

# February Newsletter

## TDVAM - Know Your Worth

### Special Dates

- **Feb 9- 3:30**  
Volunteer mtg.  
—Zoom
- **Feb 1-28** -  
Teen Dating  
Violence  
Awareness  
Month

### Current Needs

- **Laundry baskets**
- **Liquid hand soap**
- **Furniture polish**
- **Paper towels**

Here we are in February already—the month of candy, roses, love... and teen dating violence awareness. One of the reasons that we recognize February as Teen Dating Violence Awareness Month, (TDVAM), is because we know that 26% of women who have been in an abusive relationship first experience that violence between the ages of 11 and 17. And statistics say that one in eleven female teens and one in fifteen male teens experience physical violence in dating relationships. So if we can reach young people early enough, our hope is to be able to prevent some of these abusive relationships.



Teen dating abuse includes similar elements to adult intimate partner violence: the ultimate goal is to exert power and control over the other partner. Unhealthy relationships can involve **physical violence**, which may include hitting, slapping, shoving, or using some other method of physical force; **sexual violence**, which involves coercing a partner into nonconsensual sexual acts or touch; **stalking behaviors**, which includes unwanted attention or contact intended to create fear in the victim; or **emotional manipulation**, where an abuser uses non-physical methods of demeaning their partner or creating fear.

Anyone who has been in a romantic relationship knows just how complicated it can be; so imagine, (or remember), what a huge undertaking a teen relationship is when the parties do not have the emotional maturity or experience to navigate all of the complexities. And add into that today's use of social media and technology to create a confusing, complex environment in which our teens are exploring romantic relationships.

Let's look at some red flags of abusive relationships, which might help us to identify harmful situations, allowing us to be supportive of the young people in our lives.

- ◆ Someone constantly checking their dating partner's phone or computer with or without their permission.
- ◆ Isolating their partner from family or friends.
- ◆ Insulting or shaming their partner in front of others or on social media.
- ◆ Vandalizing or ruining their partner's belongings.
- ◆ Displaying an explosive temper.
- ◆ Threatening to hurt themselves when jealous or faced with a breakup.
- ◆ A teen with unexplained bruises.
- ◆ Loss of interest in formerly enjoyable activities.

If you are interested in learning more about teen dating violence, please check out [loveisrespect.org](http://loveisrespect.org) or [teendvmonth.org](http://teendvmonth.org). These two websites are dedicated to preventing teen dating violence and are full of excellent resources.

# Survivor Story

## Kimberly Segovia



Kim Segovia is one of the lucky ones. At least now that she is in a loving, committed relationship at the age of 32, she feels lucky. But her story of abuse and control started when she was just 13 years old. Unfortunately her story is so similar to that of many other young people.

Segovia’s story began when she fell in love with her 17 year old boyfriend. Their relationship followed the same path that many abusive adult relationships do; the abuse started out as verbal abuse, when her boyfriend would demean her and accuse her of dressing like a slut. Things escalated quickly into physical violence when he smacked her in the face after finding her wearing a strapless dress. At the height of the violence she woke up one night to find a gun pointed at her head; her boyfriend pulled the trigger, but fortunately the gun wasn’t loaded. During this time he often told her that if she left him he’d kill her and her family, causing Segovia to feel stuck in the relationship.

Eventually she got the courage to leave and ran away from her home in order to try to keep her family safe. Since there were few resources for teenage survivors of intimate partner violence at that time, she ended up missing school and was sent to a juvenile detention center.

Segovia’s experience has made her a passionate advocate for safe places for teen survivors so that they do not end up in the judicial system like she did. She sees the need to educate parents and teachers about the warning signs of teen dating violence to provide support for those teens who may be involved in abusive relationships. A big thanks to Segovia for being such a good advocate.

# Around the Shelter

## Our bulletin board

Human trafficking happens everywhere, including the United States.

**World Map of Modern Slavery 2018**  
Estimated Absolute Number of Victims

Region	Estimated Absolute Number of Victims
Asia	499.5K
Europe	100.5K
North America	100.5K
South America	100.5K
Africa	100.5K
Oceania	100.5K

howmuch

**Human Trafficking is**

**Modern Slavery**

It can happen to **ANYONE**.  
Regardless of age, race, gender identity, sex, ethnic origin, nationality, migration status, and socio-economic class.

As part of the recognition of National Slavery and Human Trafficking Prevention Month our informative bulletin board helped clients and staff learn more about human trafficking.

Other types include, **forced marriage, organ removal, exploitation of children in begging or warfare**

**How you can help**

- Report suspicious activity to federal law enforcement, 1-866-347-2423
- Get help from the National Human Trafficking Hotline at 1-888-373-7888 or text HELP or INFO to 233733 (BEFREE)
- Be informed! Go to [dhs.gov/bluecampaign](https://dhs.gov/bluecampaign)

**Forced Labor:** Victims are forced to work for little to no pay. Often producing goods we use every day.

**Domestic Servitude:** Victims are hidden in plain sight, forced to work in homes as nannies, maids and domestic help.

## Change is good!

There certainly have been a lot of changes around here in the past few months, so we thought we'd take this opportunity to help folks put names with faces! Some of the faces are familiar, but are in new positions, and others are new to Response. Enjoy the update!



**Beth Ogle** has moved into the Executive Director position from the Court Advocate program.



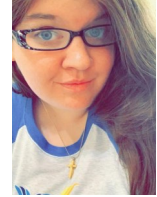
**Sabrina Shirkey** Formerly our Children & Youth Services Coordinator, she now serves in the new position of Program Director.



**Kylie Stottlemyer** joins our staff as Court & Community Collaboration Coordinator



**Jenna Bradley** is a new face, as she fills the Children & Youth Services Coordinator position.



**Sarah Hulver** is our Sexual Assault and Domestic Violence Services Coordinator.



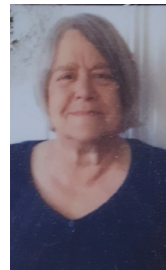
**Stephanie Good** is our shelter services assistant and takes care of all of our office work.



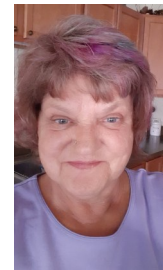
**Lynn McKee** serves as our Volunteer and Outreach Coordinator.



**Sally Bowers** is one of our Shelter Supervisors who works weekends and some weekdays.



**Vivian Rinker** is one of our nighttime Shelter Supervisors.



**Barbara Copp** is also a Shelter Supervisor who works at night.

## Continuing Education

Did you know that our staff is continually furthering our education? We each are required to get 40 hours of training per year, which used to mean traveling to Richmond or further for a full day of training several times a year. The pandemic has actually made it so much easier for us, as many trainings have moved to an online format, allowing us to learn about a diverse range of topics, even as we have had to work from home.

Check out some of the topics that our staff has been studying in the past few months:

**Interpersonal Violence and Disabilities, Working with Interpreters in a Court Setting, Trauma Informed Victim Interviews, Helping Survivors Thrive in Covid-19 Times, a Key Strategy for Ending Homelessness, Beyond Cultural Competency, Coping with a Money Crunch, Protection Orders that Matter, Designing a Trauma Informed and Secure Shelter, Prevention in Rural Communities, Trauma and the Pandemic, Media and Sexual Violence Prevention, IPV and Human Trafficking, Gaslighting—a Form of Psychological Abuse, Preventing and Addressing Elder Abuse During Covid, CRM—Ask the Expert.**

As you can see we have covered many topics which relate directly to our individual responsibilities - knowledge is power!