



EMPOWERMENT

THE NEWSLETTER OF FEAR 2 FREEDOM

OCTOBER 2021

MESSAGE FROM THE CEO

Since 1989 October has been set aside as National Domestic Violence Awareness Month, a time to support survivors of intimate partner violence (IPV) and raise awareness of the issue. The statistics are staggering: 1 in 3 women and 1 in 4 men have been physically abused by an intimate partner. Millions live in a constant state of fear in their own homes. Then there are those who have died.

As Hampton Roads commemorated the 40th annual “Day of Unity Night of Remembrance” vigil to honor lives lost to domestic violence, F2F’s COO January Serda and I joined activists and survivors for an unforgettable night of loss, memory, and hope. Too many lives cut short, their names proclaimed aloud so they will not be forgotten.

The evening ended with a call to action read out by representatives of organizations making a difference. On behalf of F2F, January read, “Know your resources. Be a good advocate for someone in need. Be patient, nonjudgmental, and supportive of those experiencing violence.”

That is what Fear 2 Freedom is all about! Supporting survivors of sexual violence (SV) on their healing journeys and empowering students and communities to know what they can do to Be The Change. A big part of that is sharing resources to prevent IPV and SV.

One great resource making a difference is One Love founded after the tragic death of Yeardeley Love from IPV at the age of 22. One Love promotes healthy relationships by providing education about unhealthy relationships before they escalate into violence. I recently had the opportunity to interview Annie Forrest, Director of Program Growth at One Love. Please check out the link below to watch and learn more about how we can love better and prevent IPV.

Let’s do all we can do to support survivors of IPV and promote healthy relationships!

Virginia Woodard



Day of Unity
Night of Remembrance

Oct 2021



#DVAM2021 CALL TO ACTION

1. *Be an active bystander. If someone you know is in trouble, let that person know you are concerned and available to talk. If someone you know is being abusive, hold them accountable. Speak up.*
2. *Know your rights in a relationship. You deserve kindness, respect, and equality. Don't accept less than you deserve.*
3. *Know your resources. Be a good advocate for someone in need. Be patient, nonjudgmental, and supportive of those experiencing violence.*
4. *Support your local domestic violence agencies. Volunteer your time, participate in their programs and help fund their missions.*
5. *Educate yourself, your children, your friends and all of the people in your life. Learn the warning signs and dynamics of an unhealthy relationship.*
6. *Know where your lawmakers stand and encourage strong legal advocacy for victims of domestic violence, dating violence, sexual assault, and stalking.*
7. *Reach out to your social and professional institutions and ask that they provide education on domestic violence issues—in your school, workplace, faith community, or healthcare networks.*
8. *Ask your employer about partnering with a shelter for volunteerism, community service, and fundraising.*
9. *Mentor young people. Engage them in discussions of personal responsibility, respect, healthy communication, positive conflict resolution, and the tenants of healthy relationships.*
10. *Take a personal pledge of nonviolence. Peace begins at home.*



Sharing Our Stories

Stories have power to educate, connect and support healing. For survivors of sexual violence there is power knowing we are not alone. There is healing power reclaiming voices lost to fear. Effectively sharing stories can also motivate change – of attitudes, actions and ambivalence. That could be my daughter, sister, mother, son, brother, father... that could be me!

F2F knows the power of survivors' stories. Our founder, Rosemary Tribble fearlessly shared her story in her book "Fear to Freedom" that has helped countless survivors.

That's why we're looking for survivors to tell their stories in a video format that will be integrated into our educational programs. By sharing real experiences, we hope to spark deeper meaning and compassionate action in the lives our programs reach. Filming will take place Nov-Dec 2021 in Newport News, VA. If you're interested in having your voice heard, contact lauren@fear2freedom.org for more details.

INTIMATE PARTNER VIOLENCE

Offering Support

Since domestic and intimate partner violence are widespread issues that affect people in all communities, it is likely that each of us know someone who has been impacted. Seeing the harm this violence imposes on those we care about can be painful and something we desperately want to alleviate. However, offering support is something most of us are unsure of how to do properly.

When someone we care about is in an unhealthy or abusive relationship, we may feel driven to swoop in to "save them" by pressuring them into what we feel is in their best interest, or by becoming confrontational with whomever is causing them harm. Although these are natural inclinations, they can cause much more harm than good. Offering compassionate support in these situations is all about remaining calm and non-judgmental while doing our best to be a reliable and empowering support person. Check out our infographic to learn how to do this then read the examples below for ways you can communicate these key concepts.

Communicating

- Can we talk about ___ situation? I'm interested in hearing how that behavior made you feel."
- "I've noticed ___, it is making me feel concerned because ___."

Empowering

- "Their behavior is not okay and is not your fault. You deserve to be treated with respect."
- "I know of some local resources that can offer support. Would you be interested in getting their info?"
- "You know what's best for your life. I respect your decision."

Planning

- "If you want to discreetly tell me that you need help, are there code words/phrases we can use to communicate?"
- "If ___ happens, what would you like me to do?"
- "When you're feeling overwhelmed or lonely, what are some activities we can do together to help you feel comforted?"

Caring

- "If you ever want to talk, I'm here to listen."
- "Is there anything I can do to support you right now?"

If you or someone you know is experiencing DV/IPV the National Domestic Violence Hotline can offer support: 1-800-799-7233

INTIMATE PARTNER VIOLENCE

How to Help a Friend

Knowing how to offer support to a loved one in an unhealthy relationship can feel challenging.

Utilizing these 4 key support components can help.



Communicating

- Approach these conversations in a calm & nonjudgmental manner.
- Avoid labeling their relationship or partner as unhealthy. Instead bring up behaviors you've observed that you're concerned about then ask them how those situations make them feel.
- Let them lead the conversation by ensuring you are listening more than you're speaking.

Empowering

- Help them realize that what they are experiencing is not normal & they are not to blame.
- Share information on resources that can provide assistance without guilt or pressuring them.
- Respect their decisions, even if you don't agree with them. Dictating what they should do is disempowering and parallels the controlling behaviors they are already experiencing.



Planning

- Help them create safety plans by asking how they'd like you to respond during crises: code words for when they need help, when to take action, & what to do.
- Discuss what their options could be if they lose access to important items / documents (keys, phone, money, etc).
- Work together to create an emotional safety plan that can help them feel more connected to the activities & people that make them feel comforted & whole.

Caring

- If you can, provide support long term. Leaving an unhealthy relationship can be difficult & may take a while before they're able to end it for good.
- Continue to check-in on them even after they leave. Feelings of uncertainty & loneliness can surface after a relationship ends.
- Be sure to care for your own wellbeing. There are many options & resources that can help support you as well.



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COMMUNITY PARTNER SPOTLIGHT

Sanu Dieng

This month's F2F Partner Spotlight shines brightly on Sanu Dieng, Executive Director for Transitions Family Violence Services. Through her work and dedication, Sanu shares with us that ...

"Every day, I am fortunate to see the transformation from pain to joy, which is exactly what our community at-large needs. Fear 2 Freedom, has been an invaluable partner, assisting us with our mission by providing care kits to clients who enter shelter with no clothing or basic needs. This act of kindness from Fear 2 Freedom staff, students and community partners, sends a message that we all care about restoring peace, joy and dignity to those who fall on hard times."

- Sanu Dieng, Executive Director,
Transitions Family Violence Services



Pictured: Sanu Dieng, ED at Transitions, and Virginia Woodward, F2F CEO, joined local Hampton Roads partners to bring light to Domestic Violence during the Day of Unity Vigil on Oct 4 2021.



Celebrate Giving Tuesday with us this November 30th! On this day, champions like you give support to nonprofits all across the country that are doing hard, dignified, and essential work. With your support, we can make our Giving Tuesday bigger and better than ever.

Join us to Be The Change! Donate a gift on this National Giving Day. No gift is too small.

Ready to give now? Simply click the link below to jump to Fear 2 Freedom's donation page to help us Restore Joy to survivors of sexual violence and empower students to Be The Change.



BRAVE NOISE Brew at Oozlefinch

Join the BRAVE NOISE movement! A collaboration with a big goal: A safe and discrimination-free beer industry.

Local Hampton business, Oozlefinch Brewing, launched a limited release Brave Noise brew and 100% of the sales it raised are being donated to F2F. Brave Noise is advocating for safe spaces and inclusive environments by calling on breweries to be transparent with their policies and commit to long-term work. Oozlefinch made this commitment and we are so proud to have partnered with them in this collaborative effort.

You can learn more about this powerful movement via the link below.



Volunteer Spotlight

Abby Sams has voluntarily served as an intern for over a year with Fear 2 Freedom. Each semester she has been a part of our team, she has brought her talents and energy to help us fulfill our mission of empowering students and supporting survivors. When asked why she dedicates so much to F2F Abby shared:

“I started volunteering with F2F because your mission is very near and dear to my heart. F2F is doing such amazing and important work for survivors, and I have wanted to be a part of it since day 1! The service we do is meaningful and makes an impact within our community. I cannot imagine a more rewarding place to dedicate my time and energy to.”

Thank you for continuing to Be The Change Abby!

WILLIAMSBURG WINERY GALA EVENT

Friday October 22nd came with a full house for F2F's Gala Wine Tasting at the Williamsburg Winery. After Rosemary Tribble mesmerized everyone present with her courageous story and vision for F2F, guests enjoyed delectable food pairings with lovely wines while grooving to music from the Jacobs Jazz Trio. A magical evening celebrating 10 years of Fear 2 Freedom!

We thank our generous corporate sponsors and table hosts for making the evening possible – and supporting F2F's mission. Special thanks to the Gala Committee & F2F team for an amazing evening of inspiring joy!

