

EMPOWERMENT

THE NEWSLETTER OF FEAR 2 FREEDOM

JANUARY 2020



2020 VISION

Written by Tricia Russell

Our vision for 2020 is to help change the way that people respond to sexual assault. We believe that through compassion and heart-felt communication, survivors can begin their journey to healing. We resolve to share with as many survivors as we can the message that they are not alone, they are not to blame, and they are strong.

We will achieve our vision through strengthening our community with partnerships and collaborations. We will expand our development efforts to include more awareness and networking events. We will continue to increase awareness for F2F through our social media presence.

For 2020, we commit to be bold, intentional, resilient, and compassionate. Thank you for walking this journey with us, and we invite you to be a part of F2F's most successful year yet.

2019 IN REVIEW

In 2019, we had a very successful year! Because of generous supporters like you, we were able to...



Create **iCare** Kits

Educate and empower
2,843 event attendees

Assemble and distribute **3,740** Kits to survivors of sexual violence

Add **23** new F2F Kit Recipient Organizations

Engage over **100** new donors

Inspire volunteers to donate **2542** hours of work



Fear 2 Freedom, Inc.

888-453-3059

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STALKING IN THE UNITED STATES

In observance of National Stalking Awareness Month (January), we want to bring to light this often under-recognized issue. Stalking is the intentional following, monitoring, or harassment of another person which causes this person to feel fearful or threatened. This usually occurs repeatedly over extended periods of time. Stalking is a serious crime and often co-occurs with, or escalates to, other forms of violence such as sexual assault. Unfortunately, like other types of violence, college students experience some of the highest rates and are less likely to report. Cyberstalking is a common tool used by abusers to torment their targets. Thankfully, there are tips we can use to help protect ourselves from their efforts.



66% of female stalking victims are stalked by current or former intimate partners



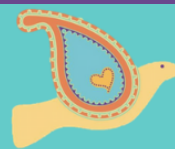
41% of male stalking victims are stalked by current or former intimate partners

Michele C. Black et al., "The National Intimate Partner and Sexual Violence Survey: 2010 Summary Report," (Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention, 2011).

If you're experiencing stalking & want assistance, you can call Victim Connect at 855-484-2846

CYBER STALKING

tech safety



1 in 4 stalking victims experience cyber stalking.

MANAGING ACCOUNTS

- Use unique passwords & usernames for each account.
- Avoid using identifying info in your usernames & profile photos.
- Keep personal info in your profiles to a minimum.
- Set up 2-factor authentication.
- Update privacy settings.
- Keep recovery emails & phone numbers up to date.
- Opt out of remember my password/login options.
- Sign out of accounts when done.



ADDING SECURITY

- Use anti-spyware & anti-virus software, & keep them updated.
- Don't open attachments if you don't know the sender, or suspect abuse.
- Disable GPS tracking on apps & with your phone company.
- If your device has been hacked, do not use it for anything which may reveal sensitive info (passwords, location, contacts).
- For phone harassment, consider getting a second phone only trusted people know of, while keeping the other connected so abuser doesn't know to find a new number for you.



KEEPING RECORDS

- Save copies/screenshots of all harassing or threatening content from stalker.
- Record any contact from offender (date, time, what they did/said, any witnesses)
- Maintain a log of the stalker's behavior & keep it in a secure location or with a trusted person.



INVOLVING OTHERS

- Inform friends & family about the situation & discuss what they can & can't post about you.
- Ask employers, clubs, & organizations not to share photos or info about you.
- Consider reporting threats & hacked accounts to law enforcement.
- Stalking can be exhausting & traumatizing. Reach out to a trusted person or counselor to talk.



A NEW APPROACH: NEW YEAR'S RESOLUTIONS

The start of a new year is a time to reflect on the past year's experiences and plan for the year ahead. Resolutions are a traditional way to do this, but too often they go unmet, leaving us feeling like we've failed. An alternative is intention setting. Resolutions are goal-oriented, focusing on things we believe we "should" do and are often motivated by shame. Intentions, on the other hand, are journey oriented, focusing on growth and long term transformation and come from a place of self-compassion. Practicing more compassion towards ourselves, as well as others, is an intention most anybody could benefit from focusing on.

Asking yourself questions is a great way to spark internal reflection and discover what you truly desire your intention to be. Try questions like: What fears would I like to release? What makes me proud? What would I like to create or nurture? What am I grateful for? To make your intention for the year even more effective, it's beneficial to include an affirmation (positive statement) and mantra (single focal point) along with it. These can help you bring clarity to and refocus on your larger intention. We've created a few examples to help get your introspective juices flowing:

Bring freedom and joy

Intention:

I strive to bring joy and freedom into my life and the lives of others.



Affirmations:

I choose freedom over fear. I allow my light to shine and bring joy to those I touch. I let go of what is holding me back.

Mantra: *Joy, Freedom*

In practice:

F2F's mission is to bring freedom, hope, & joy to survivors of violence. Becoming a monthly donor is one way to support this mission while living your intention.

Lead the way

Intention:

I will lead by example.



Affirmations:

I am intentional in my actions, ensuring they align with my values and priorities. My practice will inspire others to lead their best lives.

Mantra: *Lead*

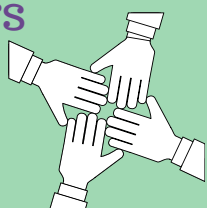
In practice:

Leading a life of intention and inspiration is noble. Bring that drive to a volunteer position at a nonprofit, like F2F, which has a positive impact on the lives of others.

Connect with others

Intention:

I aspire to nurture strong relationships with others.



Affirmations:

I connect with others in openness and empathy. My relationships are mutually enriching and supportive.

Mantra: *Interconnectivity*

In practice:

Becoming a Champions Circle member, or extending the circle to others if you're already a member, is a GREAT way to find community and build fulfilling relationships.

Create change

Intention:

I commit to creating positive change in my community.



Affirmations:

I feel fulfilled when living my passion. Helping others nourishes my spirit. My smallest contribution has positive effects.

Mantra: *Change*

In practice:

Lasting change can come from small actions. Becoming a F2F Change Champion is one way to quickly and easily take part in building a better world.



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COMMUNITY PARTNER SPOTLIGHT: NORFOLK FAMILY JUSTICE CENTER

For our first Community Partner Spotlight, F2F is happy to feature the Norfolk Family Justice Center.

The Family Justice Center opened in October and it is a multi-agency center that houses law enforcement officers, prosecutors, victim-witness advocates, social service specialists, a clinic where Physical Evidence Recovery Kit (P.E.R.K.) Exams can be completed, and victim services including a crisis hotline and intervention, victim advocacy, counseling, support groups, wellness classes, and childcare.

Having all of these services in the same location can be beneficial for survivors of sexual violence. They can receive medical and legal services in the same place while also being provided 24 hour trauma-informed care. According to a recent press release, they anticipate providing services to at least 3,500 victims through each fiscal year going forward.



Above: AfterCare Kits available at the Norfolk Family Justice Center.

Left: Norfolk Family Justice Center logo.



To learn more about the Norfolk Family Justice Center, please visit www.norfolkfjc.org or call their crisis hotline for emergency support (757) 251-0144

VOLUNTEER FOCUS

Jordan Clark is a CNU Senior majoring in Sociology with minors in Anthropology and Leadership Studies. In addition to volunteering with Fear 2 Freedom for the past four years, Jordan previously served as an F2F intern.

She is also F2F's current CNU Site Team Leader, a liaison between F2F and the CNU community. When she's not volunteering with F2F, you can find her proudly representing CNU with the Marching Captains or at a café having coffee with friends.

F2F FOCUS



This month's F2F Focus is Lauren Brennan. She joined the F2F Team in the Fall 2019 and has been a valuable addition to the team.

Lauren has years of advocacy experience under her belt, and she will be working with us to update and evaluate our programming options. Lauren is helping diversify our program topics to include drug facilitated sexual assault, supporting survivors, and bystander intervention. Lauren is also going to be working with the Change Champions program, which you can learn about by clicking the button at the bottom of this newsletter.

When Lauren isn't at work, she can be found spending time with family, friends, and her three corgis.

EMPOWERMENT STORY

"F2F is a wonderful organization that does simple but kind and compassionate acts for people that have suffered sexual abuse. They truly help victims of these heinous crimes feel human again. I've seen first hand how F2F helps people- through my wife's experience and through attending F2F events. At these events, they educate students about various topics regarding sexual violence. With helpful education on this tough topic, hopefully it will open the eyes of these young adults so they can be the voice and the change to help prevent/stop sexual abuse on college campuses and in their communities after college. F2F is not just a group giving aid backpacks. They are a nonprofit that helps, educates, and counsels. And, some of the strongest people I know are a part of this great organization. The bravest and strongest one I know is my wife! She has taken her own experiences and helped more people that I could possibly imagine."

- Tim Drames



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