



EMPOWERMENT

THE NEWSLETTER OF FEAR 2 FREEDOM

OCTOBER 2023

MESSAGE FROM THE CEO

October is a season of change as autumn leaves change their colors, darkness descends earlier each day, & temperatures change from warm to crisp chilly. October is also Domestic Violence Awareness Month (DVAM). While it's important to shine a light on the issue, 31 days is not enough to raise awareness of something that happens 365 days a year. The statistics are staggering. Over 2,000 women die each year as a result of domestic violence. Nearly 20 people per minute are physically abused by an intimate partner in the United States.

That's more than 10 million individuals impacted each year.

As you see change happening all around this month, remember to Be The Change & spread awareness. Do your part to stem the tide of domestic violence. Know your local resources. Be a good advocate for someone in need. Be patient, nonjudgmental, and supportive of those experiencing violence.

We are grateful for the many organizations working tirelessly to support DV/IPV survivors & promote healthy relationships, including partners who receive our F2F Kits like the H.E.R. Shelter, Transitions, Avalon & LAWS among many others. It takes all of us working together to make a difference!



MISSION MOMENT: TAKING THE PLEDGE

Last month F2F addressed the incoming Christopher Newport University Class of 2027 during our Be the Change Orientation scheduled the first week of their freshman year. Watching over 1,100 students taking the pledge to help end sexual violence was truly inspiring! A few days later, students at Norfolk State University took that same pledge during an electrifying Hour 2 Empower led by Dr. Tonya Shell.



"I pledge to help end sexual violence. I will stand firm to protect the people in my surrounding community. I pledge to Be The Change."

Virginia Woodward

UNDERSTANDING DOMESTIC VIOLENCE

Getting The Facts Straight

You've probably been seeing lots of terms like DV & IPV being tossed around right now... But what do they mean? Aren't they just the same thing? Although it may seem like these words are interchangeable, they actually have subtle but distinct differences you should know:



Intimate Partner Violence (IPV)

- Any form of abuse occurring between current or previous romantic and/or sexual partners, who may or may not be living together. These partners can be of any gender and orientation.

Domestic Violence (DV)

- Abuse occurring between those living together in the same household. DV encompasses child abuse, elder abuse, IPV, abuse between roommates, etc.

Although IPV and DV are different, they do share many similarities. Both involve patterns of violence where power and control are exerted over others in personal relationships. This can manifest as physical, psychological, emotional, sexual, and/or financial abuse, among others. Both IPV and DV are abuse cycles that are challenging to identify & break out of for those being victimized.

Dispelling The Myths

Not only do many people not know exactly what domestic and intimate partner violence are, but there is also a lack of understanding and empathy for the victims of these situations. The many myths our culture perpetuates about DV/IPV ends up empowering perpetrators while silencing and blaming victims. Myths like:



- *"If it's really that bad, victims can simply just leave."*
- *"That sort of thing only happens to those type of people."*
- *"They were only violent because they were drinking."*
- *"It's just an anger management issue."*

Dispelling these, & other, misconceptions we have about DV/IPV can bring power back to victims and help us meet them with more empathy and understanding. Read our latest blog: "What is Domestic Violence? – Getting Away from the Misconceptions and Understanding the Reality", to learn the truth and expand your compassion today.



COMMUNITY PARTNER SPOTLIGHT

Fear 2 Freedom is honored to work with many different organizations for sexual violence prevention, awareness, and support. This includes the amazing and dedicated providers for survivors of domestic violence. During Domestic Violence Awareness Month 2023, Fear 2 Freedom is a proud partner to Safe Harbor, Samaritan House, Transitions, Doorways, Avalon Center, and Help and Emergency Response, Inc. They tirelessly work to provide the resources survivors of domestic violence need on every step of their healing journey.

EVENT HIGHLIGHTS

Norfolk State University

The Hour 2 Empower event with Norfolk State University was an amazing experience. We were able to partner with three organizations that are doing their part in the community to support survivors.

The Norfolk Family Justice Center directly works with the YWCA South Hampton Roads to provide a variety of services for survivors in one place. The Virginia Beach Police are the first responders to emergencies. F2F's Kits are able to provide immediate comfort for the victims the VBPD work with. The LGBT Life Center is a pillar in the Norfolk community with their support of vulnerable populations to sexual violence.

In total, NSU students packed 100 Kits to serve their community. Fear 2 Freedom was continuously impressed with NSU students with their active engagement with the educational material and service activity. Thank you to our amazing partners and NSU!



Christopher Newport University

We were thrilled to be part of Christopher Newport University's welcome week this fall. Over 1,100 incoming kicked off the first week of their freshman year at our Be the Change Orientation program. Empowering so many students with practical knowledge about the realities of sexual violence, as well as connecting them with essential support resources, is a powerful opportunity we cherish taking part in each year. Thank you CNU and the class of 2027 for your commitment to ending sexual violence on and off campus.



SUPPORTER SPOTLIGHT

Making our mission possible

Join us in sharing appreciation for a few of our recent supporters. Our mission is made possible through their partnership & generosity.

One Tough Cookie

We had an incredible time with Alpha Phi's annual One Tough Cookie event! Every year, Alpha Phi organizes this event on behalf of Fear 2 Freedom. This year, it had the biggest turnout to date! We're so thankful for their ongoing support and dedication to our mission.

Priority Automotive Charities

We are so grateful for generous benefactors like Priority Automotive Charities. This year, we were one of fifty-five nonprofit organizations in Hampton Roads selected to receive this grant.

The work we will do with this grant is specific for children's iCare and AfterCare Kits in Hampton Roads.

Priority Automotive Charities are one of our longstanding donors, and we couldn't be more appreciative!

Change Champions

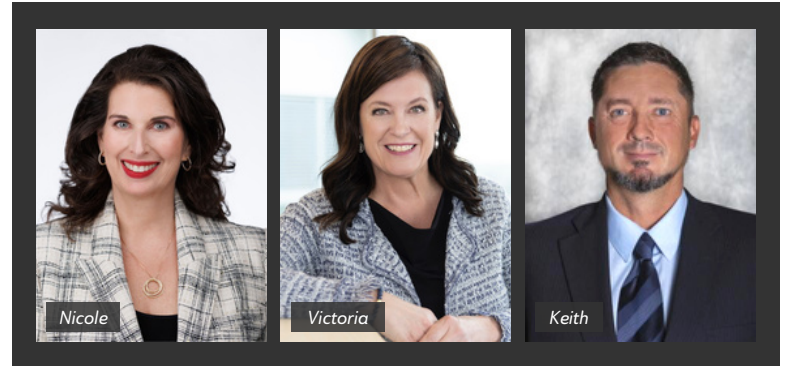
Want to do more for Fear 2 Freedom? Head on over to our website and click, "Become a Champion." We have some fun events just for our Champions coming up... sign up and stay tuned!



BOARD WELCOME

Meet Our Newest Board Members

F2F is excited to welcome 3 new members to our Board of Directors. The depth of expertise represented in these new members will contribute a great deal to our mission and programs! For your willingness to give your time, talent & treasure to help F2F Be The Change & restore the Joy for survivors of sexual violence, F2F thanks Nicole Goldman, Victoria Morrissey & Keith Parr.



VOLUNTEERS NEEDED

Check out Fear 2 Freedom's Sign Up Genius to get a hands-on volunteer experience with us!

We have a busy upcoming fall semester and we always need your assistance. Activities could include inventory processing for our kit packing materials, packing for our future events, and helping to count our inventory.

Fear 2 Freedom would not be able to impact as many lives as we do without the help of volunteers. Thank you so much for your support!



SHARE YOUR VOICE

We're searching for college students, past program attendees, and F2F supporters to share their voices with us. Submit your short videos to us, sharing your perspective about F2F and our mission. Here's a few ideas:

- Why is F2F's mission meaningful to you?
- How has attending an F2F program impacted you?

Help us spread the word. Send your clips to us at getinvolved@fear2freedom.org or tag us in your own posts. We may just feature it on our social media channels!

SAVE THE DATE



Shadow Event

TUESDAY | NOV 14, 2023 | 7:30PM

Survivors share their stories during this moving event hosted by the Where Is The Line club at CNU. The event will take place at the Diamonstein Theater at Christopher Newport University.



Coastal Fermentory

WEDNESDAY | NOV 22, 2023 | 5:00 PM

Come join us for a fundraiser at Coastal Fermentory in Newport News! From 5-8, Fear 2 Freedom will get 100% of all tips, along with 10% of all sales! There will be live music and it will be kid friendly.

