Thoughts & Thanks from Saralyn!

I’ve always loved working at a place named AWARE, and I find it especially poignant given the work that we and our program participants do at Aiding Women in Abuse & Rape Emergencies. What does it mean to be aware? When we are truly aware, we are present with what is. We are open, we are connected, we experience a togetherness and we know we are not alone. Being aware opens our hearts to a greater knowing and understanding, beyond our thinking mind. It invites opportunities for growth and being with our experiences.

Of course, our experiences are not always pleasant. They are traumatic, painful, and disturbing. Yet if we’re able to feel safe and supported, if AWARE staff and program participants are able to bring awareness to any situation, it’s an opportunity for healing.

I am thankful for the courageous survivors of domestic and sexual violence who walk through AWARE’s doors, for the AWARE staff who are open to learning and growing so that they may bring their best awareness to their work, to the AWARE board who supports the healing environment and provides overall direction for our agency, and to our community partners who work in tandem with us to help victims be safer. I am grateful for the supporters in Juneau and our southeast communities who participate in and support growing awareness. Thanks to each and every one of you. We couldn’t do it without you!

Back to School Safety Tips from RAINN

Aug. 6 (Washington DC)- For the millions of students heading back to school this fall, increasing violence on campus is a harsh reality. In fact college-aged students are at the highest risk of being sexually assaulted — often by someone they know. Being aware of these risks, looking out for friends and using a bit of common sense are often the first steps in staying safe.

Today, RAINN (Rape, Abuse & Incest National Network), the nation’s largest anti-sexual violence organization, released helpful safety tips for college students going back to school.

1. Go with your gut. If you feel unsafe, or even uncomfortable, in any situation, trust your instincts and leave. Don’t worry about what others may think.

2. Make people earn your trust. A college campus can foster a false sense of security. Just because a person goes to your school, knows your friends, or spends time at your favorite hangouts doesn’t mean they’ll look out for your best interests. Get to know people first and then decide whether to trust them. Continued on page 3.
October is Domestic Violence Awareness Month

To learn more about the abuse of

POWER & CONTROL...

physical

VIOLENCE

sexual

coercion & threats

intimidation

emotional abuse

isolation

using

minimizing, denying, & blaming

emotional

abuse

male privilege

isolation

nonviolent

relationship

egalitarian

shared

parenting

trust & support

responsible

parenting

honesty & accountability

economic

abuse

using

emotional

abuse

negotiation & fairness

non-threatening behavior

respect

egalitarian

shared

parenting

honesty & accountability

responsible

parenting

trust & support

EQUALITY

NONVIOLENCE

physical

emotional

VIOLENCE

to learn more about the abuse of

EQUALLITY...

cost is $10 per person; scholarships are available!

contact AWARE 586-6623 or visit our website at www.awareak.org

Wheel Developed by: Domestic Abuse Intervention Project.  202 East Superior Street, Duluth, MN  55802

2013 Calendar of Events

Month of Oct: 5th Grade Poster Contest

AWARE’s Annual 5th Grade Poster Contest. Juneau 5th graders have created posters around this year's theme, **How can you be a super hero to end domestic violence?**! Posters will be on display at the JAHC during the month of October.

**Friday, Oct. 4: Purple Ribbon Campaign**

Please wear a purple ribbon and show your support for victims and survivors of domestic violence! Purple ribbons and Choose Respect cards are available at AWARE, local Juneau businesses, and at galleries during the First Friday Gallery Art Walk on **October 4th**.

**Saturday, Oct. 19th: Women’s Self-Defense Class**

AWARE and Juneau Shotokan Karate Club will be offering a self-defense class for women and teens age 16 and older, on **Oct. 19th** from **9am-4pm** at the Zach Gordon Youth Center. Pre-register by calling AWARE. Cost is $10 per person; scholarships are available!

Oct. 3rd & 4th: **Not My Life** Film Showings

With a grant from the Carlson Family Grant Foundation, UAS and the Goldtown Nickelodeon are showing **Not My Life**, a film depicting the cruel and dehumanizing practices of human trafficking and modern slavery on a global scale. **Not My Life** takes millions of children exploited, every day, through an astonishing array of practices including forced labor, domestic servitude, begging, sex tourism, sexual exploitation, and child soldiering. Challenging though it may be, the message is ultimately one of hope. Those who advocate for them are growing in numbers, and increasingly effective. At this crossroad for the defining human rights issue of our time, **Not My Life** tells us that the choice between good and evil is, quite simply, ours. Please visit notmylife.org for more info.

The first showing and panel discussion of **Not My Life** will be on **Thursday, Oct 3** at 5pm at the Goldtown Nickelodeon (free + free popcorn). The second showing is **Friday, Oct. 4** at 7 pm, and will be the shorter version (30 minutes) in conjunction with the Evening at Egan panel. There will also be a luncheon at 12pm, **Oct 4**, at the Northern Light Church with another panel to discuss themes of the movie. AWARE staff will be at each showing.
Take the Dating Pledge

Take the pledge and promise to have healthy, safe relationships free from violence and free from fear. Then, share it with your partners, friends and family because everyone has the right to a healthy relationship!

I, (fill in name), promise myself, future and current partners to maintain relationships that are based on respect, equality, trust and honest communication. I will value my partner's boundaries online and behind closed doors. I will never engage in any type of abuse -- physical, emotional, sexual, financial or digital.

If one of my friends experiences abuse, I pledge to help them by saying something, modeling healthy communication and connecting them to resources.

I pledge to remember, demonstrate and promote the fact that love is respect.

~Taken from loveisrespect.org, “Take Action.”

Back to School Safety Tips from RAINN Cont...

3. Be true to yourself. If someone is pressuring you, it’s better to lie and make up an excuse to leave than to stay and be uncomfortable, scared, or worse. Your safety comes before someone else’s feelings or what they may think of you.

4. Be a good friend. Watch out for each other and stick together as much as possible. If, for whatever reason, you have to separate from your friends, let them know where you are going and who you are with. If a friend is acting out of character or is way too intoxicated, get him or her to a safe place. If you suspect that you or a friend has been drugged, call 911.

5. Keep your phone on you. Make sure it’s fully charged before you leave home in case you find yourself in an uncomfortable or dangerous situation. Make a backup plan for the night so you know where and when to meet up with friends even if your phone dies.

6. Be mysterious online. Posting social media updates about your whereabouts, even your class schedule, could allow someone to track your every move. If you wouldn’t give that information to a stranger, then don’t put it online.

7. If you see something, say something. If a situation seems questionable, intervene. By taking action you can prevent a crime from being committed. It can be difficult to know what to do, especially if you’re feeling overwhelmed. Sometimes its helps to stop and take a deep breath. Remember, you can always contact your resident assistant, campus police or call 911.

8. Party Smart. Guard your drink at parties. Don’t accept them from people you don’t trust or know well. Stick to drinks you got or prepared yourself. If you happen to walk away from it, get a new one. Keep track of what you’ve consumed so that you can stay in control. If you feel like you’re getting sick or are too intoxicated, find a friend that you trust to help you get home. Save the number for a reliable cab company and carry enough cash on you to get home.

9. Be aware. If possible, try to walk home with a friend. Whether walking to the library or leaving a party, use a well-lit route back and stay aware of your surroundings.

Ultimately, there is no surefire way to prevent a perpetrator from committing an act of sexual violence. If you or someone you know has been affected by sexual violence, talk to someone who understands what you’re going through. You are not alone. Help is available 24/7 through AWARE 1-800-478-1090.

~Taken from RAINN.org

“Give yourself entirely to those around you. Be generous with your blessings. A kind gesture can reach a wound that only compassion can heal.”

~Steve Maraboli
Part of being in a healthy relationship is having good communication. Use the guidelines below to open up the channels of communication between you and your partner. If you’re in an unhealthy or abusive relationship, be careful using these tips. You know your relationship best. If any of these tips would put you in danger, don’t try them.

For healthier communication, try to:

**Find the Right Time.** If something is bothering you and you would like to have a serious conversation about it, make sure you pick the right time to talk. Don’t interrupt your partner when they’re watching a sports game, TV show, about to go to sleep or stressed about an upcoming test. Tell your partner you would like to talk later and find a time when you’re in the same room and not doing anything important. Don’t start serious conversations in public places unless you don’t feel safe.

**Check Your Body Language.** Make eye contact when speaking. Sit up and face your partner. Let your partner know you’re listening. Show them you really care. Don’t take a phone call, text or play a video game when you’re talking. Listen and respond.

**Use the 48 Hour Rule.** If your partner does something and you feel angry, you may want to tell them about it. But you don’t have to do so right away. If you’re still hurt 48 hours later, say something. If not, consider forgetting about it. Communicating isn’t always easy. At first, some of these tips may feel unnatural or awkward, but they will help you communicate better and build a healthy relationship.

**How to Communicate if you are Angry:**

**Stop.** If you feel really angry about something, stop, take a step back and breathe. Give yourself time to calm down by watching TV, talking to a friend, playing a video game, taking a walk, listening to some music or whatever helps you relax. Taking a break can keep the situation from getting worse.

**Think.** After you’re no longer upset, think about the situation and why you felt so angry. Was it how your partner spoke or something they did? Figure out the real problem then think about how to explain your feelings.

**Talk.** Finally, talk to your partner and when you do, follow the tips above.

**Listen.** After you tell your partner how you feel, remember to stop talking and listen to what they have to say. You both deserve the opportunity to express how you feel in a safe and healthy environment.

~Taken from loveisrespect.org. “Dating Basics.”

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“In a relationship each person should support the other; they should lift each other up.”

~Taylor Swift

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**New Faces at AWARE...**

**Esther Smith—Prevention VISTA**

It is my absolute pleasure to join AWARE, Inc. as the new Prevention VISTA! I’m incredibly delighted to join a staff and community of incredible advocates and strengthen my comprehension of and skills in prevention work. As a fellow Alaskan whose passions are human rights advocacy, public speaking, and youth development, I hope to pair compassion with tenacity within the field of youth engagement.

I’m particularly excited to become an adult advisor at JDHS with Sources of Strength—a comprehensive prevention program that aims to change unhealthy cultural norms by pairing students with student leaders and trusted adults. We just kicked off our first meeting in early September! We’re also currently in the process of recruiting and supporting both adult advisors and peer leaders for all three JSD high schools and encourage you to contact us if you’re interested in participating and contributing to an impressive program.

**Cara Gubbins—JV Shelter Advocate**

Hello! My name is Cara Gubbins and I recently moved to Juneau along with 6 other volunteers as part of the Jesuit Volunteer program. I grew up on the east coast and attended Smith College where I majored in comparative literature and French studies. Prior to this year, I served as a Jesuit Volunteer in Portland, OR where I worked at a drop in day center for women and children experiencing homelessness. I am so happy to be part of AWARE as a shelter and children’s advocate and am inspired by AWARE’s philosophy and by the dedicated people who work here. I look forward to becoming part of the larger Juneau community as well and am so grateful for the opportunity to live and connect in such a beautiful and unique place.

**Michael Putnam—JV JCAP/Legal Advocate**

"Hello! My name is Michael Putnam, and I’m a new Jesuit Volunteer with AWARE. This year, I’ll be serving as both a Legal Advocate and a JCAP Advocate. I was born and raised in the San Francisco Bay Area, and I just graduated in May from Whitman College in Walla Walla Washington, where I majored in Philosophy. I am excited to be working with AWARE because it is presenting me the opportunity to better explore and intervene against the dynamics of gender violence. In college, I was somewhat involved in feminist activism and the anti-rape movement, and am passionate about opposing sexism and women’s oppression. I also love cooking, gardening, raising animals (especially chickens), and the outdoors."

**Yoshua Massin—Children’s Advocate**

Hello, my name is Yoshua Massin and I am the Child Advocate at AWARE. I am from Wrangell, AK. I became involved with AWARE through the Americorps program this fall. I am also a student at the University of Alaska Southeast. I am excited to work with AWARE and serve my community through Americorps.
My fiancé and I volunteer a lot of our time and resources in the community aiding people in need. We work with the halfway house, with men, woman, and children in recovery from drugs and alcohol, the Hub, and various food programs for families in need. I have a life second to none today and I owe it all to the people who gave me strength and hope when I needed it most.

I am currently 7mn pregnant with our first baby. Emma is expected to arrive on my birthday December 23rd. I couldn’t think of a better place to share my experience of maternity or motherhood than AWARE. The work we do is just as rewarding as the staff I work with. I look forward to getting to know everyone and for everyone I already know, I look forward to getting to know you better.
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.

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<tr>
<th>Item</th>
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<tr>
<td>New pillows</td>
<td>Flashlights</td>
<td>Full-sized toiletries</td>
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<tr>
<td>Art Supplies</td>
<td>Towels</td>
<td>Diapers &amp; Wipes</td>
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<td>Bus tokens</td>
<td>Twin Sheets &amp; Blankets</td>
<td>Laundry detergent</td>
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<tr>
<td>Toilet paper</td>
<td>New sweat suits, socks, underwear (all sizes)</td>
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<tr>
<td>Kitchen utensils</td>
<td>Copy Paper</td>
<td>Your time as a volunteer</td>
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<td>3 – 5 quart saucepans</td>
<td>Movie, swim, skate rink, &amp; climbing wall passes</td>
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<tr>
<td>Office Supplies (pens, post-it notes, etc.)</td>
<td>Forks, silverware</td>
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<tr>
<td>Stamps-for residents to mail letters</td>
<td>New garbage cans</td>
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<tr>
<td>Cleaning supplies</td>
<td>Trash bags</td>
<td>Travel size toothpaste</td>
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2013 Sponsor-a-Family

AWARE will begin our Sponsor-a-Family program on December 1st. If you would like to sponsor a family for the holidays (with clothing, toys, food baskets, and more), please contact Mandi at AWARE 586-6623 with more information and/or to sign-up!

Pop Culture & Sexual Violence

During the past several weeks, I’ve been reviewing my presentation on sexual violence for our Fall 2013 Advocacy Training. I have been reflecting on how difficult it is to get the audience engaged, impassioned, empowered and hopeful- because sexual violence is, in a word, destruction. It strikes a chord in all of us, whether the listeners are involved in our batterer intervention group or receiving services at AWARE or attending trainings in the community. I am saddened by how easy it is to find illustrations of rape culture in music, politics, government and entertainment. On the day I gave the presentation, the video game Grand Theft Auto released a new version, and grossed over $800 million dollars. It was a salient reminder of how difficult it is to engage our community in the possibility of ending sexual violence.

Fortunately for my own health and well being, I was also able to find plenty of examples of kindness, connection and healing from sexual violence thriving in popular culture. Check out the website onebillionrising.org for examples of love, support and real beauty to serve as a counterpoint when you feel hopeless about ending sexual violence. Prepare yourself to act next February 14th when we Rise for Justice as a community, and join with women, men and children around the world to support healing and ending sexual violence. More to come on AWARE’s website www.awareak.org- stay tuned!

~Mandy O’Neal Cole, Direct Services Manager
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GOTR Advocate
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Please include the AWARE Action Fund of the Juneau Community Foundation in your will!