conference June 24-26, 2019

The mission of Tri-Cities Coalition Against Trafficking (TC-CAT) is to collaborate to be a conduit for services and information regarding anti-human trafficking, both internally and externally within the community.

Their vision is to respond efficiently and effectively as a community by utilizing resources and protocols to combat human trafficking using a victim-centered approach.

A three day conference will be held on **June 24-26, 2019**. This conference will include specific training for Law Enforcement, Prosecution, Attorney's General Office, Children's Administration, School Personnel, Mental Health Providers, Juvenile Justice Center and Service Providers.

Registration will be at no cost for Benton and Franklin County participants. Registration fees for other participants will be \$50 for one day, \$100 for all three days. These funds will be utilized for victim services.

Check [www.supportadvocacyresourcecenter.org](http://www.supportadvocacyresourcecenter.org) and follow SARC's Facebook page for conference updates.

Please contact JoDee Garreston at 509-374-5391 or e-mail at [jgarreston@supportadvocacyresourcecenter.com](mailto:jgarreston@supportadvocacyresourcecenter.com) with questions.

# THE VIGILANT

**Spring  
2019**

## 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
- Vulnerable Adult Abuse

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## NATIONAL CRIME VICTIMS' RIGHTS WEEK

Since 1981, National Crime Victims' Rights Week is celebrated every year in April. This week is dedicated to learn about victimization, the effect victimization has on individuals, families, friends and the community, and to promote laws, policies, and programs to help victims of crime.



Every year, thousands of communities across the nation honor the dedication of those before us that established victim rights and renew commitment to guarantee that all victims have the rights and services they need to recover from crime.

National Crime Victims' Rights week will take place April 7–13, 2019. This year's theme is "Honoring Our Past. Creating Hope for the Future" which celebrates the progress made by those before us as we look to a future of crime victim services that is even more inclusive, accessible, and trauma-informed.

## NATIONAL CHILD ABUSE PREVENTION MONTH

National Child Abuse Prevention Month recognizes the importance of families and communities working together to prevent child abuse and neglect and promotes the social and emotional well-being of children and families. During the month of April and throughout the year, communities are encouraged to increase awareness and provide education and support to families through resources and strategies to prevent child abuse and neglect. Each year, the White House and many states issue proclamations to raise awareness and to encourage communities to take steps to improve the well-being of children.

The first Federal child protection legislation, CAPTA was signed by President Nixon on January 31, 1974 and marked the beginning of a new national response to the problem of child abuse and neglect. The legislation provided Federal assistance to States for prevention, identification, and treatment programs. It also created the National Center on Child Abuse and Neglect (now known as the Office on Child Abuse and Neglect) within the Children's Bureau to serve as a Federal focal point for CAPTA activities. Today CAPTA, most recently reauthorized in 2010, continues to provide minimum standards for child maltreatment definitions and support States' prevention and intervention efforts.



**2019 marks the official 18th anniversary of Sexual Assault Awareness Month - but did you know we can trace its history even longer?**

Even before its official declaration, SAAM was about both awareness and prevention of sexual assault, harassment, and abuse. Looking at the history of the movement to end sexual violence, it's clear why: It's impossible to prevent an issue no one knows about, and it's difficult to make people aware of a problem without providing a solution. The two work in tandem, and they always have. From the civil rights movement to the founding of the first rape crisis centers to national legislation and beyond, the roots of SAAM run deep.

**Roots of the Movement**

As long as there have been people who care about making the world a better place, there have been individuals advocating for sexual assault prevention. In the United States, movements for social change and equality began to gain traction in the 1940s and 50s with the civil rights era. Although open discussion of the realities of sexual assault and domestic violence were limited at these times, activists for equal rights began to challenge the status quo.

Efforts during this time were championed by black women and women of color. Advocates like Rosa Parks worked at the intersections of race-based and gender-based violence (a framework that years later in 1989, advocate and professor Kimberlé Crenshaw would call "intersectionality"). Wide social activism around the issue of sexual assault continued into the 1970s, bringing with it support for survivors and heightened awareness. The first rape crisis center was founded in San Francisco in 1971, the same city where the first U.S. Take Back the Night event was held seven years later.

The following decades mobilized survivors and advocates to call for legislation and funding that would support survivors, such as the Violence Against Women Act of 1993 (VAWA).

Monumental changes like VAWA demonstrated that national efforts promoting sexual violence prevention were needed. Even before SAAM was first nationally observed in 2001, advocates had been holding events, marches, and observances related to sexual violence during the month of April, sometimes during a week-long "Sexual Assault Awareness Week."

In an effort to further coordinate awareness and prevention efforts in 2000, the newly launched National Sexual Violence Resource Center and the Resource Sharing Project polled sexual violence coalitions. They asked organizations about their preferred color, symbol, and month for sexual assault awareness activities. The results showed that those in the movement preferred a teal ribbon as a symbol for sexual assault awareness, and SAAM as we know it was born.

**Awareness & Prevention**

In the early 2000s, the primary goal of SAAM was awareness - both raising visibility of the teal ribbon and the meaning behind it. By the mid-2000s, SAAM incorporated prevention more heavily, focusing on areas such as communities, workplaces, and college campuses. These campaigns discussed ways that individuals and communities can stop sexual assault before it happens by changing behaviors and promoting respect. These two goals of awareness and prevention carried over into the 2010s, laying the groundwork for the SAAM that we see today. While each campaign has a different theme, they all share same common goals: to raise visibility about sexual assault and share how it can be prevented, whether that's through education about healthy sexuality, consent, or bystander intervention.

**Expanding Audiences**

In more recent years, SAAM has focused on bringing in audiences beyond advocates - those who may not realize they play an important role in preventing sexual violence. Recent resources have focused on how people like parents, faith leaders, and coaches can become agents of change, while sharing the practical things each of us can do to prevent sexual assault. SAAM has also branched out to Spanish-speaking audiences as well, with campaigns in recent years that include Spanish content. Whether that's resources that cover the same information from the English campaign in Spanish, a different theme and style of resources, or a combination of the two, SAAM en español has helped even more communities get involved in prevention.

**The Future of SAAM**

The history of SAAM has shown us that, no matter what, those who want to end sexual assault and abuse will always find ways to advocate for awareness and prevention. Looking forward, we can be sure that SAAM will continue to grow and adapt, reaching even more audiences with the message that a world free of sexual assault and abuse is possible.

<https://www.nsvrc.org/saam/history>

**April is Sexual Assault Awareness Month (SAAM).** The goal of SAAM is to raise public awareness about sexual violence and educate communities on how to prevent it. This year SAAM is celebrating its 18th anniversary with the theme, I Ask. We know that one month alone isn't enough to solve the serious and widespread issue of sexual violence. However, the attention April generates is an opportunity to energize and expand prevention efforts throughout the year.

Sexual Assault Awareness Month is about more than awareness - the ultimate goal is prevention. Since consent is a clear, concrete example of what it takes to end sexual harassment, abuse, and assault, it only made sense that this year's theme center on empowering all of us to put consent into practice. The campaign will champion the power of asking - whether it be asking to hold someone's hand, for permission to share personal information with others, or if a partner is interested in sex.

I Ask is the statement by which individuals will demonstrate that asking for consent is a healthy, normal, and necessary part of everyday interactions. I Ask is the statement by which we will uplift the importance of consent and transform it from being prescriptive to empowering. The goal of the campaign is to empower everyone to put consent into practice. As individuals share the message of the campaign throughout their communities and online, they'll demonstrate the importance of consent and set an example for their partners, friends, and loved ones.

## I ASK HOW TO TEACH CONSENT EARLY

### **What Is Consent?**

Consent means asking someone for their permission to do something and accepting their answer. Consent shows up in kids' lives when they ask peers if and what they want to play, if they want to sit together at lunch or on the bus, if they'd like to share school supplies, toys, food, etc. Helping kids to ask for consent and accept rejection in these everyday ways builds a foundation for practicing consent in intimate relationships as they get older.

### **Talk Openly**

Ask yourself: What messages is my child getting about relationships and consent? What messages do I want them to get? Let your child know they can come to you with questions about consent and relationships. Answer their questions honestly and encourage ongoing conversations about respect and safety. For example, you could tell your child, "Everyone's body deserves respect," or "If someone hurts us, it's okay to talk about it."

### **Teach Respect for Boundaries**

Teach your child that consent means always choosing to respect others' boundaries. Boundaries are a person's right to choose what is comfortable for them. For example, "It sounds like your friend didn't want to sit beside you on the bus today. Sometimes you don't want to sit beside me and that's okay. Everybody gets to make choices about what's comfortable for them."

### **Teach How to Ask for Consent**

Help your child to think about how their actions might make another person feel and to ask questions if they don't know. Everyone has different boundaries, and no one should ever feel pressured to do something that they're uncomfortable with.

### **Model Asking for Consent**

Show your child ways to ask for consent by modeling the words and actions yourself. Model respect for boundaries by asking your child for consent and accepting their answer, like when asking for a hug or sharing information about them with others. Use teachable moments to talk about consent and respect. For example, "I could tell your guidance counselor that grandma died if that's okay with you," or "It's okay if you don't want a goodnight hug".

## I ASK FOR CONSENT

### **What Is Consent?**

When someone gives consent, they're giving permission for something to happen or agreeing to do something. This means they need to know specifically what they're agreeing to - so make sure what you're asking is clear. For example, "Do you want to mess around for a while? Like cuddling and making out, but not having sex?"

### **When and How to Ask for Consent**

Always ask for consent before you begin any sexual activity, including kissing, cuddling, and any kind of sex - even if your partner consented in the past. Ask in a way that makes it clear it would be okay if they said "no" -

otherwise you might be pressuring them to do something they don't want to do. For example, "Do you want to go back to the bedroom or hang out here and watch movies?"

### **What Is Not Consent?**

Your partner may not tell you "no," but that doesn't mean they're saying "yes." If someone says nothing, "um...I guess," or an unsure "yes," they're likely communicating that they don't really want to do the thing you're asking about. In these cases, you don't have clear consent. Check in with your partner about how they're feeling or suggest another activity. For example, "You seem unsure, so why don't we just watch TV tonight?"

### **Non-Verbal Cues**

Pay attention to your partner's body language. If they pull away, tense up, look uncomfortable, laugh nervously, or are quiet or not responding, you should check in. For example, "You don't seem too into this. Do you want to stop or take a break?"

### **Dealing with the "No"**

Sometimes your partner will say "no," and that's okay. Reassure them that you're glad they can be honest with you. For example, "That's okay; maybe we could do that some other time."

### **Why Consent Matters**

Talking about what your partner wants to do ensures sex is consensual and makes it more enjoyable. You'll feel more confident about what you're doing, and your partner will feel comfortable getting close to you.

## **I ASK HOW POWER IMPACTS CONSENT**

Consent can be complicated when one partner holds more power than the other. By being mindful of the ways power imbalances may impact consent, you can take steps to ensure your partner feels comfortable communicating their needs.

### **What is Power?**

Power is the ability to influence the actions and choices of others. Power can be obvious, like in the case of a supervisor or mentor, or it can be less apparent like when there's a difference in sexual experience.

### **Imbalances of Power**

Relationships have a power imbalance when one person has the power to influence things like money, a place to live, a job, or a reputation. Having power over someone can influence how comfortable they feel saying no to sex – someone may fear negative consequences for not consenting. When someone abuses power over a partner, they may use verbal threats or not. Either way, consent is never possible when someone feels they don't have a choice.

### **Examples of Imbalances of Power**

**Age differences and sexual experience:** An older or more sexually experienced adult may make a younger or less experienced adult feel they need to "prove" that they are mature or experienced.

**Level of ability:** Some adults who have physical or intellectual disabilities, older adults, or those who need assistance from a caregiver may rely on their partner in some areas of life, but their decision-making in other areas should still be respected.

**Position in society:** Someone may have more social privilege than their partner – through their education, job, wealth, citizenship, or other factors.

**Privilege:** White privilege, male privilege, and other unearned advantages are part of the power some of us bring to relationships.

### **Checking In**

Before asking for consent, consider how holding a position of power might influence the situation. Ask yourself: "Would this person say yes if I didn't have power/authority over them?"

### **Make Consent Clear**

If there's a difference in power between you and your partner, your partner may feel less able to tell you their needs. Let them know they can tell you when they're not interested in doing something. Ask questions in a way that communicates you're okay with their answer – no matter what it is. For example, "I hope you know you can tell me how you're really feeling – saying 'no' is always okay."

# SARC Program Reports



## SARC Crisis Program

During the first half of the 2018-2019 fiscal year, SARC served **233** new sexual assault victims, **21** new human trafficking victims and **154** new general crime victims.

### Types of Sexual Assault

Date/Acquaintance Rape:	22%
Family Molestation:	23%
Acquaintance Molestation:	30%
Other/Unknown:	8%
Family Rape:	8%
Stranger Rape:	3%
Adult Survivor:	3%
Stranger Molestation:	1%
Marital Rape:	1%
Sexual Harassment:	1%

SARC's Sexual Assault Advocates invested **1,440 hours** providing advocacy for their clients.

They provided a total of **7,055 follow up services** and made **1,925 contacts** on behalf of their clients.

SARC's Human Trafficking and General Crimes Advocates invested **750 hours** on providing services for clients. They provided a total of **8,754 follow up services** and made **3,644** on behalf of their clients.

### Crime Type

Assault:	22%
Harassment:	26%
Child Physical Abuse:	13%
Homicide:	8%
Robbery:	5%
Vulnerable Adult Abuse:	3%
Kidnapping:	0%
Property Crimes:	6%
Fraud/Forgery:	1%
Vehicular Assault:	0%
Identity Theft:	0%
Hate Crimes:	0%
Burglary:	3%
Child Pornography:	5%
Violation of Court Order:	6%
Child Neglect:	1%
DUI/DWI Crashes:	1%

### Age of Victim Sexual Assault

0 thru 5:	14%
6 thru 11:	19%
12 thru 18:	46%
19 and over:	21%

### Age of Victim General Crimes

0 thru 5:	5%
6 thru 11:	11%
12 thru 18:	11%
19 and over:	73%

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

## Kids Haven Program

During the first half of the 2018-2019 fiscal year, **175 interviews** were conducted at Kids Haven.

### Crime Type

Sexual Abuse:	89%
Physical Abuse:	5%
Witness to Violence:	6%
Other:	0%

### Age of Victim

0-5:	24%
6-11:	39%
12-18:	36%
Over 19:	1%

### Gender

Female:	80%
Male:	20%

*"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 **553 presentations** during the first half of the 2018-2019 fiscal year, reaching **15,982 individuals**. Additionally, through outreach efforts such as community fairs and media, **281,727 individuals** were reached.

### Programs

Body and Boundary Safety:	6
Harassment and Bullying Prevention:	190
Safe Bodies, Healthy Minds:	77
Creating Healthy Relationships:	73
Personal Body Safety:	68
SARC Services:	15
Technology Safety:	73
Other:	15
Parent Education:	0
Trafficking:	36

*"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	120
K-2nd	1860
3rd-5th	1982
6th-8th	6903
9th-12th	3503
Adults	1614

### Gender of Audience Members

Female:	8131
Male:	7851

For more information regarding these reports please contact Rosanna Herrera, rherrera@supportadvocacyresourcecenter.com

# New SARC Employees



## **Mirna Barraza Crime Victim Advocate**

My name is Mirna Barraza I was born and raised in Everett, Washington. I am proud to be the oldest of 3 siblings allowing me to set a good example and path of success for my sisters. I am grateful to have two loving and hardworking parents who have always pushed me to reach my goals and have showed my sisters and I what sacrifice looks like. As a first generation high school graduate, I always knew college was in my future. Growing up I always talked about UW, however, it never sparked joy or excitement. The day came when I finally was able to tour WSU and was amazed at how at home I felt...(even being 5 hours away). Fast forward some years and I am now a first generation college graduate with a bachelor of arts in Human Development with an emphasis in Adolescence and a minor in Criminal Justice. Post-graduation I moved back home and realized that I wanted to seek more in a new area. I moved to the Tri-Cities area January, 2019 and have loved being in a new, developing area. I have always enjoyed helping and empowering others which has led me to SARC. I absolutely love being an advocate for those in crisis and hope to continue learning and growing professionally in an office surrounded by amazing individuals.



## **Chrissy Landon Crisis Program Assistant**

I was born and raised in sunny California. I moved to the Pacific Northwest as an adult and lived in the Vancouver area for 13 years before I moved to the Tri-Cities 6 years ago. Since then I have focused on family and finishing my degree in Human Development with emphasis on Behavioral Studies. Working in support services has always been a passion of mine and one of my strengths. I am so grateful to have the opportunity to work at SARC and be a part of the work that we do here.

## **Volunteer Advocates**

SARC volunteer advocates have provided a total of **11,775 hours** for our after hours crisis and hospital lines so far this 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 February 2019:**

Yvette Wilson  
Sean Flanagan  
Monica Lopez  
Rocio Valencia  
Linda Gustafson  
Jazmin Amador  
Pamela Harvey

# 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.

Search for Offenders in your area: <http://www.icrimewatch.net/index.php?AgencyID=54467&disc=54467>

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



NAME: Erik Joseph Stein  
 ADDRESS: 6800 block of W 4TH AVE, KENNEWICK, WA  
 SEX: M  
 AGE:44  
 HAIR: Brown  
 EYES: Blue  
 HEIGHT: 5'09"  
 WEIGHT: 205  
 CONVICTION DATA:  
 9.68A.090 - Communication with minor for immoral purposes.  
 9A.44.076 - Rape of a child in the second degree  
 DATE CONVICTED: 9/21/2001

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



NAME: Frank Murillo IV  
 ADDRESS: Transient, Pasco, WA  
 SEX: M  
 AGE:25  
 HAIR: Black  
 EYES: Brown  
 HEIGHT: 5'07"  
 WEIGHT: 164  
 CONVICTION DATA:  
 9.68A.070 - Possession of depictions of minor engaged in sexually explicit conduct 1  
 DATE CONVICTED: 06/02/2015

**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!**

- \* Project Linus
- \* P.K. Todd Clark
- \* Cindy Barbosa
- \* Yoga Community
- \* Heather Anastos
- \* Daniel & Bettina Foley
- \* Mary Buchan-LaMothe
- \* Thomas & Kirsten Hofmann
- \* HAPO
- \* Hillspring Church
- \* Kennewick Police Foundation
- \* Community Care Fund
- \* WRSP
- \* New Vintage Church
- \* SECOMM
- \* SHP
- \* Mission Support Alliance
- \* Parish of the Holy Spirit
- \* Marissa Douglas
- \* Rachel Jewett
- \* Terri Brown
- \* Duane Moe
- \* Joshua Dennis
- \* Joshua Buntan
- \* Jacob Safford
- \* Jim Raymond
- \* Patrick Haddox
- \* Adam Diaz
- \* Mark Tennancourt
- \* Umpqua Bank
- \* Ann Bleakley & James Anderson
- \* Leslie Teachout
- \* Amy Seaman
- \* Steve & Katti Warren
- \* Phil McGuinness
- \* James Compton
- \* DA Davidson & Co
- \* Kristin Jarman
- \* Network for Good
- \* Lisa Thomas
- \* BCSO
- \* Lord of Life Lutheran Church



# SARC NEWS



April	Sexual Assault Awareness Month
April 1-5	The Clothesline Project
April 5-12	Little Hearts Project @ Columbia Center Mall
April 12	Kids Haven Online Auction Open
April 18	Community Education Night
May 3	Cinco de Mayo Celebration Dinner
May 27	Memorial Day- Office Closed
June 17-21	Summer Camp
June 24-26	Human Trafficking Conference
June 30	End of Fiscal Year
July 4-5	4th of July- Office Closed

## SARC Staff Members

JoDee Garretson <i>Executive Director</i>	Mirna Barraza <i>Crime Victim Advocate</i>
Mitzi Veng <i>Office Administrator</i>	Chrissy Langdon <i>Crisis Program Assistant</i>
Anna Hahn <i>Clinical Director</i>	Desiree Reynolds <i>Program Director,</i>
Sherrie Lennox <i>Counselor</i>	<i>Human Trafficking</i>
Rebecca Schmieman <i>Counseling Intern</i>	Gabriela Navarro <i>Human Trafficking Advocate</i>
Rosanna Herrera-Brown <i>Program Director, Client</i>	Alejandra Cardoso <i>Human Trafficking Advocate</i>
Services & Prevention	Anna Olson <i>Human Trafficking Assistant</i>
Maricela Garcia <i>Sexual Assault Advocate</i>	Denise Martin <i>Prevention Specialist</i>
Maria Zuniga <i>Sexual Assault Advocate</i>	Andrea Garcia <i>Prevention Specialist</i>
Rylie Dixon <i>Sexual Assault Advocate</i>	Andrea Aldous <i>Prevention Assistant</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**

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Please join and share - we appreciate your help!

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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

<b>President</b> Kevin Hartz	<b>Secretary</b> Marilyn Heasley	<b>Member at Large</b> Betsy Dickinson	<b>Members</b> Sharon Adkins Adam Austin Mary Dover Jeff Escalera	Camille Meyer Jim Raymond Leslie Sievers Gary Smith Tobaski Snipes
<b>Vice President</b> Monica Cisneros	<b>Treasurer</b> Craig Littrell			

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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 via e-mail.

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We are pleased to offer our readers an opportunity to receive our informative newsletter electronically, instead of by mail. The transition only requires you to send your name, company and email address to [aaldous@supportadvocacyresourcecenter.com](mailto:aaldous@supportadvocacyresourcecenter.com).

If you would like to continue to receive the paper newsletter, simply do nothing and you will continue to enjoy it arriving in the mail. Thank you for helping us be more environmentally friendly!



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