



EMPOWERMENT

THE NEWSLETTER OF FEAR 2 FREEDOM

AUGUST 2022

MESSAGE FROM THE CEO

August is a time of excitement on college campuses, especially for first year students as they begin their collegiate adventures. But this month also marks the beginning of the Red Zone - the period that stretches from August until November when over 50% of sexual assaults occur on campus. That's why our F2F awareness campaigns & Hour 2 Empower programs are so important!



In June the F2F team interacted with hundreds of representatives from colleges, universities, Title IX officials, police & Commonwealth Attorney offices at the Campus Safety & Violence Prevention Forum held in Norfolk, VA. F2F is grateful for the many stakeholders who are doing their part to combat sexual violence on college campuses.

Parents & guardians, take time this month to have conversations with your college-age students to prepare them for the Red Zone. Check out our website and social media for tips & tools to help! Let's Be The Change!



OUR NEWEST ADDITION: FREEDOM STONES

Long before Rosemary Tribble founded Fear 2 Freedom she personally helped hundreds of SV survivors on their healing journeys. Last year I shared how two engraved stones Rosemary gave me 20+ years ago have meant so much. On tough days they remind me that restored joy is possible. Since then many other survivors have shared how they treasure the stones she gave them.



This year to honor Rosemary we designed a Freedom Stone for our F2F Kits. As of July 1st these Freedom Stones are featured as a new item in all of our Adult AfterCare & iCare Kits. Freedom Bear may be a bit bulky to carry everywhere with you, but our new Freedom Stone fits in your pocket, purse, or wallet. When stress & fear overwhelm your heart you can pull out your stone & know that it's possible to move from fear to freedom - as Rosemary did. (Also available for sale on our website!)

"I exist to radiate joy and help those wounded find their joy"

- Rosemary Tribble

Essential Campus Research You're Overlooking

The start of the academic year is a time of anticipation & preparation for both seniors beginning their final year of high school as well as college freshmen embarking on this new chapter of their lives. When planning out their future college experiences, many students research things like: "What academic majors are available for study?", "Where can I park?", "What do the meal plans offer?", "Are there interesting student groups to join?", "What things are there to do in the local area"... All important questions to find answers to but there's an entire topic of essential research that's going overlooked...sexual violence.

Campus sexual violence is a common challenge at colleges & universities across the country, with over 50% of all incidents occurring at the beginning of the fall semester (Aug-Nov) during what's known as the Red Zone. Although the risks this time period pose apply to all college students, freshmen are the most vulnerable. This is why it is imperative that future students include research on sexual violence when planning their college careers.



We've Made The Search Easier

Knowing where to start can be confusing & overwhelming, especially with all the other details that need to be settled when planning for college. So we've put together a guide on what all students should know about their college/university regarding campus sexual violence before starting their freshman year.

Check out our latest blog to learn what critical questions you should be able to answer about your school, as well as to get a printable campus resource cheat sheet every student should fill out before starting the new academic year.

COMMUNITY PARTNER SPOTLIGHT

Gloucester Matthews Care Clinic

F2F Kits & Freedom Bear received a warm welcome at the Gloucester Mathews Care Clinic located in Gloucester, VA. A shout-out of gratitude to the Gloucester Community Foundation grant that sponsored 25 iCare Kits for survivors of sexual & intimate partner violence.

F2F's CEO along with F2F's Logistics & Partnerships Manager toured the impressive clinic that provides medical care, dental care, & pharmacy access for underserved populations in Gloucester & Mathews counties. F2F would like to thank the clinic for their continued support!



WE LOVE OUR INTERNS



"Every person can make a difference, and every person should try."

- John F. Kennedy

Summer Interns Sendoff

Rachel and Shaunna joined Team F2F this summer as our Development and Program Interns. The weeks flew by, and we cannot end the summer semester without acknowledging these two dedicated volunteer interns. Every task asked of them was met with enthusiasm and a positive attitude. We are grateful for their time and talent and wish them the best of luck in their future endeavors! Rachel and Shaunna's contributions to our mission this summer will help us continue to support survivors and empower students. There is no doubt both passionate women will continue to Be The Change in their communities. Thank you Rachel and Shaunna!

Become an F2F Intern

Do you need internship hours? Do you want to become our next team member? Fall Semester Internships are now open - click the link below to learn more.

THANK YOU VOLUNTEERS!

On June 29th, Fear 2 Freedom held our annual inventory day at our offsite warehouse. It was such an amazing & empowering day. Over 20 volunteers showed up, each from various walks of life, to serve one purpose: To Be The Change.

We'd like to recognize Serve The City, Alpha Gamma Xi Military Sorority Incorporated, the Sexual Assault Prevention & Response team from the Fleet Readiness Center onboard Naval Station Norfolk, & all the individual volunteers for dedicating their time & hearts towards our mission.



DONOR SPOTLIGHT

Making our mission possible

Help F2F share some love for a few of our recent donors. Our hearts are full & our mission empowered by their generosity & kindness.

Rosie's Gives Back

A HUGE shout-out to Vincent Jordan for delivering a \$10,000 check on behalf of Rosie's Gaming Emporium & the Colonial Downs Group, LLC! F2F is honored to be a grant recipient in Rosie's Gives Back initiative. This generous grant will cover the costs of 200 AfterCare & 200 iCare Kits for local community partners serving sexual violence survivors.

CNU Alumni Society Peninsula Chapter

Christopher Newport University Alumni Society's Peninsula Chapter, we appreciate YOU! Thank you Melanie Munn for delivering the big \$625 check to F2F as this year's beneficiary of the 11th Annual Peninsula Captains Choice Classic. F2F values your ongoing support!

United Jewish Community Center of the Virginia Peninsula

A special shout-out to the Pearl Society Women's Giving Circle of the United Jewish Community Center of the Virginia Peninsula for your generous \$625 donation! F2F treasures the dedication & compassion you continue to show for our mission through both your monetary & in-kind contributions.



JOY IN JULY

THANK YOU Joy in July fundraising hosts & donors! You spread joy by introducing your friends & family to F2F's mission, raising critical funds, & sharing valuable resources to empower sexual violence survivors.

Check out our Facebook & Instagram pages on August 16th to see us salute you & announce the winner of our raffle prize.



MONTHLY DONORS

To our monthly donors, THANK YOU for investing in F2F's mission! Your loyal support means the world to us. Your recurring gifts help us spread awareness, joy & hope to survivors, students, volunteers, & communities throughout the U.S. (& now Canada!)

Our reach is bigger because of YOU!

COASTAL FERMENTORY EVENT



You're Invited!

Join us at Coastal Fermentory on August 3rd between 5:30-8pm to celebrate Brew for Good & the kickoff of F2F's Red Zone campaign. This campaign highlights the period of time (Aug-Nov) when more than 50% of campus sexual violence occurs. Support F2F's mission by purchasing a raffle ticket for your chance to win a 23rd Street Prize Basket. Coastal Fermentory is also donating 10% of all sales & 100% of all taproom tips from this event directly to F2F.

Bring the family & listen to live acoustic music by Benjamin Long. Grab some delicious pizza slices from Benny Cantiere's next door. And, stop by our table to learn how you can take a stand in combatting sexual violence on college campuses. Together, we can Be The Change that ends the Red Zone.



WAVY 10 VISITS F2F

F2F was honored to welcome Wavy 10 Reporter Kiahna Patterson and cameraman Cortez to tour our office for them to learn about our important work. Kiahna is passionate about learning more and educating others on ways to prevent sexual and intimate partner violence, as well as how best to support survivors.

Check out our Wavy 10 team visit and coverage of Fear 2 Freedom at the link below. Thank you Kiahna, Cortez, and Wavy 10!



F2F OPEN HOUSE

Last month we hosted an Office Open House to share our new office space with key stakeholders and supporters. Guests kindly dropped by to meet our team, visit the new space, munch on snacks, play a few activities, and write a personal note to a survivor. Our team greatly appreciated seeing our community come out to support F2F and spend some time together to network, chat, and connect while enjoying a tasty punch we proudly call Freedom Bear's Brew!

In case you missed it, watch our virtual tour hosted by our CEO, Virginia Woodward, at the link below.

Special thanks to everyone who joined us on July 20th!

SAVE THE DATE



Coastal Fermentory

WEDNESDAY | AUGUST 3, 2022 | 5:30PM

Join us at Coastal Fermentory (Newport News, VA) between 5:30-8:00pm to celebrate Brew for Good & the kickoff of F2F's Red Zone campaign. 10% of all sales & 100% of all taproom tips from this event will be donated to F2F.

Public Hour 2 Empower

WEDNESDAY | SEPTEMBER 28, 2022 | 12:00PM

Make an impact on your lunch break. Learn about the issues surrounding sexual violence and ways you can take action in this quick webinar.

F2F Walk Run Ride Campaign

OCTOBER 1-31, 2022 | ALL MONTH

Complete a 5K anytime, anywhere, anyway that works for you & support survivors of sexual violence! Details coming soon to our website.

