

What Can I Do?

Know MORE Learn the signs of domestic violence. Listen without judgment to victims and survivors of sexual assault. Know that One SAFE Place is our community's victim resource.

Say NO MORE. Break the silence. Be an Active Bystander. Speak out. Seek help when you see harassment of any kind in your family, your community, your workplace, or school.

Share NO MORE: Share the NO MORE symbol with everyone you know. Facebook it. Tweet it. Pin it. Instagram it. Email it. Wear it. Help to increase the awareness about the extent of domestic violence and sexual assault and that you say NO MORE.

Ensure NO MORE: Engage! Intercede when you see or feel something is wrong. Donate to a local, state, or national domestic violence or sexual assault organization. Be part of our NO MORE gallery. Participate in our NO MORE events.

NO MORE Community Action Campaign

APRIL 2nd The Women's Fund Forum on Domestic and Sexual Assault
APRIL 2nd NO MORE Community Action Campaign launch

The following events are being put on by One SAFE Place

APRIL 2nd TAKE BACK THE NIGHT
5:30, Atrium in Downtown Mall

APRIL 23rd DENIM DAY, Wear Denim in support of NO MORE.

MAY 10th WALK A MILE IN HER SHOES and
Mary's Pizza and Pumps
10 a.m., north end of Market Street Promenade

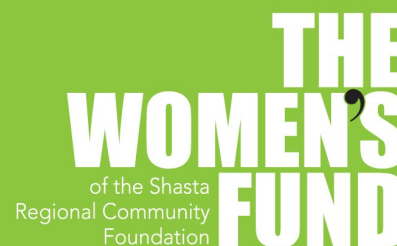
JUNE/JULY NO MORE Community Media Campaign

AUGUST Present High School Bystander Engagement assemblies

SEPTEMBER Launch High School NO MORE clubs

OCTOBER Domestic Violence Prevention Month

For more information and to get involved, contact One SAFE Place at ospshasta.org.



Domestic and Sexual Assault Forum

April 2, 2014
Noon to 1:30 p.m.

Welcome	Michele Goedert
Forum Introduction	Kristen Schreder
Define the Problem	Josh Lowery and Emily Westphal
NO MORE Campaign	Terri Fields Hosler
Introduction of Keynote Speaker	Jean King
What is Bystander Engagement?	Alan Berkowitz
Question and Answer	Alan Berkowitz
Next Steps	Kristen Schreder and Jean King

NO MORE

TOGETHER WE CAN END
DOMESTIC VIOLENCE & SEXUAL ASSAULT



Be an Active Bystander: Say NO MORE

A bystander is someone in a crowd who sees a potentially dangerous situation and does nothing. A bystander does not protect the values of safety, trust, and honor that are central to our community.

Bystanders are the largest group of people involved in violence - they greatly outnumber both the perpetrators and the victims. Bystanders have a range of involvement in assaults. Some know that a specific assault is happening or will happen, some see an assault or potential assault in progress, and some know that an assault has occurred. Regardless of how close to the assault they are, bystanders have the power to stop assaults from occurring and to get help for people who have been victimized.

We have all been bystanders in our lives, and we will all be in situations where we are bystanders in the future. The choice, then, becomes whether we are going to choose to be active bystanders who speak up and say something, or whether we will choose to be passive bystanders who stand by and do nothing. As opposed to being a group of bystanders who stands by and does nothing, together, let us create a culture of bystanders that is actively engaged in saying NO MORE to violence.

Courtesy of One SAFE Place

Thank you for joining The Women's Fund and its collaborators today to learn about domestic violence and sexual assault in our community. The aim of this forum is to bring awareness to the prevalence of violence and to highlight what we as community members can do to minimize its occurrence and the devastating effects these acts have on their victims and those who witness them. Our presenter, Dr. Alan Berkowitz, a national presenter on bystander engagement, will show us that domestic violence and sexual assault are not "someone else's" problem, but actually "the community's" problem, and how an engaged community working together can make a difference in ending the violence.

Today's forum also serves as the kick-off for a community call to action to end domestic violence and sexual assault entitled, NO MORE. NO MORE is both a national campaign and unifying symbol designed to galvanize greater awareness and spark new conversation about domestic violence and sexual assault, moving this cause higher on the public agenda.

We invite you to further participate in this community launch by being one of the first to have your photo taken holding a sign expressing why YOU believe there should be NO MORE violence or acceptance of violent behavior in Redding. Also, please join us *tonight* at the One SAFE Place Take Back the Night event at the Atrium in Downtown Redding, at 5:30 p.m., to show our community support for survivors of domestic violence and sexual assault and hear one survivor's story.

Our collaborative team today includes The Women's Fund, One Safe Place, Health and Human Services, Strengthening Families, the District Attorney's Office and others. We thank them all!

The Women's Fund received a grant from
The California Endowment to support this Forum.



For more information about The Women's Fund visit
womensfundredding.com.

NO MORE

EMOTIONAL ABUSE

- Name calling, insults, continual criticism
- Extreme jealousy or possessiveness
- Isolation from family or friends
- Monitoring where partner goes & who partner spends time with
- Withholding affection as punishment
- Threats to hurt partner, children, family or pets
- Humiliation of partner in any way

RESOURCES:

One SAFE Place 24-Hour Crisis Hotline | (530) 244-0117 | ospshasta.org

The National Domestic Violence Hotline | www.thehotline.org

The National Sexual Assault Hotline | www.rainn.org

The National Dating Abuse Helpline | www.loveisrespect.org

Domestic and Sexual Assault Fact Sheet

Incidence, Prevalence, and Severity

- Nearly one in every four women is beaten or raped by a partner during her lifetime.
- Every 9 seconds in the U.S. a woman is assaulted or beaten.
- Every year, 1 in 3 women who is a victim of homicide is murdered by her current or former partner.
- 65% of domestic violence victims have weapons used against them.
- Domestic violence is the leading cause of injury to women—more than car accidents, muggings, and rapes combined.
- Women ages 16-24 are at greatest risk of becoming domestic violence victims.
- Survivors of domestic violence face high rates of depression, sleep disturbances, anxiety, flashbacks, and other emotional distress.

Children and Youth

- Children are particularly vulnerable as both victims and witnesses to domestic violence.
- Of those experiencing physical intimate partner violence, 75% of victims had children under the age of 18 years at home.
- Without help, girls who witness domestic violence are more vulnerable to abuse as teens and adults.
- Without help, boys who witness domestic violence are 4 times more likely to become abusers of their partners and/or children as adults, thus continuing the cycle of violence in the next generation.
- Children that are exposed to violence are more likely to attempt suicide, abuse, drugs and alcohol, run away from home, engage in teenage prostitution, and commit sexual assault crimes.

Sources:

- California Partnership to End Domestic Violence
- National Network to End Domestic Violence
- domesticviolencestatistics.org
- safehorizon.org

NO MORE

ECONOMIC ABUSE

- Controlling access to financial information
- Refusal to share money
- Preventing partner from having or keeping a job
- Taking partner's money
- Not allowing partner's name to be on accounts, which would allow partner to build credit
- Demanding account of all purchases

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NO MORE

PHYSICAL ABUSE

- Damaging property when angry (thrown objects, punched walls, kicked doors, etc.)
- Pushing, slapping, biting or kicking
- Abandoning partner in a dangerous or unfamiliar place
- Driving recklessly to scare partner
- Using of a weapon to threaten or hurt partner
- Trapping partner at home
- Preventing partner from calling police or seeking medical attention

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