

EMPOWERMENT

THE NEWSLETTER OF FEAR 2 FREEDOM

APRIL 2021



MESSAGE FROM THE EXECUTIVE DIRECTOR

April is Sexual Assault Awareness Month (#SAAM) and for Fear 2 Freedom it's an important time for us to educate and empower others to stop Sexual Assault.

A huge issue surrounding sexual assault is the silence. To end this, we need to normalize engaging in conversations addressing how our community and campus cultures perpetuate sexual violence as well as ways we can change them to be more compassionate.

We are proud to create opportunities to have these difficult conversations and open peoples eyes to the realities of this issue through the work we do every month of the year. We are continually inspired by the dedication of all those we connect with through our work. It's these individuals who are the ones creating these necessary changes in their communities every day.

Solving this issue isn't something F2F can do alone. It takes all of us standing up and saying this is not ok! This is wrong! It's our hope that we all can inspire each other to Be The Change this SAAM and beyond.

Jricia Russell

10TH ANNIVERSARY CELEBRATIONS



Thursday, May 20, 2021 at 7:00pm

Don't forget to join us virtually as we toast, celebrate, and honor Rosemary Tribble and Fear 2 Freedom. We have some special surprises planned that you won't want to miss out on! For more information on all our Anniversary Events, check out our website.



Friday, October 22, 2021 at 5:30pm

Exciting News! The Williamsburg Winery is partnering with F2F to host an October Wine Event at the Winery! Join us for a wonderful wine tasting, lead by The Williamsburg Winery Winemaker, tour the facilities, sample a limited edition bottle of wine designed specifically for Fear 2 Freedom (proceeds will go to F2F), listen to jazz music while we celebrate our 10th Anniversary and our amazing founder Rosemary Tribble!

SAAM 2021

It's been a full year since SAAM 2020 was abruptly adapted to being observed virtually and this April we're all still largely doing things from a distance. Even though the changes we've all made over the pandemic have been challenging, we've been able to persevere and even grow in many ways.

Sexual violence service providers have continued their essential work of supporting survivors, even in these uncertain times. Activists have transitioned their outreach and educational efforts to digital spaces to spread awareness about combatting this issue even while virtual. It has been inspiring to see how all of us in this work have adapted this past year to accomplish so much in the face of so many challenges. Today, while we're working to address many of the same issues surrounding SV as we did before, the pandemic has shown new light on the importance of addressing digital forms of SV.

Even though we may be in very similar situations we were in during SAAM 2020, this April we're coming in more aware and more experienced so we're better able to effectively address these issues than ever before. This SAAM we will continue to create positive change, even from a distance.

Learn more about digital consent by reading the blog post below by our intern Madison Laughlin



AAPI Resources Blog

The journey towards healing after SV is a challenging one. For Asian American and Pacific Islander (AAPI) survivors it has been even more so due to the exponential increase in AAPI violence and discrimination that has come with the ongoing pandemic. If you or someone you know is in need of culturally relevant support, check out our latest blog for resources.

DIGITAL RESPECT

Practicing consent & maintaining boundaries virtually

FEAR2FREEDOM.ORG

PRIVACY

- Ask for permission before using someone's phone/computer
- Never look through someone's texts/photos/emails without their approval
- Before sharing photos/tagging people in posts, ask if it's okay
- Don't share personal details about someone else they didn't say was fine to tell others



AUTONOMY

- Give people options of ways to communicate digitally
- Don't make assumptions about what someone else wants, ask
- Mutually agree upon when and how to connect virtually
- Never pressure or coerce someone into something digitally they're uncomfortable with



Public Shadow Event

WEDNESDAY | APRIL 28TH, 2021 | 2:00PM

Join us for a powerful & empowering virtual program. Hear directly from survivors sharing their experiences & take compassionate action.

Register via the link below to reserve your seat.

COMMUNITY PARTNER SPOTLIGHT

Zeta Phi Beta

"As the 2nd Vice President of Zeta Phi Beta Sorority, Inc. Alpha Beta Zeta Chapter of Newport News and Hampton, Virginia, servicing our community is a top priority. It is an honor and privilege contributing to Fear 2 Freedom's 10th Anniversary 10 for 10 Campaign. We have worked with Fear 2 Freedom in the past, and this organization's 10 years of supporting survivors with over 27,000 F2F kits impacting more than 24,000 college students, is truly amazing. As a community-conscious, action-oriented organization, we applaud all that you do for the community. We thank you!"

*Ms. Shantia Allen, 2nd Vice President,
Zeta Phi Beta Sorority, Inc.
Alpha Beta Zeta Chapter*



GIVE LOCAL 757



Double Your Impact

Have you dreamed of making history? Of course, we all have. Now we have a chance to make that a reality by taking part in Hampton Roads' day of giving - an opportunity to unite our community around causes we truly believe in and help nonprofits connect to the larger community. We need your help!

Please join our campaign and help us reach our goal of \$5,000 to receive a \$5,000 MATCH! That's \$10,000 critical dollars to support F2F's mission. We can only do it with your help! Tell your friends and family about the important work we do and ask them to join us to Be The Change.

Get ready to give! On May 11th, click the button below to make a donation that will be matched to double the impact of your gift!



Beatrice's Story

Sharing stories can be a powerful healing tool for survivors. We believe that by telling and hearing stories, we can be more compassionate with ourselves and others. This is why we provide platforms to help survivors lift their voices. Watch Beatrice's video to take part in lifting survivors' voices & supporting their unique healing journeys.

[content notice: sexual violence]

WELCOME MICHELE

Meet our new F2F team member, Michele Isaacson!

Michele joins F2F as our Partnerships & Logistics Manager.

She is passionate about building relationships and connecting our mission to partnerships that can help advance F2F's mission of empowering students and supporting survivors. She is bilingual and speaks German, and loves spending quality time with her family.

Welcome to our team Michele!



Matthew Arthur

Ian Doty

Anna Hall

Madison Laughlin

Emily Mandara

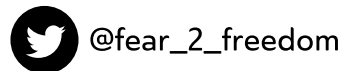
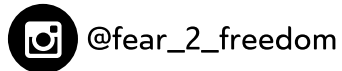
Jillian Marsteller



THANK YOU!

SPRING INTERNS

Spring at F2F was not the usual hustle and bustle of being on campus, but our day to day operations still remained busy with community partner F2F Kit needs and our new virtual programs. There is NO WAY we could do what we do everyday in the lives of students and survivors if it wasn't for our volunteer interns. Due to COVID19, our spring interns remained primarily virtual, supporting F2F's mission during their internship right from their dorms. Other interns took a safe, hybrid approach to their F2F internships and maintained their schedules and managed their F2F intern projects like real champions! Thank you for everything this spring semester! You inspire us and we can't thank you enough for your commitment and dedication to Fear 2 Freedom.



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