

The Advocate

The Wichita Area Sexual Assault Center Newsletter

Teen Dating Violence Awareness

Cami Tafesse

Outreach Advocate

Teen dating violence is a growing epidemic in our society. According to the Center for Disease Control (CDC), 1 in 10 teens reported being hit or physically hurt on purpose by a boyfriend or girlfriend. The CDC study also found 1 in 10 teens reported being kissed, touched, or physically forced to have sexual intercourse when they did not want to at least once by someone they were dating. We must keep in mind many teens never disclose or report the abuse. Teen dating violence is an issue that needs to be addressed by our community, schools, and parents.

As we begin to empower youth in our community, we need to provide them with tools of what a healthy relationship is before they engage in a dating relationship. Teens can learn about healthy boundaries and identify if a relationship is good for them. Teens with the knowledge of what their personal rights are can be empowered to assess relationships and make informed decisions about who they choose to have in their lives.

The first steps can include open conversations about healthy relationships and that youth know their bodies belong to them. This helps youth understand they are not obligated to engage in something they do not want to do. Understanding what consent means in any sexual relationship is essential for teens. Parents or caretakers can assist their children by having these conversations. Youth will respond to how adults engage; the more comfortable adults are, the easier it is to talk about these important topics.

Our community can also bear a role in the lives of youth. You may be a coach, mentor, or family friend to a young adult. Teens may take cues from the behavior of the supportive people in their lives. If you are close to a teen; you can teach them about the healthy aspects of relationships, learn about healthy boundaries, and that they always have a choice to say no.



Wichita Area Sexual Assault Center





Resources and References:

<http://www.cdc.gov/features/datingviolence/>

<https://www.whitehouse.gov/the-press-office/2016/01/29/presidential-proclamation-national-teen-dating-violence-awareness-and>



Dating violence and sexual assault has also received attention from our government. In response to increasing statistics, Vice President Biden has continued his commitment to reducing violence against women specifically teens, students, and young women ages 16-24. In September 2011, Vice President Biden launched the 1is2many campaign. This initiative is largely using technology and outreach to increase efforts to reduce dating violence and sexual assault. In January 2014, President Obama and Vice President Biden created the White House Task Force to Protect Students from Sexual Assault initiative.

If you need additional resources for a youth who has experienced dating or sexual violence, Cami Tafesse, is WASAC's Youth Outreach Advocate. Cami provides supportive counseling to youth who have experienced sexual assault. WASAC also offers individual therapy and weekly support groups for teen girls. Teens can join the groups at anytime. Feel free to contact Cami at 316-263-0185 for additional information.

Sexual and Domestic Violence: Connections

In this month's lunch and learn participants will have an understanding of domestic violence, sexual assault, and the basics of how the two are related. Objectives include:

- Learn about sexual consent, domestic violence, and power and control wheel.
- Identify ways sexual assault is different when working with domestic violence survivors.
- Improved skills when working with intimate partner sexual assault survivors.

October 25th
12:00 p.m. - 1:00 p.m.

Location: 355 N Waco, Suite 100, 67202
Hosted by: Adele Faulk, Outreach Advocate

Bring a friend or co-worker and your lunch!

WASAC Calendar of Events

October 20: 6:00-8:00 p.m.
Protective Parenting Program
(court approved)

October 25: 12:00-1:00 p.m.
WASAC Lunch and Learn
Sexual and Domestic Violence: Connections

Check out the NEW
Art & Writing Workshops!
The Reconnect Program!
WASAC Support Groups!

Call us for more information
316-263-0185



Wichita Area Sexual Assault Center

2016 Art & Writing Workshops

Adult Survivors Art Workshop

This workshop is an all-women group

Wednesday evenings, 6-7:30 PM

October 19-December 14th

Adult Survivors Writing Workshop

This workshop is open to all genders

Wednesday evenings, 6-7:30 PM

October 19-December 14th

Workshops offered by the Wichita Area Sexual Assault Center are free, confidential, voluntary, and open to survivors at any point in their healing. All supplies are provided. These workshops are closed groups that meet for a limited number of sessions. You will need to reserve your spot in the workshop to participate. At this time, childcare is not available.

**Call (316) 263-0185 or email
advocate@wichitasac.com to reserve your
spot in a workshop today!**



Wichita Area
Sexual Assault
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THE RECONNECT PROGRAM

The Reconnect Program teaches basic massage therapy principles and techniques to sexual assault survivors and a trusted loved one. Massage therapy can help the survivor relearn how to receive and give healthy, healing touch to him/herself and others. This process aids in the reclaiming of the survivor's body, healing chronic pain, and reconnecting the mind and body into one functioning unit.

Beginner Class 1—Two Weekends

Friday, October 21, 2016 5:30-9:30 PM & Saturday, October 22, 2016 9 AM-4:30 PM
Friday, October 28, 2016 5:30-9:30 PM & Saturday, October 29, 2016 9 AM-4:30 PM

OR

Beginner Class 2—Two Weekends

Friday, November 4, 2016 5:30-9:30 PM & Saturday, November 5, 2016 9 AM-4:30 PM
Friday, November 11, 2016 5:30-9:30 PM & Saturday, November 12, 2016 9 AM-4:30 PM

The Reconnect Program is free to attend, but requires pre-registration.
SPACE IS VERY LIMITED!

**For questions or registration details, please contact:
Jackie at practicum@wichitasac.com or 316-263-0185.**



Wichita Area
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Sexual Assault Survivor Support Groups

Teen girls (13-17)

Every Tuesday
5:30-6:30 PM

Adult women (18+)

Every Tuesday
5:30-6:30 PM



Support groups at the Wichita Area Sexual Assault Center are free, confidential, voluntary, and open to survivors at any point in their healing. The adult women and teen girl groups meet weekly and are open-ended. No appointment is necessary to participate. At this time, childcare is not available.

**Groups are held at 355 N Waco, Suite 100,
Wichita KS 67202.**

Check www.wichitasac.com for more group and workshop schedules!



Wichita Area Sexual Assault Center

2016



**& LUNCH
& LEARN**

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.

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.