

February 2016

The Advocate

The Wichita Area Sexual Assault Center newsletter

Youth Services at WASAC

Mary Stolz-Newton

Assistant Director

February is Teen Dating Violence Awareness month and this gives us all the opportunity to start talking about this issue with the young people in our lives. As children grow and start to experience dating relationships, many will also experience abuse at the hands of a dating partner. A study done in the Journal of the American Medical Association, reported finding "Approximately 1 in 5 female high school students report being physically and/or sexually abused by a dating partner." With statistics like these in mind, a national resource called Love is Respect sent out a great reminder. "With Valentine's Day around the corner, we'd like to remind you that everyone deserves a safe and healthy relationship. Remember, love has many definitions, but abuse isn't one of them. If you or someone you know has a question about a relationship, healthy or unhealthy, visit loveisrespect.org.



“IT'S TIME TO TALK”

It is up to all of us to start having conversations with the youth in our lives about what safe and healthy means. How often are little boys and girls told after being hit, pushed, or bullied by a classmate, "they must have a crush on you." This seemingly harmless sentiment sends a dangerous message to our youth and equates love with violence from very early on. We have to start thinking critically about the cultural messages our youth are receiving. Have you ever heard a teenager express that they feel flattered when their dating partner gets extremely jealous? Have you ever heard someone normalize excessive texts, calls, and social media conversations as "just something that the youth do these days"? We often interpret jealousy as care instead of control. These are just a couple of examples and I'm sure you can find many more.

Find us on Facebook
Visit us at www.wichitasac.com



Wichita Area Sexual Assault Center

At the Wichita Area Sexual Assault Center (WASAC) we are accustomed to providing services for some of the youngest survivors of sexual violence in our community—often a topic many people do not even want to think about. In the vast majority, children are victims of people who are supposed to care for and love them—trusted caregivers, adults, friends and dating partners. Here are a few ways WASAC can be of assistance to the youth in your lives if they should need it.

One-on-one advocacy

One of our newest Outreach Advocates, Cami Tafasse, is focusing her time and efforts on providing advocacy to youth survivors. Cami can meet with youth in schools, at our office, or in a safe public place. She can provide one-on-one crisis intervention and safety planning for youth survivors of sexual violence. Cami also provides survivor support groups at various locations in the community. If you are interested in any of these services, please contact Cami at cami@wichitasac.com or (316) 263-0185.

Child & Family Therapy

WASAC is lucky to have Dawn Sweeny-Kniep, LMFT as our Child & Family Therapist. Dawn provides individual and family therapy sessions with youth survivors of sexual violence. Therapy at WASAC is structured to be short-term crisis therapy. If survivors need a more long-term approach, we can also make a community referral. If you are interested in youth therapy services, please contact Dawn at dawn@wichitasac.com or (316) 263-0185.

Support groups & Trauma-Informed Yoga

Every Monday evening, from 5:30-6:30, WASAC offers a teen girls support group. No pre-registration is required to join the group. The group is designed for teen survivors, whether the abuse was recent or something that happened years ago. After the traditional support group, from 6:30-7:30 WASAC offers a trauma-sensitive yoga group for the teen girls.

Educational programs

WASAC offers a variety of free educational programs in Sedgwick County. Here is a short description of the programs we have specifically designed for youth. Perla Rodriguez, Coordinator of Program Services, provides many of these programs. If you are interested in any of the educational programs, you can contact Perla at perla@wichitasac.com or (316) 263-0185.

All WASAC services described, one-on-one advocacy, therapy, support groups, and educational programs are free and confidential.

Everyone deserves to be
in a healthy relationship.



Personal Safety Awareness Program

(for ages 3-10 or Pre-K through 5th grade)

Students will learn:

- that they are the sole owners of their bodies
- to identify safe, unsafe or confusing touches
- to identify the private parts of their bodies
- to safety plan by learning No, Go, Tell as a response to an unsafe touch.
- to identify trusted adults

Sexual Harassment Information Programs

(for middle and high school)

A one-time presentation is available to discuss the issues of sexual harassment in school. This program identifies different kinds of harassment including physical, verbal, written, and cyber harassment. Students will be asked to participate in an activity that challenges the thoughts, beliefs and behaviors that make sexual harassment an accepted part of the school culture. Students will also learn their rights and tips for reporting and dealing with harassment.

Sexual Assault Awareness Program

(for middle and high school)

Although sexual violence affects many young people in Sedgwick County it is rarely talked about. This program gives students the opportunity to recognize what sexual assault is and learn how to safety plan should they be targeted for sexual abuse.

Internet Safety Program

The main learning objective of this program is to start the conversation between a parent and their child about internet safety and cyber crimes.

For additional information feel free to contact our office anytime at 316-263-0185.

WASAC Calendar of Events

February 17: 6:00-8:00 p.m.
Protective Parenting Program
(court approved class)
see attachment

February 23: 12:00-1:00 p.m.
WASAC Lunch and Learn
Rape in Detention:
It's not the penalty

Free & Confidential
Call us today for more
information 316-263-0185.

2016 Lunch and Learn Rape in Detention: It's not the penalty

In February, we will be provide an overview of sexual abuse in detention, including adult, juvenile, and immigrant facilities. We will closely examine the prevalence of sexual violence, the influence of rape culture, and discuss the most at-risk populations. Finally, we will outline the Prison Rape Elimination Act (PREA) and the hope it offers, not only to inmates, but to the communities survivors may return to.

Learning objectives include:

1. Understanding scope of the problem.
2. Summary of PREA ACT and its effect on survivors in detention.
3. Identify examples of sexual violence, vulnerable populations, and links to rape culture.

Hosted by: Lanna J. Allen, Outreach Advocate

Call us: 316.263.0185

355 N. Waco, Suite 100

Wichita, Kansas 67202

Protective Parenting



Wichita Area Sexual Assault Center

Court-approved free parenting classes

3rd Wednesday of every month

6:00 p.m. – 8:00 p.m.



2016 Dates

January 20	February 17
March 16	April 20
May 18	June 15
July 20	August 17
September 21	October 19
November 16	December 21

Free and Confidential

Protective Parenting Program: Court-approved class. The program is geared toward parents, caregivers or any adult who is interested in learning more about child sexual abuse. The information will include: myths and definitions of child sexual abuse, behavioral and physical indicators of sexual abuse, how to talk with various ages of youth about personal body safety, long-term risks of sexual abuse, how to respond to a disclosure of abuse, community resources and much more. Certificate of attendance will be provided for participants.

Please note: Above dates are English language. Spanish programming is also available. Contact wendy@wichitasac.com

For more information contact: perla@wichitasac.com www.wichitasac.com 24/7 Hotline: 316.263.3002



Wichita Area Sexual Assault Center

2016



Free and open to all! No RSVP required.

Bring your lunch and join us from 12-1 p.m. on the last Tuesday of each month to learn more about the reality of sexual violence in our community.

January 26	Supporting Disclosures
February 23	Rape in Detention: It's not the penalty
March 29	Sexual Violence against Men and Boys
April 26	What is Rape Culture?
May 31	Sexual Violence in the Latino Population
June 28	LGB-What?: The underrepresented letters within a marginalized acronym
July 26	Trauma-Informed Services
August 30	Sexual Violence against People with Disabilities
September 27	Risk and Benefits of Protection Orders
October 25	Sexual and Domestic Violence: Connections
November 29	Navigating the Criminal Justice System
December 27	Practicing Self Care While Caring for Others

All WASAC Lunch & Learn sessions are held at our office at 355 N Waco, Suite 100. For more information, call (316) 263-0185 or visit us online at www.wichitasac.com.



Wichita Area Sexual Assault Center

Teen girls (age 13-17)

- Support group
Monday, 5:30 - 6:30 pm
- Trauma-sensitive yoga
Monday, 6:30 - 7:30 pm

Parents and caregivers

- Support group
Monday, 6:45 - 7:30 pm

Adult women (age 18+)

- Support group
Tuesday, 5:30 - 6:30 pm
- Trauma-sensitive yoga
Tuesday, 6:30 - 7:30 pm

WASAC also offers short-term individual therapy for men, women, and children.

To schedule an appointment, please call our office between 8:30 am and 5:00 pm.

WASAC support groups are confidential, free, and open to survivors at any point in their healing. All groups meet weekly and are open-ended, with no appointment necessary to participate. At this time, child care is not available.

WASAC office

355 N Waco,
Suite 100

SW corner of 3rd/Waco

316-263-0185

Gain Experience and Skills While Helping Survivors of Sexual Violence



Become a Volunteer Advocate!

We need volunteers! Our volunteers are extremely important and help us provide critical services to survivors of sexual violence. Our volunteer advocates take shifts on the 24-hour crisis hotline and are available to accompany survivors to hospital exams and police interviews providing emotional support and advocacy. Our new advocate training provides intensive education on the psychological, medical and legal implications of sexual assault, as well as other forms of oppression and how they interconnect in the lives of survivors. Crisis intervention and counseling skills are developed through a series of presentations, discussion, and role playing. During this 40-hour training, WASAC and community partners team up to provide a detailed synopsis of the demand for sexual assault advocacy in Sedgwick County.

After completing the application and screening process, our volunteers are required to attend 1 orientation, the 40-hour training session and complete 2 buddy shifts.

**Volunteers are asked to commit for a minimum of 1 year and sign up for 2 shifts each month.
Volunteers must be 21 years of age.

Upcoming 40-Hour Training Schedule:

When: May 11th-June 2nd, 2016

Evening and Weekend Sessions

Where: 355 N. Waco, Suite 100

**For more information, contact Amy at 263-0185 or amy@wichitasac.com
You can also find our volunteer application online at <http://wichitasac.com/volunteer/>**



Wichita Area Sexual Assault Center