

Resources for Survivors of Domestic Violence and Sexual Assault

Yes, You Have A Role In Preventing Sexual Violence

By: Emily Putters; Norfolk Outreach Coordinator

Whether you have been an advocate for decades or have only recently been inspired by the powerful stories of survivors coming forward, in a society where sexual violence is normalized there are daily opportunities to interrupt rape culture. And while some forms of sexual violence — such as sexist jokes, catcalling or vulgar gestures — aren't illegal, they are no less threatening or harmful to the person being victimized. These behaviors contribute to a culture that accepts sexual violence, and one we should not stand for.

April was Sexual Assault Awareness Month, a time to come together and boost awareness about sexual violence and educate communities on how to prevent it.

What does it mean for you?

- If you're a coach: Teach your athletes that derogatory jokes, while seemingly harmless, create environments that support disrespect and, in some cases, promote violence.
- If you're a faith leader: Be prepared to address sexual violence in your congregation. Believe survivors when they share their stories with you. Assure them it wasn't their fault, no matter the circumstances.
- If you're a student: Educate others about what enthusiastic, affirmative consent looks like, and step in and speak up when you hear rape jokes, see sexual harassment, or observe situations where consent hasn't been or cannot be given.
- If you're a parent: Respect your child's right to make choices about their body, and encourage them to respect the choices of others.
- If you're a new voice to sexual violence prevention: Welcome! Call out sexist jokes, catcalling, and other actions that contribute to a broader climate in which sexual violence is tolerated and not taken seriously. Bystander intervention, or intervening before, during or after a situation when you see or hear behaviors that promote sexual violence is one of the simplest, most effective ways for people to play a role. Everyone has a role to play in changing the culture to prevent sexual violence. So get involved. Speak up. Attend fundraisers that support victims. Wear teal. Believe and support survivors. Model healthy behavior. And spread the word. Together we can make an impact and end sexual violence — in all of its forms — once and for all.

Source: http://www.huffingtonpost.com/entry/yes-you-have-a-role-to-play-in-preventing-sexual-violence_us_58e29c4fe4b09deecf0e18df

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Volunteer Spotlight

At the O'Neill Office, we have a new intern that has recently graduated from Wayne State College! She has completed and received a bachelor's degree in Human Service Counseling. Tori Thrasher grew up in a small, country town of about four hundred people nestled in the northeastern part of the state, called Ewing.

While here, Tori will be helping with a wide variety of tasks and will hopefully get an exact picture of what advocacy looks like! It is very inspiring to see someone who has so much passion to want to make a difference. Tori enjoys spending as much time as possible with her family, especially being able to support her little sister who is a sophomore in High School. "Being the middle child isn't the easiest!", she said while reminiscing being in a full household with two sisters and one brother. She explained that her dream would be to find a position that she loves and can help others succeed! We are very happy to have her here in the office this summer and wish her the best in her future adventures in life!



A journey of a thousand miles begins with a single step.

-Lao Tzu

Volunteer Appreciation Month

By: Emily Putters; Norfolk Outreach Coordinator

Volunteers play a huge role in our organization. That's why every year Bright Horizons hosts a Volunteer Appreciation Event.

April 6th, coinciding with our 8th Annual Awareness walk, several volunteers came to be recognized. Volunteers help with just about everything! From office assistance, answering the crisis line, shelter maintenance, to serving on our board, they help keep our agency running. Just in this last year alone our volunteers put in a combined total of 10,232 hours! Each of our volunteers have put in a lot of time and dedication into our agency and we can't begin to thank them enough for all they do!



"Volunteers do not necessarily have the time, they have the heart!"

- Elizabeth Andrew

Denim Days

By: Kristy Beard; Ainsworth Program Director



During the Month of April, schools, businesses, and individuals throughout our ten county service area supported Bright Horizons by participating in Denim Days Casual for a Cause! The Denim Days Campaign originated in Italy due to a ruling by the Italian Supreme Court where a rape conviction was overturned because the victim had been wearing tight jeans and the justices stated that she must have helped her attacker take her jeans off which implied consent. The following day women in the Italian Parliament came to work wearing jeans to show support for the victim. Since then wearing jeans during Sexual Assault Awareness Month has become a symbol of protest against sexual assault throughout the world. This year Bright Horizons raised over \$3,800.00!! We would like to send a big shout out and “Thank You” to everyone who participated in 2017. The money that was raised will stay in our service area as we provide resources for survivors of domestic violence and sexual assault!

2017 participants include:

Moody Motors	Gutshall & Blumenstock Eyecare	West Holt High School
Pinnacle Bank	Tri County Bank	Nebraska Vocational Rehabilitation
Kerston Auto	West Plains Bank	H&R Block
Strope & Gotschall	O’Neill High School	Premier Companies
Wakefield Insurance	O’Neill Elementary	Behavioral Health Services
Kaup’s Financial Advisors Inc.	Casey’s	Norfolk Iron & Metal
	The Willows Assisted Living	



Help us save some trees and cut some cost by signing up for the newsletter by email! Please contact Emily at emily@brighthorizonsne.org to add your name to the email list!



Education Available

Bright Horizons offers education on bullying, dating violence, healthy relationships, domestic violence, stalking, and sexual assault. We offer education for all ages, including schools, youth groups, and other organizations. If you are interested in having a speaker, please call the Norfolk, O’Neill, or Ainsworth office.

8th Annual Awareness Walk

By: Christy Lee; Norfolk Program Director

April was Sexual Assault Awareness Month and this year's campaign was "It's On Us". The campaign was aimed at creating a cultural movement to shift the way we think about sexual assault. It is inviting everyone to step up and realize that the solution to sexual assault begins with us, and will hopefully inspire others to see it as their responsibility to do something, big or small, to prevent it. Sometimes we choose to ignore behavior around us that we know is wrong or in which someone is getting hurt because we're afraid to intervene or afraid to be unpopular, or because we assume someone else will step in. These choices have implications for us, for those around us, and for the world we live in. We held our 8th Annual Awareness Walk on April 6th at the Sunset Plaza Mall. Over 85 people came out to show their support! We also sold over 100 t-shirts! When we work together we can truly make a difference. **It's On Us!!** Take the pledge as your personal commitment to help keep women, men and children safe from sexual assault. Visit www.itsonus.org now! It's a promise to not be the bystander to the problem, but to be a part of the solution.

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I PLEDGE

To **RECOGNIZE** that non-consensual sex is sexual assault.

To **IDENTIFY** situations in which sexual assault may occur.

To **INTERVENE** in situations where consent has not or cannot be given.

To **CREATE** an environment in which sexual assault is unacceptable and survivors are supported.



Engaging Men in Preventing Domestic Violence and Sexual Assault

By: Lindsay Olsen; Campus Advocate

On May 3rd Emily and I were able to attend an all-day training in Lincoln called We Got Them to Walk in Heels, Now What? The whole purpose of this training was to teach advocates and other people in the helping profession how to get men more engaged in the fight

against domestic violence and sexual assault. The speaker for this training was Rus Funk. Rus is an activist who specializes in promoting healthy masculinities, equity and diversity, and violence prevention. The training focused on different ways and approaches to engage more men in preventing domestic and sexual violence. He stressed that men and boys may seem more apprehensive when it comes to being involved because they may not know how to become involved or feel fear of being stereotyped as an abuser. We spent the day discussing ways to diminish that stereotype. Rus said, "As long as we define the problem as blaming individuals or labeling women as victims, we will never be effective in prevention." We need to be aware that domestic violence has no boundaries. Anyone can be a victim and anyone can take a stand against it. Men have an important part to play in the fight against domestic and sexual violence and we need their voices more than ever. Over all this was an extremely powerful training and knowledge we gained from this will be great tools in the work that we do.



Elder Abuse Awareness Month

By: Emily Putters; Norfolk Outreach Coordinator

June is Elder Abuse Awareness Month. According to The Administration on Aging, hundreds of thousands of elderly are abused, neglected, and exploited each year. Many of these victims are frail, vulnerable, and cannot help themselves and depend on others for their most basic needs. Their abusers may be family members, friends, or others they "trust." Elder abuse in general, is a term referring to any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult (AoA). All 50 states have passed some form of elder abuse prevention laws. Different types of abuse can include physical, sexual, emotional, financial exploitation, and neglect.



There are many warning signs of elder abuse, while one does not necessarily indicate abuse, some more obvious signs include: Physical- bruises, broken bones, pressure marks, etc. or any other bodily injuries. Emotional- unexplained withdrawal from normal activities, sudden change in alertness, and unusual depression. Sexual- bruises around private body parts. Financial Exploitation- sudden changes in financial situations. Emotional- behavior such as belittling, threats, and other uses of power and control by caregivers. Neglect- bedsores, unattended medical needs, poor hygiene, and unusual weight loss. Other signs may be strained or tense relationships, frequent arguments between the caregiver and elderly person.

If you suspect elder abuse please call the Adult Protective Services Hotline at: **1-800-652-1999**

If someone is in immediate danger, call 911 or the local police for immediate help. One of the most important things you can do is be alert. Suffering is often silent and if you notice changes in a senior's personality or behavior, you should question what is going on. Remember it's not your role to verify abuse is happening, but to alert others of your suspicions. This information was founded by the Administration on Aging. Visit www.aoa.gov for more information on elder abuse, warning signs, and reporting.

Developing Eagles

By: Emily Elsbury; O'Neill Outreach Coordinator

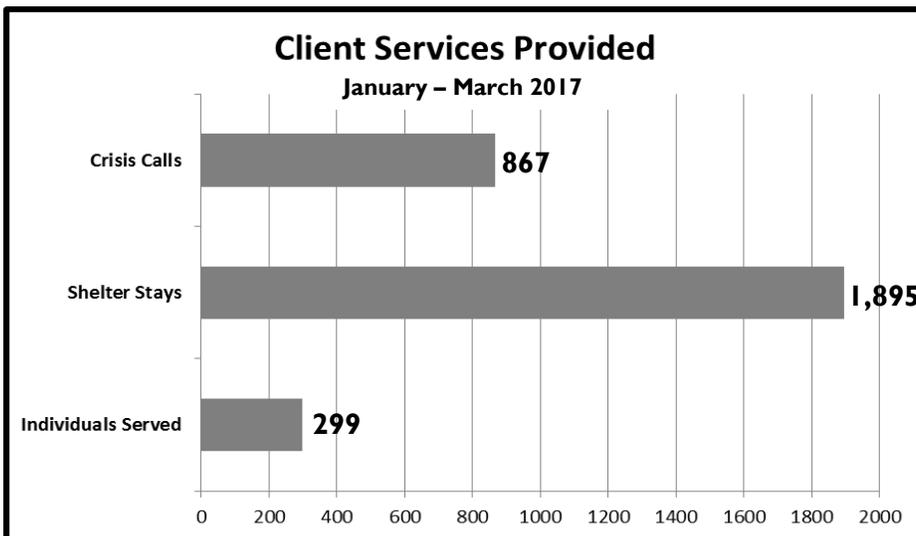
At Developing Eagles, we are creating a diverse number of projects! We have mainly been focusing on activities that promote kindness, happiness, and creativity! Whether that be making a craft that creates awareness about littering, a project that opens the students eyes to bullying, and different ways to stop it, or a simple story to pass on a smile. There are just so many different outlets to take advantage of to make a difference. Each project can be used in a variety of ways to target all age groups. Currently we are working on a project focusing on their family members. It includes a booklet that has simple activities to describe their family member of choice and display different interests and how they care and support them! These tools will help the students learn how to treat one another in a respectful and rewarding way! My goal each time I enter the school is to help at least one child to feel like they are important and not just another student in the classroom. There will be many, many more projects this summer we will be tackling to diminish the stigma of bullying with a fun twist!



Meet Our New Staff!

By: Ashley Johansen; Shelter Advocate

Hello! My name is Ashley Johansen. I am a new Shelter Advocate at Bright Horizons. I grew up and graduated high school in Columbus NE. I earned my Bachelor's degree in Psychology this past spring and am currently pursuing a Master's degree in Clinical Mental Health Counseling from Wayne State College. Prior to working for Bright Horizons, I worked with Kindergarten and First graders for 7 years. I am excited to be working at Bright Horizons and being involved in a field dedicated to helping so many people. One thing I enjoy about this position is that I am able to help people in many different ways, and those ways are always changing. I look forward to the amazing experiences to come while working for such a great agency.



NOTE:

These numbers are unduplicated. This means if we worked with a victim 6 times in one month, we only count him/her ONE time for that month.

Last Quarter Supporters of Bright Horizons

Anita Drahota	Scott Warner	Modern Woodmen of America—Norfolk
Anthony Beardslee	Sharon Hall	Norfolk Catholic Kindergarten Class—Norfolk
Betty Kirchner	Staci Koenig	Our Savior Women of ECLA—Plainview
Carol Dubsky	Steve & Brenda Kimes	Renewed Hope—Norfolk
Carolyn Hall	Tiffany Ballagh	Rootiebirds—Norfolk
Delberta Peterson	Tylynne Bauer	Rural Northwest Deanery
Duane & Cindy Nelson	Todd Wragge	St. John's Welcome Ladies—Norfolk
Erin Jelenick	Virginia Hall	St. Mark's Lutheran Church—Bloomfield
Father Jim Kramper	Bits n' Pieces—Stanton	St. Mary's Altar Society—Butte
Genevieve Mossman	Christ Lutheran School—Norfolk	St. Mary's Catholic 5th Grade Class—Oakdale
Geraldine Benton	Emmerick Goldenrod Juniors—Meadow Grove	Thabor Lutheran Church Women of ECLA—Wausa
Javae Ermels	Episcopal Church—Bassett	The Parish Council—Fairfax, SD
Layne Roth	Episcopal Church—O'Neill	Trinity Lutheran Ladies Aid—Madison
LeAnn Broderson	First Christian Church	United Methodist Church—Meadow Grove
Lori Langan	Mother's Group—Norfolk	
Lorraine Kramer	First United Methodist Church - Norfolk	
Melanie Morgan	GFWC Women's Club—Clarkson	
Marilyn Hytrek	Good Life Counseling—Norfolk	
Nancy Bitney	Hope Congregational Church—Bayard	
Nancy Jacobs	Lutheran Women's Missionary League—Wausa	
Nancy Kratz	Lynch Assumption Altar Society—Butte	
Nancy Naprstek		
Paul & Gynell Poessnecker		
Paul Carlson		
Randy Hokamp		

Thank you

Bright Horizons Shelter Wish List

Paper Good Supplies
 Cleaning Supplies
 Air Fresheners
 Disinfectant Wipes/Spray
 Dish/Laundry Soap
 Fabric Softener
 Trash Bags— All sizes
 Light Bulbs 40-60 Watt
 Hand Soap
 Food Items
 Bottled Water
 Zip-Lock Bags/Tupperware

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 PEOPLE UP.**
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 — John Holmes

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 Gift Cards (Grocery, Gas, etc.)
 Baby Care Items
 Disposable Diapers
 Baby Wipes
 Baby Formula
 Hygiene Products
 Over The Counter Medications
 First Aid Supplies

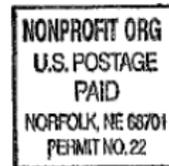
Bright Horizons
Resources for Survivors of
Domestic Violence and Sexual Assault

Norfolk Office
601 E Norfolk Ave
Norfolk, NE 68701
(402) 379-2026

O'Neill Office
318 E. Douglas St.
O'Neill, NE 68763
(402) 336-1774

Ainsworth Office
938 East Zero St
PO Box 313
Ainsworth, NE 69210
(402) 382-5676

Crisis Line
1-877-379-3798



www.brighthorizonsne.org

If you no longer want to be on Bright Horizons' newsletter mailing list, please contact Emily at 402-379-2026 or at emily@brighthorizonsne.org

**Ask Us About Becoming a
Volunteer!**

Bright Horizons Services

- 24 Hour Crisis Line
 - Community Education
 - Individual Advocacy
 - Criminal Justice & Legal Advocacy
 - Emergency Shelter
 - Support Group
-

24 Hour Crisis Line 1-877-379-3798

**Providing services to Antelope, Boyd, Holt, Knox, Madison, Pierce,
Stanton, Brown, Rock, and Keya Paha counties.**

Upcoming Events:

Project Homeless Connect—June 23rd

7th Annual Garage Sale—July 21st

Save the Date : Women's Wellness Event in O'Neill September 28th!

Don't forget to sign up to get the newsletter electronically by emailing emily@brighthorizonsne.org!

Also find us online and on Facebook!