This Thoughts & Thanks is dedicated to the AWARE staff, board of directors, and volunteers who have been meeting program participants and community members with calmness and open hearts as more and more victims of gender violence contact AWARE for services. As I write, 21 children and 17 women are living at AWARE because they are not safe in their homes. We’ve brought up spare mattresses from storage, and advocates are working to best meet the needs of our participants, to provide individual and systems advocacy and ensure that each woman has a personalized safety plan.

All this plus putting together the weekly grocery list, cooking meals, responding to crisis calls, meeting with women, responding to requests, helping women contact agency partners, faxing applications, consulting with co-workers, scheduling summer activities for children and loading children into the van, managing statistics, planning for children’s life skills and creative play groups, meeting with supervisors, and on it goes…

At the same time, our administrative and community based staff answer phones and the door, create this newsletter, update our website, contact rural partners, speak with safe home providers in rural areas, pay bills and payroll, interview new volunteers, arrange for plumbing and appliances repairs, assist with paperwork and accompany victims seeking safety to court, create videos, evaluate Girls on the Run and prevention education in the schools, safety plan with moms and children, arrange for and meet with community partners about our response to sexual and domestic violence, about preventing sexual and domestic violence, and on it goes...

Last Friday we held a day-long staff retreat to discuss our core values, to look to our past, present, and future. Our retreat brought us together as a staff, and supports our day to day activity, when we have to intentionally create the space to pause.

Meanwhile, AWARE volunteers go grocery shopping each week. They provide childcare and office assistance. Our volunteer Board of Directors held its own retreat, fine tuning AWARE’s strategic plan. In addition to regular AWARE business, the board is working on an AWARE Code of Ethics, expanding as well as moving us forward on the day to day direction of our agency.

As AWARE’s Executive Director, I get a lot of credit for AWARE’s accomplishments. Clearly, AWARE could not be the agency we are, without all AWAREans, staff, board and volunteers, working together each in our own unique way to create an intentional space of whole heartedness and healing as we work towards, safety, empowerment, and social justice. Thank you one and all– we couldn’t do it without you.

PS- If you’d like to join us, give a call- there’s room for you.
How You Can Help Someone in Need

One in four young people report emotional, physical, or sexual abuse from a dating partner each year. This means that you personally know -- and come in contact with -- many people in your daily life who are experiencing abuse.

You can make a positive difference to someone experiencing abuse, whether they’re a family member, friend or even a stranger.

**Warning Signs**

Not sure if someone is in trouble? You might not see dramatic warning signs like black eyes and broken bones, so how can you tell for sure? For one thing, listen to your instincts. You probably wouldn't be worried without good reason.

Here are some signs to look for that might mean someone you know is in trouble and needs help.

- You notice their boyfriend or girlfriend calls them names or puts them down in front of other people.
- If they talk to other people, their boyfriend or girlfriend gets extremely jealous.
- They apologize for their boyfriend or girlfriend’s behavior and make excuses for it.
- They frequently cancel plans at the last minute for reasons that sound untrue.
- Their boyfriend or girlfriend is always checking up, calling or texting and demanding to know where they’ve been and with who.
- You’ve seen fights escalate to breaking or hitting things.
- They’re constantly worried about upsetting their boyfriend or girlfriend or making them angry.
- They give up things they used to enjoy such as spending time with friends or other activities.
- Their weight, appearance or grades have changed dramatically. These could be signs of depression, which could indicate abuse.
- They have injuries they can’t explain or the explanations they give don’t make sense.

Do you see the warning signs? If so, read these following tips:

**Help a Friend**

Watching your friend experience abuse can be both challenging and frustrating. Consider these tips at www.loveisrespect.org/get-help/help-others/help-a-friend as you try to make a positive change in your friend’s life.

**Help Your Child**

Do you think your child in an abusive relationship? Visit www.loveisrespect.org/get-help/help-others/help-your-child for tips on how to approach the topic with your son or daughter and ensure they get the help they need.

**Help a Stranger**

Ever witness abuse but feel like you can’t intervene because the situation doesn’t involve you? Abuse affects everyone in a community, and you can play an important role in getting the victim to safety. Ways to help can be found at: www.loveisrespect.org/get-help/help-others/help-a-stranger.

**How to Be an Ally**

The principles for supporting those in unhealthy relationships are the same regardless of that person’s sexual orientation or identity. We have a couple of things to keep in mind when you notice that something may be going on. These can be found by visiting this link: www.loveisrespect.org/be-ally.

Please call AWARE at 907-586-1090 or visit www.awareak.org for more information and/or resources.

~From loveisrespect.org

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"There’s always going to be bad stuff out there. But here’s the amazing thing—light trumps darkness, every time. You stick a candle into the dark, but you can’t stick the dark into the light.”

~Jodi Picoult

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**LeadOn! for Peace and Equality video!**

Three Juneau teens attended the Alaska Network on Domestic Violence & Sexual Assault’s Lead On! For Peace and Equality mini-summit in the fall of 2013. Inspired by their peers and motivated to make a difference in their community, they returned to Juneau with a vision of creating a digital story that promoted healthy relationships, healthy sexuality, and nonviolence.

Over the span of six months, their project grew and gained momentum, drawing on the talents and wisdom of 14 teens. Through interviews with their peers, skits, and footage of the beautiful community of Juneau, these teens hope to spark dialogue about important issues impacting youth through their 5 1/2 minute video.

Special thanks to the Alaska Network on Domestic Violence & Sexual Assault, the State of Alaska Department of Health and Social Services, and Planned Parenthood of the Great Northwest’s Teen Council.

To view this video in its entirety, please visit this link: www.youtube.com/watch?v=rfRRNNPPvsQ&feature=youtu.be
Talk Now, Talk Often AK: Talking with Teens

The Campaign
Talk Now Talk Often AK is a statewide effort developed by parents and caregivers like you to help increase conversations with teens around healthy relationships. Domestic violence and sexual assault in Alaska rank among the highest in the country, and many of the behaviors develop in adolescence. Parents have a unique opportunity to connect with their kids and begin fostering healthy relationship conversations and skills that can be carried into adulthood.

Conversation Cards
Are you a parent of a teen? Do you have a teen in your life that looks to you for support and guidance? The more resources you have to help communicate, the better prepared you both are for the ups and downs of adolescence. While talking with teens may not always be easy, most parents agree that it is important to have these conversations. The card topics to the right focus on strengthening relationships and connections between youth and adults.

Conversation Tips:
- Don’t expect to have all of the answers, it is ok not to know. Figure it out together!
- Inspire conversation by opening up about your own experiences.
- The more you are willing to share, the more they will be willing to share with you.
- If you share parts of your life that your child was not there for, they will share parts of their life that you’re not a part of. Listen and support your teen.

Please visit below www.tntoak.org to download the cards and start a conversation.

LINK BETWEEN HOUSING & SEXUAL VIOLENCE

Sexual violence can jeopardize a person’s housing. Lack of housing or inadequate shelter can increase the risk for sexual violence. Nearly 10% of women and 81% men who experienced housing insecurity in the past year had a higher prevalence of intimate partner violence.

RELOCATION
71%
of victims wanted to move after being sexually assaulted by their landlords, but could not afford to break a lease.

Nearly 80%
of victims living in public housing wanted to relocate because the perpetrator was nearby, but couldn’t because of a lack of funds and housing options.

VICTIMIZATION OF INDIVIDUALS WHO ARE HOMELESS OR MARGINALY HOUSED

<table>
<thead>
<tr>
<th>Victims of Physical or Sexual Violence</th>
<th>Reasons Why Youth Leave Their Homes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Of homeless LGBT youth 58%</td>
<td>Being sexually abused at home:</td>
</tr>
<tr>
<td>Of homeless women 32%</td>
<td>61% Girls</td>
</tr>
<tr>
<td>Of homeless men 27%</td>
<td>16% Boys</td>
</tr>
<tr>
<td>Of homeless youth witness sexual assaults 24%</td>
<td>Many homeless/run away LGBT youth leave after being rejected because of their gender identity and/or sexual orientation:</td>
</tr>
<tr>
<td></td>
<td>46% Run away</td>
</tr>
<tr>
<td></td>
<td>43% Forced out</td>
</tr>
</tbody>
</table>

COMMERCIAL SEXUAL EXPLOITATION VICTIMS

70% Youth-aged victims living on the streets
30% Youth-aged victims living in shelters

National Sexual Violence Resource Center • 123 N. Enola Drive, Enola, PA 17025 • (677) 739-3895 • www.nsvrc.org • resources@nsvrc.org
Girls on the Run offers a life-changing afterschool program for girls 8-14 years old throughout Southeast Alaska. We teach life skills through dynamic, conversation-based lessons and running games. The program culminates with the girls being physically and emotionally prepared to complete a celebratory 5K running event. Throughout the twelve week season, participants learn to identify their values, work together as a team, and experience the importance of community service. The spring 2014 season just concluded and was the biggest season since the program began in 2008. GOTR of Southeast Alaska served 236 girls with the help of 63 wonderful volunteer coaches in Juneau, Sitka, Ketchikan, Wrangell, Metlakatla and Haines.

This season was made especially inspirational with the presence of the founder of Girls on the Run International, Molly Barker, MSW. Molly founded Girls on the Run in 1996 in Charlotte, North Carolina. Today, there are Girls on the Run councils in over 210 cities across North America serving over 200,000 girls and women each year. While visiting Juneau, Barker spoke at assemblies at both middle schools, spoke to community members at a fundraising event, and attended the GOTR 5K event. Barker also travelled to Sitka and Ketchikan to participate in their GOTR 5K events and promote the program within their communities.

The community fundraising event Be-YOU-Tiful: A Night Celebrating Women was a huge success, with over 100 GOTR volunteers, supporters, and community members in attendance. The evening featured a silent-dessert auction, and speeches celebrating the power of women and the growth and success of GOTR both nationally and locally. Barker inspired guests as she mingled, spoke from her heart, and took goofy pictures at the photo booth with groups. The fundraiser brought in over $2,000 to support Girls on the Run in Southeast Alaska.

The season-end 5K run at Sandy Beach was bigger and better than ever, with 125 girls from the seven teams in Juneau, as well as girls and coaches who travelled from Yakutat and Haines participating. Coaches, families, community supporters and volunteers came out to run and celebrate the Girls on the Run participants. The tutu themed 5K event included fun pre-event festivities, an energizing group warm-up, and the excitement of Molly Barker, who pumped the girls up prior to the race, cheered for each and every girl that crossed the finish line, and took a photo with each team following the run. As girls crossed the beautiful pink and green balloon arch at the finish line, they were surrounded by cheering parents, coaches, and supportive signs of positive reinforcement, and the songs of the local Eagle Raven dance group.

AWARE would like to thank all of the GOTR participants, coaches, parents, volunteers, and community partners for another great season and an incredibly successful fundraiser and 5K event with Molly Barker!
"Congratulations to Molly Zaleski, who raised $390 to support Girls on the Run in Southeast Alaska while training for and completing her third marathon on June 21st. Here’s Molly’s story of why she became a Solemate."

I’m a pretty happy, positive person. I love to run! I’ve coached Girls on the Run (GOTR) four times and have run two marathons. The Anchorage Mayor’s Midnight Sun Marathon will be my third and is starting to fuel a goal in me to run every Alaskan marathon. Why am I taking this marathon opportunity to raise money for GOTR? It’s not as cheerful as you might think.

I see GOTR as a way to teach young girls how to recognize situations that aren’t healthy for them or that make them feel uncomfortable. Often times, like in my friend’s case, I think women tend to push aside their feelings and conform more to what they think others expect from them; to keep themselves in the “girl box” as we say in GOTR. They might not recognize a situation is bad or they might not think it’s OK to admit they’re unhappy or afraid.

But in this past year’s pre- and post-season survey, when asked how they feel about this statement: “I know the difference between comfortable and uncomfortable feelings” the number of girls that responded strongly agree increased from 59% to 71% by the end of the season! They also increased their ability to deal with uncomfortable feelings in a healthy way and to share their feelings with others. If this somehow means that those girls will be more likely to identify abusive relationships, we could be increasing their likelihood of ending in healthy, happy partnerships. That is why I am running as a Sole Mate!

We are still looking for a few runners to join the Sparkling Solemates Klondike team! Join us for an amazing 110 mile, 10 leg running relay from Skagway to Whitehorse on Sept 5th-6th. We are a non-competitive team committed to raising money for Girls on the Run and having lots and lots of fun! Contact Ati at atin@awareak.org if you are interested in joining.

SAVE THE DATE!
GOTR Coaches Training August 23rd!

GOTR Solemate Raises Money for the Program
Shelter Wish List

AWARE is in constant need of certain items listed below. Your donations help us cut our operating costs and are tax-deductible to the extent allowed by law. We appreciate your generosity.

<table>
<thead>
<tr>
<th>Item</th>
<th>Item</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>Laundry detergent</td>
<td>Flashlights</td>
<td>New twin sheets (white)</td>
</tr>
<tr>
<td>New pillows</td>
<td>Towels</td>
<td>New cleaning supplies</td>
</tr>
<tr>
<td>Trash bags</td>
<td>Forks, silverware</td>
<td>Tri-fold paper towels</td>
</tr>
<tr>
<td>Clipboards</td>
<td>New garbage cans</td>
<td>Paper cups (hot/cold)</td>
</tr>
<tr>
<td>Bus tokens</td>
<td>Diapers &amp; Wipes</td>
<td>New blankets</td>
</tr>
<tr>
<td>Toilet paper</td>
<td>Office Supplies</td>
<td>3-5 quart saucepans</td>
</tr>
<tr>
<td>Kitchen utensils</td>
<td>Copy Paper</td>
<td>New sweat suits, socks, underwear</td>
</tr>
<tr>
<td>Your time as a volunteer</td>
<td>Stamps for residents to mail letters</td>
<td></td>
</tr>
<tr>
<td>Movie, swim, skate rink &amp; climbing wall passes</td>
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</table>

*Note: AWARE is only taking items currently on our wish list. We are grateful for your support, and we do not have the capacity to accept donations other than those on our wish list. If you have clothing to donate, AWARE has accounts at Mommy-&-Me and Alaska Dames Consignment Shops. Simply drop off the items under AWARE’s account and when women/children come in need of clothing, they will receive vouchers to pick out an outfit or two of their choice. Thank you for thinking of AWARE. Below are two others ways you can donate.

Did you know that you can still Pick.Click.Give some of your PFD to AWARE!! Simply visit the PFD homepage (http://pfd.alaska.gov/) and click on the green Pick.Click.Give button to the right. Scroll down the list of non-profits and choose Aiding Women in Abuse & Rape Emergencies, Inc. Thank you for your support! We couldn’t do it without you!
**Farewell Katie!**

It is with joy and sadness that AWARE says goodbye to Katie Erickson, Children’s Advocate. For the past year Katie has been a bright shining light here at AWARE. She has shown an ability to fill lots of niches, from administrative assistant, to shelter advocate, to working in our Children’s Program. When Katie expressed interest in working at AWARE, it was her enthusiasm, job skills, interpersonal skills, and positive presence that made her an obvious choice. Katie is more willing to try new things and challenge herself than most. She showed a compassion for the work we all do here as well as a commitment to being her best self, and it reflected in her work and her relationships at AWARE. Katie will be missed but we know that wherever Katie goes and whatever Katie does, she will be an asset. Farewell, Katie!

**JCAP Says Goodbye to Lily (Kind of)!**

Juneau Choice and Accountability Program (JCAP) advocate Lily Schmitz resigned from the program in May, 2014, after several years as primary group facilitator. It’s actually been difficult for us to tell she’s resigned; Lily has continued to support the program and train our new JCAP coordinator, Aria Chipley, with enthusiasm. Lily has given so much time, energy and heart to the JCAP program, and we have grown under her care. She has a way of listening that leaves you feeling valued, even if she’s said very little. She has big ideas, which works because she also has a great capacity for caring. She’s a prolific form-designer, a thoughtful advocate, and a good friend. We will miss you, Lily. And wish you much happiness in the future!

—Mandy O’Neal Cole

**Welcome Aria Chipley—JCAP Coordinator**

I would like to start out by saying how excited I am to be one of the newest members of AWARE, working as the JCAP Coordinator! My name is Aria Chipley and I recently graduated with my Bachelor of Liberal Arts in Interdisciplinary Studies, emphases in Psychology and History from UAS. I am originally from the lower 48, but have made Southeast Alaska my home; you cannot get me away from the ocean and the forest! I lived in Gustavus for a few years before attending college in Juneau and deciding to make it my home. During my senior year at UAS, I worked as a student intern in the Sex Offender Management Program at Lemon Creek Correctional Center, and had an incredible opportunity to work under many great mentors and become familiar with mental health and the Department of Corrections.

I am thankful to be able to work in this program and support AWARE’s mission. I look forward to working alongside many great people at AWARE as well as many others in local and state organizations.

Nominate a 2014 Women of Distinction today! Deadline is Sept. 22, 2014. Please visit our website www.awareak.org to download an application or call Mandi J. at AWARE 586-6623 for more information.
AWARE, Inc.
P.O. Box 20809
Juneau, AK 99802

Return Service Requested

Dove Cottage
A Place of Peace
Shaa-ka Ut-Yatx-Noow
www.awareak.org

Please include the AWARE Action Fund of the Juneau Community Foundation in your will!

AWARE would like to conserve resources & email our newsletter to you. Please send your email address to mandij@awareak.org.

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Prevention Manager
Rural & Comm. Outreach Coordinator
Community Engagement Advocate
GOTR Advocate
Children's Counselor
Education Specialist
Legal Advocate
Shelter Advocacy Coordinator
Shelter Advocates
Volunteer Coordinator
Administrative Assistant
JCAP Advocate
Children's Advocate
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Rachel Brown
Mandi Johnson
Aria Chipley
Your Name Here
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Yoshua Massin
Esther Smith