

# Bright Horizons

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## Volunteers Needed!

Have you ever considered donating your time to Bright Horizons? Now is your chance to become trained to be a Volunteer Advocate for our agency. Can you give one evening or day a month? When you volunteer at Bright Horizons, the commitment level is up to you. If you want to help with our crisis line coverage, you can give one evening a week, or a week at a time, whichever works best for you. If you want to help in our office or with outreach events, you can give whatever time fits into your schedule.

Crisis line volunteers are available 24 hours a day, 7 days a week to respond to victims in need. Our staff provides back up assistance to our volunteers. Volunteers can use our agency cell phone to answer these calls, or their own personal cell phone. Either way, it allows you flexibility. You can still run errands while you are on call, you aren't confined to our office or your home.

The trainings we will be offering will cover the basics of domestic violence, sexual assault, stalking, advocacy, and crisis line work. After completion of the training, if you decide you are interested in volunteering, we will need to complete a background check before you start.

If you are located in the O'Neill area, the Volunteer Training will be offered on Mondays in March from 5:30-8:30.

If you are located in the Norfolk area, the Volunteer Training will be offered on April 8 from 8:30 to 4:30.

Please see the enclosed flyer with more details on the trainings and how to register. We can't do the work we do without our dedicated, caring volunteers. Please consider joining our team!

## Board Of Directors

Deb Milligan, President  
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# Teen Dating Violence Awareness & Prevention Month Observed in February

BRAVO (Bullying Recognition and Anti-Violence Organization) asked O'Neill Mayor Bill Price to proclaim February as Teen Dating Violence Prevention and Awareness Month. BRAVO held all-school assemblies at O'Neill St. Mary's and Public high schools. A teen dating violence survivor shared her personal story and answered questions. BRAVO also held contests at their schools and conducted outreach.



## What is Teen Dating Violence?

Teen Dating Violence is affecting 1 in 5 teenage girls in this country. 1 in 4 adolescents report verbal, physical, emotional, or sexual abuse from a dating partner each year. About 10% of students nationwide report being physically hurt by a boyfriend or girlfriend in the past 12 months.

Dating violence occurs between two people in a close relationship. Physical violence can occur, which consists of hitting, kicking, shoving, pinching, or even restraining someone in a room or vehicle. Emotional abuse is very common and consists of threatening a partner, name calling, shaming, bullying, embarrassing on purpose, and keeping him/her away from friends and family.

Dating violence has a negative effect on health throughout life. Teens who are victimized are more likely to do poorly in school and more likely to use drugs or drink alcohol. They may develop depression or eating disorders, or even commit suicide. Physically abused teens are three times more likely than their non-abused peers to experience violence during college.

We need to stop dating violence before it starts. During the preteen and teen years, young people are learning skills they need to form relationships with others. This is an ideal time to promote healthy relationships and prevent patterns of dating violence that can last into adulthood.

### Teen Dating Violence Websites:

[www.loveisnotabuse.com](http://www.loveisnotabuse.com)

[www.athinline.org](http://www.athinline.org) (MTV's website on sexting and digital abuse)

### Education Available

**Bright Horizons offers education on bullying, dating violence, healthy relationships, domestic violence, and assault. We offer education for all ages, including schools, youth groups, and other organizations. If you are interested in having a speaker, please call (402)379-2026 or (402)336-1774.**

## Child Sexual Assault Prevention Training Available

Gina Clyde in the Norfolk Bright Horizons office has recently completed training to become a Stewards of Children facilitator for a revolutionary child sexual assault prevention training. Gina is now available to train your staff, organization members, or parent groups.

The training strives to education adults to prevent, recognize, and react responsibly to child sexual abuse and motivates them to courageous action. It incorporates the “7 Steps to Protect Our Children”, which is a core educational tool for sexual abuse prevention.

The training covers the principles of choice, consciousness and personal power to promote an understanding of the nature and impact of child sexual abuse and provide a context for empowered action.

The 2.5 hour training is appropriate not only to systems that serve children daily, but also to individuals and businesses who want to respond to the epidemic nature of the problem. Cost is just \$10 per participant and they will receive an interactive workbook.

To book your training, please call Gina at 402-379-2026 today.

Special thanks to the Northeast Nebraska Child Advocacy Center for bringing this training to Norfolk and to Norfolk Family Medicine for sponsoring Gina’s tuition.

Resources for Survivors of Domestic Violence and Sexual Assault

**Bright Horizons is now on Facebook!**

**Add us today!**

## Bright Horizons Welcomes New Board Members

In February, Bright Horizons was pleased to welcome three new members to our Board of Directors. They are Pastor Wayne Owens from the Elkhorn-Niobrara Valley Parish in Atkinson, Terri Gross the Guidance Counselor at Madison Public Schools, and Reverend Jan Harris from the First Congregational United Church of Christ in Norfolk.

We welcome you and appreciate your dedication to our agency!

# April is Sexual Assault Awareness Month

In April, we observe Sexual Assault Awareness Month. 1 in 6 American women has been the victim of an attempted or completed rape in their lifetime. 1 in 4 girls and 1 in 6 boys will be sexually assaulted by their 18th birthday.

Sexual assault victims are 3 times more likely to suffer from depression, 13 times more likely to abuse alcohol, 26 times more likely to abuse drugs, and 4 times more likely to contemplate suicide.

This April, we encourage you to get involved by participating in one of our several events or trainings. On April 15, you can support our agency by walking in the “Love Shouldn’t Hurt” Awareness Walk at Skyview Lake in Norfolk. Sign up your business or organization to participate in Denim Days. Attend a volunteer training or sexual assault prevention training.

For more information on sexual assault, please call or visit our offices.

## 4 Things You Need to Know About Child Molestation

### 1. Stranger Danger Myth

90 percent of child molesters know their victims. Most are not strangers who lurk in the bushes, waiting to kidnap children. They are family friends, uncles, brothers, father, and neighbors. Less than 10 percent of molesters are the strangers who are abducting kids like you see on the news.

### 2. How They Gain Victims’ Trust

Molesters don't choose their victims at random. They seek out vulnerable children, gain their trust and seduce them. It's calculated and deliberate. One molester said he gained the girls' trust by telling them he loved them.

### 3. The Grooming Process

Some abusers are so conniving, they are able to manipulate their victims and make the molestation feel good. This confused the child into blaming themselves when it's never the victim's fault. The grooming process starts early, and at first, it's subtle.

### 4. How Parents Can Protect Their Children

Admitted child molesters say there are things parents can do to protect their sons and daughters. First, be on alert. Open your eyes and look around and see what's happening. For example, if you are at a party and you notice someone spending more time with the children than the adults, that's a red flag.

Parents need to pay attention to their children's cues and listen to them. When they tell you someone touched them, you need to believe them. Kids don't lie about this. Listen to them.

*(source: [www.oprah.com](http://www.oprah.com))*

## Allstate Foundation Grant Received

Bright Horizons was selected to receive a \$1,000 grant from the Allstate Foundation. This grant is presented to organizations that provide economical empowerment programming for victims of domestic violence or offer programming that encourages safe and responsible teen driving.

Bright Horizons was nominated by Michael Butterfield, an Encompass/Allstate Independent Agent, with the North Central Insurance Agency and Realty Company in Atkinson, Nebraska.

(Pictured at right: Michael Butterfield and Executive Director Linda Olson)



## Volunteer Appreciation

In April, we honor our volunteers for their dedication and work they have given to our agency. In 2009, our volunteers in our seven county area, donated 12,900 hours. They have given their time to answer crisis calls, work with victims in crisis, help with outreach events and awareness, painted our shelter, mowed the grass at shelter, folded newsletters, filed, served on our Board of Directors and more.

Thank you to each and every one of you. We appreciate all you do!

## Bright Horizons Wish List

- |                                  |  |
|----------------------------------|--|
| Paper products                   | Pajamas for Women & Children               |
| Cleaning supplies & laundry soap | New Underwear & Socks for Women & Children |
| Gift, gas, or phone cards        | Microwaves                                 |
| Pots, Pans, Dishes               | Televisions                                |
| Used Children's Clothing         | Diapers in size 5-6                        |
| Toiletries                       |  |

## Last Quarter Supporters of Bright Horizons

### Norfolk Area Supporters

In Memory of Terry Armstrong by the Deckert Family

Vanessa Ash

Alicia Hedell

LeRoy Vanek

Jean Shocker

Kim Harmon

Jennifer Baumann

Chad & Melissa Eades

David & Marilyn Sehi

Lorna Luben

Monica Emory

Sharon Adams

Phyllis Hall

Karen Dukcan

Mindy Schroeder

Janice Aldag

Dan & Gloria Brown

Margaret Westby

Wilma Sykora

Janet Henseleit

Terri Gross

Stell Landauen

Irene Fisher

Evelyn Pelster

Roxann Klien

Donna Best

Theresa Hahlbeck

Kelly Stewart

Joanie Brown

Lola Brockman

Jill Mueller

Crystal Wilson

Phyllis Alstadt



Dave Steffen

Lisa Gerdes

Dick Pflanz

Mary Ellen Swim

Joann Bradford

Dorothy Bartee

Mary Beth & Percy Cross

Katie Brown Family

Gloria Aschoff

Frank Aschoff

Ruth Aschoff

Sue Lenhoff family

Marigay Jackson

Kay & Jack Putters

Julie Curry

Keely & Kailey Stolp

Diann Kenny

Jill Juracek

Carter & Gretchen Olson family

Joe & Brooke Greenough family

Mike, Diana & Mason Dusek

Beth, Amara, & Josiah Sholes

Lindsey & Addysen Clyde

Rhonda & Gracie King

Donny & Isabell Larson

Tim, TJ, and Abraham Larson

TeeCo Inc, Stanton

Faith Regional Health Services Nutritional Dept, Norfolk

Premier Marketing, Norfolk

The Meadows, Norfolk

Bath & Body Works, Norfolk

Eagles Club, Norfolk

United Methodist Church, Bloomfield

Tilden Hospital

St. Leonards Guild, Madison

United Methodist Women, Norfolk

First Christian Church, Norfolk

Our Lady of Mt. Carmel Catholic Women, Tilden

Grace Community Church, Norfolk

NECC Phi Theta Kappa, Norfolk

Better Homes Club, Plainview

Clarkson area Churches

Bismark 4-H Club, Beemer

Sacred Heart Kindergarten Class, Norfolk

KCM Storage, Norfolk

Thabor Evangelical Lutheran Church, Wausa

United Methodist Church, Meadow Grove

Women of Trinity Episcopal Church, Norfolk

Methodist Mission Fund

Missionary Benedictine Sisters, Norfolk

OLMC Youth Group, Tilden

Mrs. Wieser's 10th grade class, Norfolk

Bel Air Students, Norfolk

Grace Community Church, Norfolk

St. Joseph's Altar Society, Pierce

Immanuel Lutheran Ladies Aid, Tilden

Western Methodist Church

Modern Woodmen of American

St. Mark's Lutheran Church, Bloomfield

Seventh Day Advent Church, Norfolk

Village Inn, Norfolk

Covidian, Norfolk

Pierce Kiwanis Club

Sacred Heart First Graders, Norfolk	Karen Funk	Beulah Potter
Century 21, Norfolk	Teri Pavelka	Ray Hagberg
St. Boniface Altar Society, Elgin	Paul & Gynell Poessnecker	C.O. Enterprises, Atkinson
Immanuel Lutheran Church, Osmond	Helen Poessnecker	Christ Lutheran Ladies Aid, O'Neill
Sacred Heart Altar Society, Norfolk	Erin Statz	United Methodist Church, Creighton
St. Peters Altar Society, Norfolk	Raydean Kunz Estate	St Mary's Altar Society, Spencer
St Johns Lutheran Church, Pilger	Mary Derscheid	St Patrick's Parish, O'Neill
United Methodist Women, Newman Grove	Lisa Henne	St Paul's Lutheran Church, Chambers
St Mary's Guild, Osmond	Jim & Evadene Boettcher	West Boyd High School Spanish Club
United Methodist Women, Pierce	Kay Shannahan	Orchard School 7th and 9th Graders
First Presbyterian Church, Norfolk	Maurice Grutsch Estate	The Antique Club, O'Neill
Christ Lutheran School, Norfolk	Grant Graff	Beaver Valley Women's Club, Bartlett
Sacred Heart CCD Class, Norfolk	Jolene Lichty	Trinity Lutheran Church, Bristow
Presbyterian Women, Norfolk	Peg Cole	Material Girls, O'Neill
<b><u>O'Neill Area Donors</u></b>	Brad Ducker	Niobrara Lutheran Ladies
Neil & Shirley Garwood	Hamilton Estate	United Methodist Women, Atkinson
Harold & Maxine Krieger	Beverly Walstrom	Prairie Women's Threads, Clearwater
Mike & Concey Ramold	Lavonne Lewis	Pinnacle Bank, O'Neill
Lorene White	Rolley & Judy Wallinger	NCDHD, O'Neill
Amy Shane	Larry & Kathy Kliment	Valley Hope, O'Neill
Kim Estes	Marelee Thornberry	Assembly of God, O'Neill
Nite Owls, Royal		Trinity Lutheran, Elgin

**YES, I WANT TO HELP VICTIMS OF DOMESTIC AND SEXUAL VIOLENCE!**

Your thoughtful donation will help to provide free and supportive services to clients in need.

- Enclosed is my donations of \$ \_\_\_\_\_
- This donation is in honor or in memory of (circle one) \_\_\_\_\_
- My gift is anonymous. Please do not list my name in Bright Horizons publications.
- I want to make a difference by volunteering.

Name \_\_\_\_\_ Organization \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Please send me information about:

- Bright Horizons Services/Programs
- Volunteer Opportunities
- Bright Horizons Community Presentations
- Domestic Violence/Sexual Assault Information



**BRIGHT HORIZONS  
RESOURCES FOR SURVIVORS OF DOMESTIC  
VIOLENCE AND SEXUAL ASSAULT**

Norfolk Office  
305 N. 4th St.  
P.O. Box 1904  
Norfolk, NE 68702  
(402)379-2026

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

Crisis Line  
1-877-379-3798



If you no longer want to be on Bright Horizons' newsletter mailing list, please contact Gina at 402-379-2026 or at [bhgina@telebeep.com](mailto:bhgina@telebeep.com)

**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

**Call 379-3798 or 336-1774 or 24 Hr Crisis Line 1-877-379-3798**

**Providing services to Antelope, Boyd, Holt, Knox, Madison, Pierce, and Stanton Counties.**

### **Upcoming Events:**

Law Enforcement Training in Creighton—March 9th

Volunteer Advocate Training in O'Neil-March 8, 15, 22, 29

Volunteer Advocate Training in Norfolk—April 8th

Sexual Assault Prevention Class in O'Neill—April 12, 13, 14

“Love Shouldn't Hurt” Awareness Walk—April 15th

Denim Days—throughout the month of April