



# EmpowerMEnt

The Newsletter of Fear 2 Freedom Spring 2019

## Full Bloom at F2F!

We're having a very busy spring at Fear 2 Freedom(F2F)! As we continue to grow, we want to thank you for helping us expand our mission to reach more survivors and students.

We accepted more interns than ever this semester, and they were such a tremendous help! We also grew our staff to 6 full time employees in order to expand our programs into other states!

F2F hosted 6 university events this semester, and helped students pack thousands of F2F Kits; we've almost reached 23,000 kits in total! Additionally, we expanded our services to be able to reach more survivors of sexual assault (see p.3). We hope you enjoy reading all about what F2F has been up to and are excited to keep F2F's momentum going into the summer!

## Rosemary Tribble Commended by General Assembly

F2F founder, Rosemary Tribble, was recognized by the Virginia General Assembly this year for her tireless efforts in supporting victims of sexual assault.

Using her own experience as a rape survivor, Rosemary has dedicated her life to helping others find joy and hope in healing. As the founder of F2F, Rosemary has helped empower college students and survivors of sexual assault throughout the state of Virginia.

Her dedication to F2F has allowed the organization to grow nationally, partnering with universities and hospitals across the country to provide education, information, and support to college students and survivors in an effort to end sexual assault.

By providing information on college campuses about sexual assault, almost 23,000 F2F Aftercare Kits have been assembled and distributed worldwide and thousands of students and survivors have been impacted.

In addition to her work with F2F, Rosemary has served on the Governor's task force for combatting sexual violence on college campuses in Virginia. She has also authored a book, *Fear to Freedom*, which recounts her experience as a survivor of sexual assault.

Rosemary's dedication to this issue is unwavering and truly inspiring. We applaud her efforts and strength as an advocate and role model for young adults everywhere.

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*F2F founder, Rosemary Tribble, commended at the VA General Assembly with David Yancey (left) and Paul Tribble (right).*

# Fear 2 Freedom Announces NEW iCare Kits for Survivors of Sexual Assault

*On March 19th Fear 2 Freedom partnered with Riverside hospital to launch the new F2F iCare Kit for survivors of sexual assault.*

The new iCare Kits are modeled after our Aftercare Kits, which have received glowing reviews from forensic nurses and hospital administrators across the country.

However, after speaking with survivors, we realized that not every victim goes to the hospital following an assault. In fact, some survivors do not report what has happened to them at all. While those who *do* come forward may take weeks, months, or even years to come forward. At this point, it is too late for a PERK exam, but it is not too late to show someone support.

No matter when a survivor comes forward, they deserve to receive a gift of hope. We wanted to make sure whenever a survivor decides to disclose their story that they feel supported and encouraged, so we created the iCare Kit.

The iCare Kit does not contain clothing or toiletries. Instead it provides more resources and tools for survivors recovering from trauma. It provides them with a trademarked Freedom Bear, lengthy resource card, hand-written note, journal, pen, stress ball, tissues, and a protection whistle.

Now counselors, educators, social workers, physicians, and even family members can show a survivor they *care* by giving an iCare Kit. This gift of support can be handed to a survivor at any point during recovery, and is the perfect transitional, therapeutic tool for any crisis center, doctor's office, advocacy group, counseling session, etc.

According to Executive Director, Tricia Russell, "All survivors deserve to be supported, believed, and comforted no matter when their assault occurred. The iCare Kits allows us to do that."



*Notes of encouragement show survivors that someone cares about them.*



*The new iCare Kit contains more resources to help every survivor of sexual assault begin the healing process.*



*F2F Executive Director, Tricia Russell, and Founder, Rosemary Tribble, packing iCare Kits at the March 19th launch.*

F2F's  
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# Have You Heard of SAAM?: Sexual Assault Awareness Month

*Check out what Fear 2 Freedom has been up to  
during Sexual Assault Awareness Month!*

Fear 2 Freedom is excited to see April, not only because of its lovely Spring weather, but because it is Sexual Assault Awareness Month (SAAM).

This campaign is initiated by the National Sexual Violence Resource Center (NSVRC), an organization which provides educational materials for survivors of sexual assault, friends and family of survivors, advocates, educators, and the press.

We partnered with NSVRC this month to spread awareness and educate the public on topics of sexual assault as it relates to consent since this year's SAAM theme is #iAsk.

Part of this partnership involves taking part in the #30DaysofSAAM social media event. During the month of April, we have posted content responding to open-ended prompts like "My Consent Checklist" in order to spread awareness about sexual assault.

Additionally this month, F2F launched the iCare Kits on college campuses as a way to build momentum and spread awareness. We hosted three Hour 2 Empower events across the state, visiting the University of Mary Washington, James Madison University, and Northern Virginia Community College.

F2F also participated in the community 5K "Walk in Their Shoes" where participants walked in other peoples' shoes to raise awareness about sexual assault.

F2F is grateful for the opportunity to partner with NSVRC, universities, and other community groups and organizations that share our mission of ending sexual violence and empowering students to be the change.



# EmpowerMEnt Story: Making an Impact



“F2F Aftercare Kits give our victims much needed materials and items to assist in their recovery. Often times these kits bring the first smile we have seen to the victim’s face. Having a clean outfit to put on and toiletries is extremely important to them and much appreciated, but the smile and tears always come when they pick up the teddy bear. This small token signifies that they are not alone and seems to give them hope for the future. Thank you, Fear 2 Freedom, for your work definitely makes a difference to victims of human trafficking.”

*-Shelly Shuman-Johnson,  
Director of Henrico County Victim/Witness*

## F2F’s Staff:

**Tricia Russell**  
Executive Director

**Muriel Millar**  
Chief Operating Officer

**Jocelyn Harrison**  
Senior Director of Programs

**Hailey Chohany**  
Creative Director of Marketing & Programs

**Maddie Amos**  
Director of Logistics & Grants

**Rachael Dorsey**  
Director of Development & Programs

## Coming Up

On May 14th, F2F will join nonprofits throughout the Hampton Roads area for a 24 hour fundraising event that allows residents of Hampton Roads to give back to nonprofits in their area!

If you want to “give where you live” and support F2F check out [www.givelocal757.org/fear2freedom](http://www.givelocal757.org/fear2freedom) for more information!

Now’s your chance to volunteer for F2F! On May 22nd, F2F will partner with Lionsbridge soccer team during their season-opening game. It will be a fun night to support F2F with a chance to win the 50/50 raffle!

If you’re interested in helping out, or would like more information, please email us at: [getinvolved@fear2freedom.org](mailto:getinvolved@fear2freedom.org).

## SAVE THE DATE!

Hampton Roads 6th Annual Giving Day



24 Hours to GIVE where they LIVE!  
[www.givelocal757.org](http://www.givelocal757.org) / #givelocal757



VOLUNTEER EVENT

LIONSBRIDGE  
SOCCER GAME  
BENEFITS:  
FEAR 2 FREEDOM

#BeTheChange

## Connect With Us

Follow us at @fear2freedom



## Get Involved

We want to hear from you!

If you are a survivor willing to share your story and inspire others, please contact us at [getinvolved@fear2freedom.org](mailto:getinvolved@fear2freedom.org). If you want to know more about F2F, donation options, upcoming events, or check out our online store visit our website at [www.fear2freedom.org](http://www.fear2freedom.org).