

e-SAVE SOURCE

Youth Voices...Grown-Up Choices!

National Association
of Students Against
Violence Everywhere

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“Hand-in-Hand,” Relationship Violence Prevention

Relationship Violence Prevention by Brian Gonya, Ripon College

People typically take the term “self-sufficient” to be a compliment. Someone who is self-sufficient can take care of themselves. They do not have to borrow money to pay their bills each month. They can perform all the daily functions required to live a satisfactory life. The obvious benefit to being self-sufficient is that a person does not need to rely upon an outside force for stability.

However, the Emotional Human Being can not be completely self-sufficient, at least, for any amount of time. Connection is in our DNA. Humans want companionship as much as they can want anything at all. As infants, we are able to survive and learn only because parents or other care-givers nurture us not just with food, but with emotional contact. We never really outgrow that dependence on others. An adult, abandoned and alone on a desert island, will crave the sound of a human voice almost as much or more than food. Why?

Humans are social, emotional and physical creatures. Our social relationships help us meet both our emotional and physical needs. My school, Ripon College, has actually built this concept into our motto: “More, Together.” The theory—and, at Ripon, the practice—is that each member of our community can learn and grow better by learning and growing together. Thus, like students in SAVE Chapters, we often engage in service-learning and community-based projects both as a way to help others and as a way to learn “more, together.”

Unfortunately, while relationships usually are to humans’ benefit, sometimes relationships can be harmful. Abusive relationships are harmful; at worst, they can be deadly. No matter how much physical or emotional damage a particular act of abuse causes in the moment, its real impact must be measured over the course of a lifetime or lifetimes. Abuse often becomes self-sustaining, meaning it re-creates itself over time. Sometimes, humans become abusive in response to fears they have experienced directly; sometimes, humans learn abuse because it was modeled for them.

Fear in human relationships has countless causes. What if she leaves me? What if I lose her? What happens if he fails to come home? How will I survive? Fear can build on itself. The man who, every day at work, is demeaned by his boss may feel inferior—causing him to fear that he does not matter in this world. After work, he may demean his wife in a misguided attempt to calm his own fear. In many sad cases, the son will pick up on that pattern. His love and respect for his father may blind him to his father’s faults; ten or twenty years later, he will do the same thing to his girlfriend, even though he, never felt the fear that drove his father’s abuse.

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UPCOMING EVENTS



DATE	EVENT	MORE INFO
APRIL 1-31	NATIONAL CHILD ABUSE PREVENTION MONTH	http://www.childwelfare.gov/preventing/preventionmonth/
APRIL 2	KIT EVANS, STUDENTS AGAINST VIOLENCE EVERYWHERE SPEAKER	http://www.uakron.edu/studentlife/enough-is-enough.dot
APRIL 2-4	NATIONAL AFTER SCHOOL ASSOCIATION CONFERENCE	http://www.naaweb.org/default.asp?contentID=659
APRIL 11-13	BLUEPRINTS CONFERENCE - BLUEPRINTS FOR VIOLENCE PREVENTION	http://www.blueprintsconference.com/
APRIL 11-14	NATIONAL SERVICE - LEARNING CONFERENCE & YOUTHRIVE PEACEJAM LEADERSHIP CONFERENCE	http://www.nylc.org/national-service-learning-conference
April 22-28	NATIONAL CRIME VICTIMS' RIGHTS WEEK	http://www.ncvc.org/ncvc/main.aspx?dbID=DB_2012NCVRWResourceGuide192
April 27	CONGRESSIONAL BRIEFING: YOUTH VIOLENCE AS A PUBLIC HEALTH ISSUE, IN PARTNERSHIP WITH THE TRI-CAUCUS.	http://www.preventioninstitute.org/
May 1-31	NATIONAL YOUTH TRAFFIC SAFETY MONTH	http://www.nationalsave.org/main/teendrivingfocus.php
June 14-16	LIFESAVERS: 30TH ANNUAL CONFERENCE DEDICATED TO HIGHWAY SAFETY!	http://www.lifesaversconference.org/index.html



NOW ACCEPTING NOMINATIONS FOR SAVE 2011-2012 CHAPTER, STUDENT AND ADVISOR OF THE YEAR AWARDS!

Chapter of the Year visit: <http://nationalsave.org/main/Award%20Forms/chapter%20award.php>

Advisor of the Year visit: <http://nationalsave.org/main/Award%20Forms/advisor%20award.php>

Student of the Year visit: <http://nationalsave.org/main/Award%20Forms/student%20award.php>

Monthly Focus: 'Hand in Hand,' Relationship Violence Prevention

SAVE members can strive to prevent relationship violence by educating the public about warning signs, consequences and proactive steps to safeguard possible victims. By focusing on this important topic for the month and approaching the program from three angles: crime prevention, conflict management, and service projects, SAVE members can help thwart this growing area of violence. Relationship violence can cover many areas including dating violence, child abuse, sibling abuse, domestic violence, and interpersonal violence (e.g. between friends). With April being National Child Abuse Prevention Month, relationship violence prevention is a perfect topic to address in your school community.

Relationship Violence Public Service Announcement - http://nationalsave.org/main/YABpodcasts/relationship_violence_april.mp3

Dating Violence Public Service Announcement for Parents http://nationalsave.org/main/YABpodcasts/dating_violence_prevention_for_parents.mp3

For suggested activities and downloads, visit: <http://nationalsave.org/main/april.php>

For additional information on upcoming monthly topics, visit: <http://nationalsave.org/main/calendar.php>

SAVE Question of the Month:

Please share the SAVE Question of the Month with your SAVE members. The Youth Voices section of the web is a place for students to ask questions and get responses from SAVE members across the country.

April QoM: *How is your SAVE chapter addressing relationship violence in your school and community?*

Please send your responses to: forum@nationalsave.org or post on SAVE's Facebook page.


Check out: <http://www.nationalsave.org/forum/index.php> to see your response posted!

Techno Tidbit

Jennifer Ann's Group

Jennifer Ann's Group announces the "5th Annual Life.Love. Game Design Challenge" with a \$5,000 first place prize for the winning video game that best increases awareness and provides educational information about dating violence as it affects teens, tweens, and college students.

Check out this link: <http://www.sfgate.com/cgi-bin/article.cgi?f=/g/a/2012/03/17/prweb9293152.DTL>

5th Annual
Competition 

\$5,000
First Place

Relationship Violence Prevention, cont.

Love (connection), and lack of love, is what drives much of human behavior. Fear of being unloved--being alone--can lead some humans to try to abusively control others. In those cases, it is as if the fear actually replaces the love; others can see it so clearly, but the people locked inside the abusive relationships--both the abuser and the victim--are often blind to the truth. Self-doubt, hate and resentment also can replace love as can vengeance and envy. Fear and hate never really replace love; they displace love, driving it away, making real connection--what we want and need--impossible.

People need connections, yet some people abuse that need in relationships. What can be done about this disease? And, indeed, it is a disease. Abuse can be as damaging as it can be contagious. **According to the Centers for Disease Control, one in eleven teenagers are victims of dating violence, one in four teenagers say they are victims of sexual, verbal or physical abuse, and the majority of teenagers consider some form of abuse "normal" in a relationship.** This suggests that abuse is not simply a disease, but an epidemic..

SAVE offers several suggestions on how to raise awareness of relationship abuse. One project idea is to renovate, restore, and rejuvenate a vacant lot in your neighborhood as a symbol of our power to break the cycle of abuse. Vacant lots do not start out as damaged, dirty spaces; they start out with the potential to be beautiful and productive spaces. But then one day one person may leave a tire on the lot, and all of a sudden it becomes "okay" for people to litter on it. In a few months, the litter makes the grass die. The more like a trash heap it looks, the more people will treat it as one. Eventually the lot that had the potential to be a home or a park or any other amazing place becomes a miniature city-dump. I have seen many such lots. It's hard to see their potential once they've been abused by the people around them; but the potential is still there if only someone will take the time to see it and to work to help others see it, too.

To restore the lot, first get clearance from the local authorities; most communities welcome this kind of project. Then begin by disposing of the litter. Water the grass if some has survived; if not, plant some new seed and maybe even some flowers. Involve local carpenters or the shop class at your school to build some benches or maybe some swings for the lot.

If all you do is remove the trash, you've revealed the lot's potential. If you restore the grass, you show the possibility of growth. If you add benches or a swing, you give the lot a purpose within the community. And if you hang a sign near the lot saying that your work is in honor of the victims of relationship violence, you will get people thinking about that issue every time they walk by, and also about how victims--like your lot--have the potential to heal and, thus, break the cycle.

Just as your SAVE chapter could convert an abused piece of land into a small haven, your SAVE chapter can lead the way in helping to stop the cycle of abuse that has become so tragically common.

Katrina Reynolds, 2011 SAVE Advisor of the Year: From the Heart!



April is a very special month for SAVE. The organization focuses on teaching students about the consequences of Relationship Violence and gives them proactive steps to prevent relationship violence and how not to be a victim. Many teens in our society today are victims of relationship violence, which leads me to another April focus, Child Abuse Prevention. More than 39,000 cases of child abuse and neglect were confirmed in the state of Texas during 2011 alone!

Do you know what kind of characteristics you are looking for in a dating relationship? What are the positive characteristics of a true friend? If you haven't thought about it, then maybe you should stop and think before getting into a relationship. Most people believe they deserve a certain type of individual or they don't feel they can do any better for themselves. Find out what makes you happy and do it today, you are worth it! Anything is possible if you believe. There are all kinds of programs that are designed to help, they just have to be utilized. How does SAVE help? We as SAVE members can help with teaching the Violence Dating lesson plan found in our manual. We can also help by making sure

our peers know what to say how to take proactive steps in the mediation process and make safe and smart choices! Everyone in our communities should become more aware of Relationship Violence and Child Abuse Prevention; these are two very big issues! We all should consider helping make our communities more nurturing environments as well as supporting dedicated violence prevention organizations, such as SAVE. Without these our children would have no other place to turn to for help. If you know someone who needs help and can't use their VOICE, be that VOICE for them!

From the Heart - Katrina Reynolds

YABer Yak: National Youth Advisory Board Member Jaclyn Morton ~ Highland School of Technology



Nearly 1.3 million people, with 85 percent of those being female, fall victim to some sort of relationship violence in a lifetime (ncadv.org). With an average lifespan of approximately 78 years, that's about 16,500 people per year who are affected by relationship violence which can take on many forms including, dating violence, parental violence and sibling abuse. Relationship violence is not just physical violence, it is the type of violence that is hidden from the rest of the world; relationship violence is mental and emotional and can take a tremendous toll on your life.

Most people who are victims of relationship violence often ask the question "What have I done to deserve this type of treatment from the ones I love?" The bottom line is being abused is never your fault and no one should ever have to endure pain and suffering at the hands of people that say they "love" you.

Sadly, we at SAVE realize that relationship violence is growing among our teens and citizens worldwide. If we all join hands and work together we can bring the staggering 1.3 million relationship abuse reports per lifetime down and make our world a more peaceful and violence free place.

Chapter Highlight ~ Biloxi High School, Biloxi, MS

Biloxi High School in Biloxi, MS is a new SAVE Chapter participating in the Allstate Foundation Teen Safe Driving - Southern Region grant program this year. In November, the Save-A-Life Tour, an alcohol awareness program, presented at the school. The presentation included a drunk driving simulator and hard hitting real-life videos.

The Chapter conducted activities for National Youth Violence Prevention week in March and an accident reenactment around prom. Seat belt checks are being randomly conducted during the spring.

The Biloxi High School SAVE Chapter advisor is Officer Daisy Watson.



Prevention Resources:

Spice, K2 Sending Teens to the Emergency Room

“Spice,” “K2,” “Mr. Smiley,” “Red X Dawn,” and “Blaze” are just some of the street names for synthetic marijuana drugs. They sound like something out of a video game, but the drugs themselves are nothing to play around with.

http://teens.webmd.com/news/20120317/spice-k2-sending-teens-emergency-room?utm_source=March+20%2C+2012&utm_campaign=Act+Out+Loud%2C+Ntional+Youth+Traffic+Safety+Month%2C+Global+Youth+Traffic+Safety+Month%2C+NOYS%2C+National+Organizqations+for+Youth+Safety&utm_medium=email

Movement Targets R Rating of ‘Bully’

Weinstein Co. drops R rating, plans to release teen-bullying doc ‘Bully’ unrated on March 30. The MPAA gave the film an R rating for language and declined to change it when the Weinstein Co. appealed.

http://www.washingtonpost.com/entertainment/weinstein-co-drops-r-rating-plans-to-release-teen-bullying-doc-bully-unrated-on-march-30/2012/03/26/gIQAG3dwcS_story.html

Millennials Will Benefit and Suffer Due to Their Hyperconnected Lives

Teens and young adults brought up from childhood with a continuous connection to each other and to information will be nimble, quick-acting multitaskers who count on the Internet as their external brain and who approach problems in a different way from their elders

http://www.pewinternet.org/~media/Files/Reports/2012/PIP_Future_of_Internet_2012_Young_brains_PDF.pdf?utm_source=March+13%2C+2012&utm_campaign=Act+Out+Loud%2C+Ntional+Youth+Traffic+Safety+Month%2C+Global+Youth+Traffic+Safety+Month%2C+NOYS%2C+National+Organizqations+for+Youth+Safety&utm_medium=email

Prevention Connection: Is Your Teen Driving High?

The national study of 2,300 11th- and 12th-graders was completed by Students Against Destructive Decision (SADD) and showed that more and more teens do not see driving while high on marijuana as a problem

http://burlington.patch.com/articles/prevention-connection-is-your-teen-driving-high?utm_source=March+13%2C+2012&utm_campaign=Act+Out+Loud%2C+Ntional+Youth+Traffic+Safety+Month%2C+Global+Youth+Traffic+Safety+Month%2C+NOYS%2C+National+Organizqations+for+Youth+Safety&utm_medium=email

States Look to Enact Cyberbullying Laws

Lawmakers in at least five states aim to stiffen or enact cyberbullying laws as national concern grows over electronic harassment and its deadly consequences.

http://www.usatoday.com/news/nation/story/2012-03-18/state-cyberbullying-laws/53626736/1?utm_source=March+27%2C+2012&utm_campaign=Act+Out+Loud%2C+Ntional+Youth+Traffic+Safety+Month%2C+Global+Youth+Traffic+Safety+Month%2C+NOYS%2C+National+Organizqations+for+Youth+Safety&utm_medium=email

Funding/Contest Opportunities:

Allstate Foundation Mini Grants Available for Teen Safe Driving Activities!

Many schools and community agencies are planning activities to encourage Teen Safe Driving during key times including National Youth Violence Prevention Week, National Youth Traffic Safety Month, Prom and Graduation. The National Association of Students Against Violence



Everywhere (SAVE) has mini grants available for schools and community agencies who are conducting activities this fall in the following states: IA, IN, KS, MI, MO, MT, NE, ND, OH, SD, and WY. Mini grants are \$1,000 and include educational items, materials, Teen Safe Driving Toolkits and a free SAVE Chapter affiliation. For a very brief (less than 2 pages) grant application, contact: info@nationalsave.org

Children’s Health & Wellness Grants

Deadline: August 31, 2012

To provide direct support for children in the areas of health and wellness such as childhood disease research foundations, child safety organizations and organizations that serve children with special needs.

<http://www.buildabear.com/shopping/contents/content.jsp?catId=400002&id=700010>

School Grants for Healthy Kids

Deadline: May 5, 2012

Action for Healthy Kids (AFHK) will award over 500 schools with grants, ranging from \$1,000 to \$5,000, for the 2012-2013 school through our School Grants for Healthy Kids program.

http://www.actionforhealthykids.org/upcoming-events/grant-opportunities/school-grants-for-healthy.html?utm_source=March%2013%2C%202012&utm_campaign=Act%20Out%20Loud%2C%20National%20Youth%20Traffic%20Safety%20Month%2C%20Global%20Youth%20Traffic%20Safety%20Month%2C%20NOYS%2C%20National%20Organizqations%20for%20Youth%20Safety&utm_medium=email

Out-of-School Youth Partnerships

Deadline: April 30, 2012

The Gateway to College National Network has funds available for partnerships between colleges and K-12 school districts to implement the Gateway to College (GtC) dropout recovery program.

<http://www.gatewaytocollege.org/start.asp>

100 Best Communities for Young People

Deadline: April 15, 2012

Help reduce dropout rates and provide outstanding services and supports to their youth.

<http://www.americaspromise.org/Our-Work/100-Best-Communities-for-Young-People.aspx>

Sabrina Steger... From A Parent's Perspective



Dating can be so exciting. Meeting interesting people, wondering if he or she might be 'the' one, the thrill of the first kiss, that floating-on-air feeling when she says yes when you ask her out and that kicked-in-the-gut feeling when he doesn't call when he said he would.

What we don't think about are the demands, intimidation, belittling, threats, or being physically restrained, hit, kicked, bit, or anything else when a relationship goes awry. If you are ever physically threatened or hurt, get away and stay away from that person!!! Even though he or she will probably promise it will never happen again, it will!

Victims of relationship violence say that, while the violence might stop for a little while, it does start again and it gets progressively worse. Name-calling becomes shoving, shoving becomes slapping and on it goes. If a person is violent when you are dating, and you stay in the relationship, (meaning that the attacker is getting what he or she wants) then they think that if they are more violent, they will get more of what they want.

Don't be afraid to speak up, to protect yourself. A person who really cares about you wants to protect you, not harm you. Promise yourself that person will never get the chance to hurt you a second time. Read the Daters Bill of Rights listed below. Protect yourself!

Daters Bill of Rights

- I have the right to refuse a date without feeling guilty.
- I can ask for a date without feeling rejected or inadequate if the answer is no.
- I have control of my decisions and actions, and know that my rights end where another's rights begin.
- I have the responsibility to make positive and healthy decisions, for myself, and others.
- If I don't want physical closeness, I have the right to say so.
- I have the right to start a relationship slowly, to say, "I want to know you better before I become involved."
- I have the right to be myself without changing to suit others.
- I have the right to change a relationship when my feelings change. I can say, "We used to be close, but I want something else now."
- If I am told a relationship is changing, I have the right not to blame or change myself to keep it going.
- I have the right to an equal relationship with my partner.
- I have the right not to dominate or to be dominated.
- I have the right to act one way with one person and a different way with someone else.
- I have the right to live my life free of fear from violence and abuse.

Jaclyn Barnes, SAVE Board Member ... Dating Violence



Chances are, you probably know someone who is or has been in an abusive relationship, whether physical, sexual, emotional or verbal. The topic has caused a lot of buzz in the media lately because of celebrity couples. However, dating violence is no trivial matter. It's serious. Dead serious. And, it affects teens at a higher rate than any other age group in the country.

According to statistics, one in three teens experience some form of dating abuse, far exceeding other forms of youth violence. In fact, young women age 16 and 24 experience the highest rates of dating violence, almost three times higher than the national average. Although girls are three to six times more likely to experience partner abuse, boys can also be victims. When they are, boys are much less likely to report it.

Having worked with survivors of domestic violence, one question I hear all the time is, "Why doesn't the victim just leave?" On average, it takes a person seven attempts before s/he finally leaves an abusive partner. Each situation is unique, but at its core, dating violence is about power and control. The relationship generally doesn't start off abusive. On the contrary, the abusive partner is usually the nicest person you've ever met. But slowly, things change. The person becomes suspicious, jealous, possessive and controlling - trying to isolate you from your friends and family, wanting to occupy all your time and making you more emotionally dependent on the relationship. Then the negative comments start putting you down or making you feel insecure. It might escalate to a push, shove or slap. At its worse, it can end in death.

So, what can you do? By being a part of SAVE, you're positioned to help educate your community and engage your peers. Start a dialogue and help reduce the stigma associated with reporting violence. Pick a current event or media item related to dating abuse and hold a schoolwide discussion. Invite someone from a local domestic violence organization to be a guest speaker. Make a video about dating violence and share with other youth groups. And, if you specifically know someone who is in an abusive relationship, don't judge or preach. Most likely, s/he will already feel embarrassed and ashamed. Remember, violence tends to escalate when a victim attempts to leave, so don't try to intervene on your own. Tell someone you trust who can help that person safely get out of the relationship. You can also call the National Teen Dating Abuse Helpline at 1-866-331-9474.

As a member of SAVE, you have the tools and resources to make a difference on an issue that disproportionately affects teens. Be the change. And, make sure to share what your chapter plans to do on SAVE's Facebook page.



Welcome to the
SAVE store!

The SAVE store provides a quick and easy way to order SAVE merchandise as well as renew your chapter registration. Registered SAVE chapters can get their 5% discount by putting using their 'Chapter Only' password as the discount coupon code. Please visit the store to browse and purchase everything you need for your SAVE chapter.

<http://nationalsave.org/store/>

2nd Annual West Texas Summit

Ira SAVE Chapter, advised by Katrina Reynolds, hosted the 2nd Annual West Texas Summit on Friday, March 30 in Ira, Texas. Close to 100 middle and high school students and advisors enjoyed the day long Summit focusing on the "Building Blocks Against Bullying." SAVE members lead breakout sessions focusing on Empowering, Engaging, Educating, and Encouraging students with violence prevention strategies.

Carleen Wray, SAVE's Executive Director was a guest speaker, and attendees had the pleasure of seeing a special performance by Nigel Cox, Chair of the National SAVE Youth Advisory Board as well as a performance by Ira's SAVE Chapter of Bang, Bang Your Dead.



National Youth Advisory Board Search

The National Association of Students Against Violence Everywhere is searching for outstanding SAVE members for the 2012-2013 National SAVE Youth Advisory Board (YAB).

The YAB will be composed of high school students from across the nation who have demonstrated leadership skills and service in their school and community, as well as having experience and service with the SAVE program.

These students should also possess a commitment to the ideals of SAVE. Creative and energetic students are needed to create new materials, plan and attend national workshops and provide the youth voice necessary to propel SAVE to greater achievements.

Applying for the National SAVE YAB consists of 2 rounds of application processing. Completion of this form is required for Round One.

Applicants moving to Round Two, will be notified in June, 2012 with additional information and phone interviews.

<http://www.nationalsave.org/PDF/YABapplication%201213.pdf>