



EMPOWERMENT

THE NEWSLETTER OF FEAR 2 FREEDOM

JUNE 2022

MESSAGE FROM THE CEO

This month there's lots to celebrate. On June 1st I finished my first year as F2F's CEO. What a year! So much happened thanks to our awesome F2F team, Board of Directors, Champions, interns & all the volunteers who make what we do possible. It's been a privilege carrying on Rosemary Tribble's vision to support survivors of sexual violence on their healing journeys while educating & empowering students & communities to Be The Change - to combat SV in all its forms.

Looking back we are grateful for so much. F2F came through COVID back to in-person Hour 2 Empower events – impacting over 2,100 participants. We sent out 2,000+ F2F Kits to support survivors. Our F2F Kits made it FAR, as you will see. We also had the most successful F2F Gala - ever - thanks to the hard work of our Gala Committee & generosity of so many. And now we look forward to new opportunities in our new fiscal year starting in July.



Virginia Woodward

FREEDOM BEAR GOES TO CANADA & SOUTH DAKOTA!

Freedom Bear updated his passport to support survivors on their healing journey at The University of Alberta Hospital (UAH) in Canada. Last month UAH received 150 of our F2F Kits for survivors. F2F is grateful for this new partnership with UAH where specialized teams provide services, emotional support & education for people who have been sexually assaulted.

Meanwhile, last month on this side of the border Freedom Bear & 100 F2F Kits made their way to Avera McKennan Hospital in Sioux Falls, South Dakota, where dedicated staff serve the indigenous population of that region. Did you know that Native Americans are 2.5 times more likely to experience sexual assault than any other ethnic group in America? F2F welcomes this new partnership with Avera McKennan to support survivors on their healing journeys.

"So long as mists envelop you, be still; be still until the sunlight pours through and dispels the mists – as it surely will. Then act with courage."

- Chief White Eagle, Ponca



Violence Towards LGBTQ+ Communities

Although LGBTQ+ survivors of sexual/intimate partner violence (SV/IPV) may face many of the same barriers and impacts as other survivors, there are also key differences that are important to recognize. Many LGBTQ+ communities are impacted by these types of violence at higher rates, often shockingly so. Their experiences are also frequently marked by homophobia, transphobia, or other forms of bias imposed by not only their perpetrators, but also the institutions and individuals who are meant to help them.

Culture/Identity Abuse

Perpetrators (and others) may use aspects of the survivor's connection to the LGBTQ+ community to target or harm them. Cultural/identity abuse occurs when abusers use aspects of a survivor's culture or identity to inflict suffering or exert control over them. Check out the infographic to learn more about how this type of abuse may be weaponized against LGBTQ+ survivors.

Supporting Survivors

The impacts of SV/IPV can intersect with so many other forms of marginalization and discrimination faced by LGBTQ+ communities. As support people, it's our responsibility to educate ourselves on these facts, recognize the unique challenges faced by the survivors in our lives, and work to become more compassionate & informed supporters.

If you or someone you know is an LGBTQ+ survivor, it can be hard to know what people and places are safe to turn to when you need support. Not everyone will be understanding and compassionate. Harmful responses are all too common. It can feel like you're all alone, but you're not. There are LGBTQ+ affirming and culturally-competent support services out there. To help make the search a little easier, we've curated a list of some of these resources on our blog. Use the link below to learn more.

LGBTQ+ CULTURE/IDENTITY ABUSE

in sexual & intimate partner violence

- 1. Uses homophobia, transphobia, or other biases towards you**
 - Pressuring you to dress/act certain ways
 - Using incorrect names/pronouns/labels
 - Trying to get you to "prove" or "change" your sexuality/gender identity
- 2. Controls or threatens to control who you're "out" to**
 - "If you leave I'll tell your boss you're ____."
 - "Don't tell people you've been with [men/women/transfolk], that's gross."
- 3. Shames you for your bisexuality, pansexuality, or sexual history**
 - "I can't trust you alone with them, you'll sleep with anyone."
 - "I know you'll end up leaving me for a [woman/man]."
- 4. Isolates you from your community**
 - "You're so fake. You aren't really part of the LGBTQ+ community."
 - "Those people are a bad influence. You need to stop hanging out with them."

 FEAR2FREEDOM.ORG

Give Local 757

A huge thank you to everyone who supported F2F during Give Local 757 on May 10th!

First, there was a morning interview with Development Coordinator, Shelly Averett in our F2F Kit warehouse.

Later in the day, Channel 13 interviewed Virginia followed by an evening event at Oozlefinch Beers & Brewing where we launched our new Freedom Stone (now available for purchase on our website).

A large group of Oozlefinch regulars made donations, bought raffle tickets and helped F2F reach our Give Local 757 match. With their help - & the generosity of our Give Local 757 donors - we surpassed our goal of \$2,500 with \$4,222. That meant Virginia put on her superhero costume to celebrate a successful campaign!



COMMUNITY PARTNER SPOTLIGHT

Avera McKennan Hospital

F2F would like to spotlight our newest partner, Avera McKennan Hospital in Sioux Falls, South Dakota, which serves the indigenous population of that region. Did you know that people in the Indigenous community are 2.5 times more likely to experience sexual assault crimes compared to other races? Statistics were higher during the global pandemic. Lack of resources and government funding for assistance have contributed to these statistics. For decades US laws have not protected survivors of sexual assault in the Native American community due in part to jurisdiction issues. Even if a restraining order was granted on tribal land, it would be difficult to enforce. This is a huge issue due to the fact that the majority of the sexual violence crimes are committed by non-indigenous perpetrators.



In May F2F shipped 100 adult & child AfterCare Kits to Avera McKennan Hospital to support survivors of sexual violence on their healing journeys. This is one of the many positive steps we are taking to have Freedom Bear reach survivors both domestically and internationally. F2F would like to thank Avera McKennan Hospital's SANE Supervisor, Jennifer Canton, and her team. We hope this new partnership continues for years to come!

STOCK DONATIONS

What are the benefits?

Did you know Fear 2 Freedom accepts gifts of stock? Restore hope & dignity to survivors of sexual violence while receiving tax benefits for donating from your personal financial investments. Stock donations allow you to reach your philanthropic goals AND increase your giving power.

Still not sure if this is the right contribution method for you? Consider these benefits when making your decision. Donating stock allows you to reach a certain giving level without writing a check. \$5,000 in giving becomes easier to achieve when pairing \$2,500 in stock with a \$2,500 check. You will also receive a charitable income tax deduction for the market value of the stock, and may avoid capital gains taxes on appreciated stock.

How do I do it?

Complete your stock donation by following these 2 simple steps:

1. Notify F2F Staff. Contact January Serda, Chief Operating Officer (january@fear2freedom.org), to obtain our DTC number and stock account details.
2. Initiate the Transfer. Contact your broker to electronically initiate the transfer. Your broker will transfer shares using Fear 2 Freedom's stock account and DTC number. Click the link below for a sample letter to send to your broker.



AMAZON WISHLIST

Are you an Amazon subscriber who wants to purchase with a purpose?

If so, check out F2F's Amazon Wish List. Simply click the link below or scan our QR Code to be redirected to our personalized wish list. These gender neutral clothing items are included in our F2F AfterCare Kits.

Help us comfort a sexual violence survivor with a gift of hope following the forensic exam.

F2F HAS A NEW HOME



We've Moved!

F2F is now on the 1st floor of our building. Come on by to visit our new 1-G office suite located in the same Huffman & Huffman building, 12284 Warwick Blvd, across from Christopher Newport University. Office Hours: Monday - Friday, 8am - 4pm.

Save The Date!

Join us for an Open House Event on Wed, July 20th, 11am-3pm. Stop by anytime during 11am - 3pm on July 20th to meet our team, tour our new office, and take a midday break with F2F. We look forward to seeing you!



WE WON DURING SAAM

Each year the National Sexual Violence Resource Center (NSVRC) hosts their #30DaysofSAAM social media contest in honor of Sexual Assault Awareness Month (SAAM). Each day in April, agencies & activists are challenged to spread awareness through posts corresponding to that day's prompt.

After years of participating, F2F won for the 1st time this year with our post on Day 28: "Spell It Out"!

F2F volunteer Kaitlyn Speice snapped the winning photo by spelling out SAAM with our Freedom Bears & Freedom Stones. Way to go Kaitlyn!



VOLUNTEERS NEEDED

At the end of each fiscal year, F2F must manually count all inventory at our warehouse. These counts are very important to ensure we can make enough F2F Kits for community partners & survivors in need.

On Wed, June 29th we have two, 4 hour shifts that you can choose from to help F2F staff and interns count all inventory. We typically offer refreshments throughout the day & lunch will be provided between shifts.

If you would like to volunteer, please email getinvolved@fear2freedom.org

