Dove Tales

Choosing Love for Taliesin

In memory of Taliesin Namkai-Meche Myrddin.
“I do want people to know how grateful I am to this land and these people for holding me and my family through this loss. I have felt really supported.” ~Ati Nasiah

~Kid President

Photos from Portland, Juneau, and Kona.

Lower left: AWARE’s Prevention & Outreach Director, Ati Nasiah and her brother (far right), Taliesin Namkai-Meche Myrddin.
SAVE THE DATE

AWARE’s Advocacy Training coming soon!

September 11th, 14th, 16th, 17th, 20th

Part One: Theory
Upon completion, participants will have a firm understanding of the dynamics and prevalence of domestic violence and sexual assault and the importance of community coordination in addressing domestic and sexual violence.

Part Two: Become an Advocate
An overview of AWARE’s intervention and prevention services. Participants will also understand AWARE’s mission, philosophy, and values. Upon completion, participants will have concrete skills to support the ongoing process of advocacy through communication and systems advocacy.

To register or for more information, please contact beccag@awareak.org

AWARE’s HEART is Open!

Join AWARE’s HEART: Hospital Emergency Advocate Response Team.

HEART is a team of trained advocates who respond 24/7 to Bartlett Regional Emergency Room in support of those who have been victimized by sexual and/or domestic violence. This is where we can show up for healing and justice.

HEART advocates offer compassionate and CONFIDENTIAL listening and are trained in trauma-informed services. A HEART member offers resources and safety planning.

HEART members participate in AWARE’s Advocacy Training (beginning September 11) followed by a 4 hour HEART Workshop. Additionally, HEART meets for 2-hour monthly trainings and debriefings. Team members sign up for on-call shifts of seven days, from 4pm – 8am on weekdays and around the clock on weekends, and are paid for both being on call, and responding to calls.

Training to be an AWARE HEART member is a commitment to maintaining a healthy resiliency; emotionally, physically, spiritually and in all aspects of life. It is an opportunity to serve, to connect your strength with another to support healing and justice. Join the HEART Team for Justice!

Please contact Swarupa at swarupat@awareak.org or at 586-6623.

Save the Date!

AWARE’s 2018 Women of Distinction Gala will be held on March 3, 2018. Do you know a woman who has done great things for women and children in our community? Nomination forms can be found at awareak.org/community-events/women-of-distinction/.
The deadline for submission is Friday, September 22, 2017 at 4pm.
Inspire. Mentor. Create a Healthier Community

AWARE is seeking volunteer mentors to coach two of our youth development, violence prevention programs for this fall- Boys Run I toowú klatseen and Girls on the Run.

Boys Run I toowú klatseen is an after school program designed to instill healthy relationship and lifestyle skills in boys, empowering them to create a community of nonviolence and respect. "I toowú klatseen" means “strengthen your spirit” in Tlingit, and the program uniquely integrates Southeast Alaska traditional tribal values. The curriculum focuses on relationships, healthy communication, self-reflection, healthy masculinity, and giving back to the community. According to a coach from last season, Boys Run "gave boys the tools to recognize harmful gender expectations and stereotypes, understand and express their emotions, and take leadership in a healthy, respectful way."

Girls on the Run promotes a world where every girl knows and activates her limitless potential to boldly pursue her dreams. Our 10-week after school program is designed to empower girls by increasing their self-awareness, self-confidence, and commitment to enhancing their communities, all in order to help them become strong, healthy, confident women. Both 10-week, 20-lesson programs provide a safe space for kids to learn about their emotions and values and practice standing up to bullies, resisting peer pressure, and giving back to the community. The programs end with a 5k fun run to celebrate the kids’ work throughout the program, and teaches them that when they set a goal and work toward it they can accomplish anything!

This fall, we’ll offer Boys Run I toowú klatseen to 3rd-5th grade boys at Harborview and Montessori Borealis. Girls on the Run will be offered to 3rd-5th grade girls at Harborview, Gastineau, Montessori Borealis, Riverbend, and Auke Bay Elementary Schools. AWARE will also offer Girls on the Run's middle school program, Heart & Sole, to 6th-8th grade girls at Dzantiki’i Heeni Middle School.

AWARE is currently seeking mentors interested in coaching Girls on the Run or Boys Run I toowú klatseen for the upcoming Fall 2017 season. Coaches work in small groups to deliver the program curriculum, listen, encourage, and help prepare their team to walk or run a 5k. Coaches need not be runners, just positive role models who believe in ending violence in our community through positive youth development and mentorship. All new coaches must attend a full-day training and commit to volunteering one to two afternoons per week after school for 90 minutes for the 10-week season.

Coach applications are due by August 12th. The mandatory new coach training for Girls on the Run will be August 26. The Boys Run I toowú klatseen mandatory new coach training will be September 9. Contact Natalie to learn more and register for the trainings, at nataliew@awareak.org or 586-4902. For more information about Girls on the Run, to sign up as a coach, or to register your girl for the program, visit www.GOTRGreaterAlaska.org. Please help us spread the word and tell your friends about these great opportunities!

Upcoming dates:
August 26th- GOTR coach training
September 9th- Boys Run I toowú klatseen coach training
Dec 2nd- GOTR and Boys Run I toowú klatseen 5k Fun Run

AWARE staff showing off our new blue zip-up hoodies—and on a rare sunny day at that. Members can purchase a hoodie (we have them in men’s and women’s sizes) for $40—in honor of AWARE’s 40th birthday! The can also be purchased by non-members for $50.

Stop by AWARE, or order online at: awareak.org/how-to-help/aware-gear/
(Artwork by Marm's & Meek)
How to Raise a Feminist Son

We’re now more likely to tell our daughters they can be anything they want to be — an astronaut and a mother, a tomboy and a girly girl. But we don’t do the same for our sons.

Even as we’ve given girls more choices for the roles they play, boys’ worlds are still confined, social scientists say. They’re discouraged from having interests that are considered feminine. They’re told to be tough at all costs, or else to tamp down their so-called boy energy.

If we want to create an equitable society, one in which everyone can thrive, we need to also go boys more choices. As Gloria Steinem says, “I’m glad we’ve begun to raise our daughters more like our sons, but it will never work until we raise our sons more like our daughters.”

That’s because women’s roles can’t expand if men’s don’t, too. But it’s not just about women. Men are falling behind in school and work because we are not raising boys to succeed in the new, pink economy. Skills like cooperation, empathy and diligence — often considered to be feminine — are increasingly valued in modern-day work and school, and jobs that require these skills are the fastest-growing.

In her new book, Chimamanda Ngozi Adichie, the Nigerian-born author, gives instructions for raising a feminist daughter. But how can we raise feminist sons?

I asked neuroscientists, economists, psychologists, and others to answer that question, based on the latest research and data we have about gender. I defined feminist simply, as someone who believes in the full equality of men and women. Their advice applied broadly: to anyone who wants to raise children who are kind, confident and free to pursue their dreams.

Let him cry. Boys and girls cry the same amount when they’re babies and toddlers, research shows. It’s around age 5 that boys get the message that anger is acceptable but that they’re not supposed to show other feelings, like vulnerability, said Tony Porter, co-founder of A Call to Men, an education and advocacy group.

“God’s daughters are allowed to be human beings, and our sons are taught to be robotic,” he said. “Teach him that he has a full range of emotions, to stop and say, ‘I’m not angry; I’m scared, or my feelings are hurt, or I need help.’”

Give him role models. Boys are particularly responsive to spending time with role models, even more than girls, research shows.

There is growing evidence that boys raised in households without a father figure fare worse in behavior, academics and earnings. One reason, according to the economists David Autor and Melanie Waserman, is they do not see men taking on life’s responsibilities. “Put good men in the space of your son,” Mr. Porter said.

Give them strong female role models, too. Talk about the achievements of women you know, and well-known women in sports, politics or media. Sons of single mothers usually have a lot of respect for their accomplishments, said Tim King, founder of Urban Prep Academies for low-income, African-American boys. He encourages them to see other women that way.

Let him be himself. Even as adult gender roles have merged, children’s products have become more divided by gender than they were 50 years ago, research has found: pink princesses and blue trucks, not just in the toy aisle but on cups and toothbrushes. It’s no wonder that children’s interests end up aligning that way.

But neuroscientists say children aren’t born with those preferences. Until the mid-20th century, pink was the boy color and blue was for girls. In studies, infants have not been shown to have strong toy preferences. The difference, according to researchers, emerges at the same time that children become aware of their gender, around age 2 or 3, at which point societal expectations can override innate interests. Yet longitudinal studies suggest that toy segregation has long-term effects on gender gaps in academics, spatial skills and social skills, according to Campbell Leaper, chairman of the psychology department at the University of California, Santa Cruz.

For children to reach their full potential, they need to follow their interests, traditional or not. So let them. The idea is not to assume that all children want to do the same things, but to make sure they’re not limited.

Offer open-ended activities, like playing with blocks or clay, and encourage boys to try activities like dress-up or art class, even if they don’t seek them out, social scientists say. Call out stereotypes. (“It’s too bad that toy box shows all girls because I know boys also like to play with dollhouses.”) It could also improve the status of women. Researchers say the reason parents encourage their daughters to play soccer or become doctors, but not sons to take ballet or become nurses, is that “feminine” equals lower status.

Teach him to take care of himself. “Some mothers raise their daughters but love their sons,” said Jawanza Kunjufu, an author and lecturer on educating black boys. They make their daughters study, do chores and go to church, he said — but not their sons.

The difference shows up in the data: American girls ages 10 to 17 spend two more hours on chores each week than boys do, and boys are 15 percent more likely to be paid for doing chores, according to a University of Michigan study.

“Teach our sons to cook, clean and look after themselves — to be equally competent in the home as we would expect our daughters to be in the office,” said Anne-Marie Slaughter, chief executive of New America, a think tank.

Teach him to take care of others. Women still do more of the caregiving — for children and for older people — and the housework, even when both parents work full time, data show. And caregiving jobs are the fastest-growing. So teach boys to care for others. Continued on next page.
Talk about how men balance work and family, and how sons and not just daughters are expected to care for parents and relatives when they’re old, Ms. Slaughter said. Enlist boys’ help making soup for a sick friend or visiting a relative in the hospital. Give them responsibilities caring for pets and younger siblings. Encourage them to babysit, coach or tutor. One program brings babies into elementary classrooms, which has been found to increase empathy and decrease aggression.

Also share some of the breadwinning. Men raised by mothers who worked for at least a year around the time their sons were teenagers were more likely to marry women who work, one study showed. Another found that sons of women who work for any amount of time before age 14 spend more time on housework and child care as adults. “Men who were raised by employed moms are significantly more egalitarian in their gender attitudes,” said Kathleen McGinn, a professor at Harvard Business School.

Encourage friendships with girls. Research at Arizona State University found that by the end of preschool, children start segregating by sex, and this reinforces gender stereotypes. But children who are encouraged to play with friends of the opposite sex learn better problem-solving and communication.

“The more obvious it is that gender is being used to categorize groups or activities, the more likely it is that gender stereotypes and bias are reinforced,” said Richard Fabes, director of the university’s Sanford School, which studies gender and education.

Organize coed birthday parties and sports teams for young children, so children don’t come to believe it’s acceptable to exclude a group on the basis of sex, said Christia Brown, a developmental psychologist at the University of Kentucky. Try not to differentiate in language, either: One study found that when preschool teachers said “boys and girls” instead of “children,” the students held more stereotypical beliefs about men’s and women’s roles and spent less time playing with one another. Boys who have friendships with girls are also less likely to think of women as sexual conquests, Mr. Porter said.

Teach “no means no.” Other ways to teach respect and consent: Require children to ask before they touch one another’s bodies as early as preschool. Also, teach them the power of the word no — stop tickling them or wrestling with them when they say it.

Model healthy problem-solving at home. Children’s exposure to divorce or abuse has been linked to poor conflict resolution in future romantic relationships, said W. Bradford Wilcox, a sociologist and director of the National Marriage Project at the University of Virginia.

Speak up when others are intolerant. Say something when you see teasing or harassment, and role-play with boys so they can intervene when they see it, Ms. Brown said.

Speak up when they’re inappropriate, too. “Boys will be boys” is not an excuse for bad behavior. Expect more of them. “Be vigilant in redirecting conduct which is demeaning, intolerant, disrespectful, offensive,” Mr. King said.

Never use “girl” as an insult. Don’t say — and don’t let your son say — that someone throws or runs like a girl, or use “sissy” or any of its more offensive synonyms. Same for sexist jokes.

Be careful with subtle language, too. The research of Emily Kane, a sociologist at Bates College, shows that parents enforce traditional gender roles for sons mostly because they fear those sons will be teased. “We can all help by avoiding judgment, and avoiding small, everyday assumptions about what a kid will enjoy or be good at based on their gender,” she said. Boys who get teased could say, “No, anyone can play with beads,” or “I am not a girl, but do you think they’re worse than boys?” said Lise Eliot, a neuroscientist at Rosalind Franklin University.

Read a lot, including about girls and women. You’ve probably heard that boys excel at science and math, and girls at language and reading. Stereotypes can become self-fulfilling. Mothers talk more with daughters than sons, according to a meta-analysis by Mr. Leaper. Fight the stereotype by talking to boys, reading to them and encouraging them to read.

Read about a wide variety of people, and stories that break the mold, not just those about boys saving the world and girls needing to be saved. When a book or a news item fits that mold, talk about it: Why does the mother in the “Berenstain Bears” always wear a housecoat and rarely leave the house? Why does a news photograph show all white men?

“That should start at 3, when they really pick up stereotypes and notice them,” Ms. Brown said. “If you don’t help them label them as stereotypes, they assume this is the way it is.”

Celebrate boyhood. Raising a son this way isn’t just about telling boys what not to do, or about erasing gender differences altogether. For instance, all male mammals engage in rough-and-tumble play, Ms. Eliot said.

So roughhouse, crack jokes, watch sports, climb trees, build campfires. Teach boys to show strength — the strength to acknowledge their emotions. Teach them to provide for their families — by caring for them. Show them how to be tough — tough enough to stand up to intolerance. Give them confidence — to pursue whatever they’re passionate about.
Lisa Heinrich, Legal Advocate

My name is Lisa and I am the new Legal Advocate at AWARE. I just moved here from Virginia and am excited about exploring the outdoors in my spare time. I love nature, hiking and jogging/walking. I have two cute cats that are making the journey with me to Alaska. I enjoy being healthy by learning about nutrition and enjoy cooking/baking often, as I mainly stick to a plant based foods. My work background involves different aspects of social services/criminal justice and working with victims which is a passion of mine. I love learning about criminal justice topics and the best practices. I’m excited to meet the staff and be a part of AWARE!

GOTR Statewide Coordinator, Jalina Gutierrez

Hello. My name is Jalina Gutierrez. I was born in Mexico City and was raised by my mother and grandmother in the early 1970’s. I was named after Janis Joplin and her aunt Lina. I have always been an advocate for children and seek to empower them through positive, respectful and thoughtful engagement. I have been involved with working for non-profit organizations serving at-risk families since 2002. My boyfriend Shawn and I are raising a wonderful bunny named Moxie, along with fostering a pair of amazing rabbits named Roam and Nivens McTwisp.

Fare Thee Well, Brian!

Brian is wrapping up his year of service as Jesuit Volunteer as the Juneau Choice & Accountability Program’s Specialist with AWARE.

As Brian’s supervisor, I have had the opportunity to walk beside him and observe how he has eagerly taken on this position. During this past year, Brian has excelled in his primary role as co-facilitator for AWARE’s 24-week men’s education class. Brian’s role required him to work closely with men who have committed acts of violence against women. Brian found a way to connect with the men by holding them with both compassion and accountability. He naturally created a safe and open space for all who attended the class. Brian truly has a gift for teaching.

When asked what he thought was his greatest achievement this year, Brian says probably it was “learning how to listen to someone... distinguishing between the Truth and someone’s truth.” I observed how often Brian was confronted with men’s stories filled with justifications for using violence against the women in their lives. Over the last year, Brian developed a strong ability to unpack men’s stories of abuse and violence and seek out understanding and awareness of women’s reality.

So much of this work requires willingness for introspection, and Brian demonstrated a great capacity for this. To do this work well, Brian explains, “I had to confront my own internal biases and unpack my own masculine complex.” For Brian, the most challenging part of this last year was “confronting my own privilege and defensiveness.” Brian’s insight exemplifies a core principle for male engagement that says we [men] are the work.

As Brian contemplates the next phase of his life, he reflects on what he will take with him from this year of service: a “broader understanding of social justice to the point it has informed my spirituality and my very existence in this world.” Over the last year, Brian has shown himself to be an excellent example of the valuable and essential role of men in the work of ending men’s violence against women. Thank you for your hard work and dedication to the work. I know AWARE is excited to see what the future has in store for you.

Brian, it was truly a joy!

Goodbye & good luck

“Alone we can do so little; together we can do so much.” ~Helen Keller
Goodbye Chelsea McKenzie & Rachel Wintz

It was such a joy to have Chelsea McKenzie work with AWARE’s Prevention Department as the Sources of Strength Coordinator and we are excited to support her in following her passions diving back into school and issues of environmental justice. Her ability to balance detailed administrative tasks, program implementation and critical thinking aimed at program improvement has elevated our work significantly. We know that wherever Chelsea dedicates her heart and mind wonderful things will come. Luckily, Chelsea will stay around Juneau and serve as a volunteer with Sources of Strength so we will continue to benefit from her light.

Rachel Wintz served AWARE and our sister agencies for two years, guiding our growth from Girls on the Run of Southeast Alaska to Girls on the Run of Greater Alaska. Rachel brought heart, transformation and growth into her AWARE journey and all those who worked with her. It was such a joy to have Chelsea McKenzie work with AWARE’s Prevention Department as the Sources of Strength Coordinator and we are excited to support her in following her passions diving back into school and issues of environmental justice. Her ability to balance detailed administrative tasks, program implementation and critical thinking aimed at program improvement has elevated our work significantly. We know that wherever Chelsea dedicates her heart and mind wonderful things will come. Luckily, Chelsea will stay around Juneau and serve as a volunteer with Sources of Strength so we will continue to benefit from her light.

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AWARE Community Outreach Update

AWARE’s MISSION is to provide safe shelter and supportive services for women and children who have been subject to domestic or sexual violence; and to effect the social, political, and legal changes needed to eliminate oppression and violence against women and children.

To help achieve both halves of this mission, AWARE offers educational presentations to communities throughout Juneau and participates in varying other forms of partnership and outreach. AWARE’s Community Services Manager is available to any group requesting a presentation about domestic violence and sexual assault prevention and education. Presentations include:

- the dynamics of domestic violence and sexual assault,
- coordinated community response,
- prevention 101,
- trauma-informed care,
- information about AWARE’s programs and who we serve.

- what to do if you suspect someone is experiencing domestic or sexual violence,
- how to say “no” and set boundaries,
- sexual harassment, etc.

AWARE welcomes invitations to educate the community.

In addition to accepting invitations, AWARE is committed to aligning AWARE’s mission with other movements across sectors to end sexual and domestic violence. AWARE provides professional training for schools, nonprofits, businesses, medical centers, community associations, faith-based organizations, law enforcement, Alaska Health Fairs, and social service providers.

This past year, AWARE’s Community Services Manager has participated in the Juneau Reentry Coalition, the Afterschool Coalition, the Juneau Violence Prevention Coalition, provided training for medical providers, library staff, sexual harassment training for all of Gastineau Guiding’s staff, teaching on feminism and the battered women’s movement to UAS students, advocacy on UAS campus, participating in UAS’ Wellness Coalition, tabling at health fairs throughout Juneau and Northern Southeast AK communities, coordination with the Juneau Public Health Center.

In addition to community outreach in Juneau, AWARE supports nine rural communities with intervention and prevention: Elfin Cove, Pelican, Tenakee Springs, Yakutat, Haines, Klukwan, Skagway, Gustavus, and Hoonah. Assistance to these communities has included safe touch presentations for elementary school students, healthy relationships presentations for middle and high schoolers, meeting with community partners to discuss protocol for intervention and community needs, and supporting local initiatives such as the healing through trauma women’s Chilkat weaving group in Hoonah.

If you would like to know more or request a training, please reach out to Britta at 586-4902 or brittat@awareak.org.
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Please include the AWARE Action Fund of the Juneau Community Foundation in your will!

Looking to donate items to AWARE?
Please visit awareak.org/how-to-help/shelter-wish-list/ for current items on our wish list.