



# EMPOWERMENT

THE NEWSLETTER OF FEAR 2 FREEDOM

APRIL 2022

## MESSAGE FROM THE CEO

In April we commemorate SAAM: Sexual Assault Awareness Month. Spring flowers may be opening joy-infused blossoms, but for many survivors of sexual violence it's hard to find joy in this season - especially when potholes of fear choke forward momentum on the healing journey.

As we raise awareness of sexual assault this month (& every month here at F2F) statistics remain horrific: every 68 seconds someone is sexually assaulted in our country. 1 in 5 women and 1 in 16 men will experience sexual assault in their collegiate years. 21% of TGQN\* college students have been sexually assaulted. Intimate Partner Violence (IPV) & child abuse numbers continue to increase. During SAAM, what can we do?



*"Understand that healing is a process, a journey. You are not alone."*

Rosemary Tribble, F2F Founder

### Be The Change

Through raising awareness: Talk with your loved ones, children, friends & colleagues.

### Restore the Joy

By supporting survivors: Listen. Believe. Care. Be a nonjudgmental presence of comfort & resilience.

For survivors, healing is a journey that takes time, courage & grace. From one survivor to another, I want you to know that it is possible to get your spring joy grooves back. Rosemary did. I did. And you can, too, one courageous step at a time.

\*transgender, genderqueer, nonconforming

## COURAGEOUS MOMENT: A SURVIVOR'S STORY

*We think sexual assault will never happen to us, but it can & does. When I was a college student, I survived a violent sexual assault that turned my life upside down. Fear crippled my life & paralyzed my heart. I struggled with my studies – an area where I always excelled. I felt like a failure. It was hard dating anyone. I was so scared all the time! In my head I knew it wasn't my fault, but I still played the blame game "If only I had not walked that way that night..." Here's the thing. It took time & boatloads of courage to deal with my pain & fears. To know in my heart, not just my head, it wasn't my fault. To reach out for help from family, friends & trusted counselors.*

*My life was interrupted by fear, but it was not conquered by it. Now I am not a victim, I am a survivor.*

- A Fellow Survivor

# DIGITAL INTERVENTION

## What is digital sexual violence?

With technology becoming a prominent part of our daily lives & interactions, its use to harm & harass has emerged as a prevalent issue we all face. Sexual violence (SV) is no exception. Digital sexual violence includes any sexual harassment, coercion, exploitation, or abuse that is perpetrated with the use of technology.

This digital SV can take many forms including:

- Spreading harmful messages based on someone's appearance, gender, orientation, sexual history, or sexual preferences.
- Making unwanted sexual comments about or advances towards someone.
- Threatening to share private images, videos, or information to manipulate or control someone.
- Sharing intimate images or videos of someone without their consent.
- Recording or live streaming sexual interactions without the consent of everyone involved.
- Sharing explicit content with others without their consent.

## How can I intervene?

SV that takes place digitally can be just as harmful as experiences that happen in-person. This fact underlines why it is so important that we take these instances seriously & do what we can to intervene. Check out the graphic to learn ways you can step up to create healthier digital spaces.

## DIGITAL INTERVENTION

ways to step up when sexual violence happens digitally



### ENGAGE

In the conversation when harmful comments or behaviors occur.

- Commenting that making fun of people for that is not funny when someone posts a body shaming "joke".
- Telling a friend that their behavior is unacceptable when they try sharing sexual videos of their ex.



### SUPPORT

Those being targeted by offering validation, compassion, & resources.

- Messaging the victim of online harassment to check-in on them & offer support.
- Replying to a victim blaming post by stating that it's never the victim's fault.



### REPORT

Inappropriate or harmful content.

- Alerting a moderator when someone is being inappropriate & making users uncomfortable.
- Flagging harmful content on social media platforms.

# PROGRAMS UPDATE



Over 400 students participated in F2F's in person Hour 2 Empower at Christopher Newport University on 03/15. After Paul & Rosemary Tribble & F2F Team members spoke, students packed 370 AfterCare & iCare Kits for 4 local partners: Riverside Health System, YWCA of South Hampton Roads, NNPD and CNU counseling services. F2F is grateful for grants from the Beazley Foundation, Langley for Families, Newport News Shipbuilding & Riverside that sponsored these F2F Kits.

On 03/26 Longwood University hosted a hybrid H2E on their campus in Farmville, VA. After F2F's Director of Programs, Lauren Brennan, shared a virtual Bystander Intervention training, Longwood students packed 77 F2F Kits for the Southside Center for Violence Prevention & Longwood Counseling services.



# COMMUNITY PARTNER SPOTLIGHT

## HAVEN of the Dan River Region

This month F2F is highlighting our new partner HAVEN of the Dan River Region (HDRR) in Danville, Virginia. HDRR provides a safe shelter for survivors of sexual & intimate partner violence 24/7. The HDRR team includes IPV & SV advocates who help survivors navigate the legal system and support services. Last year a grant from the J.T. Minnie Maude Charitable Trust funded 300 F2F Kits the HAVEN team have put to good use, sharing them in their shelter, with assault victims, the counseling center at Averett University, & the local CENTRA forensic facility in Gretna, VA. On 03/25 F2F CEO Virginia Woodward felt privileged to meet the HAVEN team in Danville. She is so grateful for the many ways they support survivors!!



*"Yesterday I gave an F2F Kit to a 15 year old survivor. She loved it, especially Freedom Bear! Adults & children alike are amazed at Freedom Bear!"*

- HAVEN SV Advocate

## FEAR 2 FREEDOM ANNIVERSARY GALA

F2F's 10th Anniversary Gala was a colossal success! We are overwhelmed by the compassionate generosity of \$150,000 in committed pledges for F2F programs during our Gala Paddle Raise. We are so grateful for this outpouring of love and support for F2F's mission!

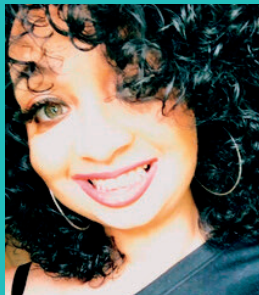


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## STAFF SPOTLIGHT

Introducing our new team member, Savannah Gall. As our Partnerships & Logistics Manager, Savannah manages F2F's community partnerships and Kit program. She is a Navy veteran with extensive logistics experience. Savannah shares,



“As a survivor myself, it has always been in my heart to be a light to those going through the recovery when I didn't have a light myself. The journey to being chosen to work for F2F has been nothing short of a blessing, and I am excited to contribute to the growing future of the organization.”

Her passion for supporting survivors and educating the community directly aligns with our team culture. Welcome to F2F, Savannah - We are so grateful to work with you to move our mission forward!



## GIVE LOCAL 757

Celebrate Hampton Roads' annual giving day on May 10th by investing in F2F! Visit the link below to make a donation or set up your own F2F fundraiser. Help us raise critical funds by posting your fundraiser and why you support F2F on social media. Together, we can reach our giving goal of \$2,500.

[givelocal757.org/organizations/fear-2-freedom](https://givelocal757.org/organizations/fear-2-freedom)

Want to do more that day? Join our FREE virtual H2E to learn how to support survivors. For more info visit our website: [fear2freedom.org/events](https://fear2freedom.org/events)

