

EMPOWERMENT

THE NEWSLETTER OF FEAR 2 FREEDOM

JANUARY 2021



MESSAGE FROM TRICIA RUSSELL, EXECUTIVE DIRECTOR

Happy New Year, and welcome 2021! January is always a good time to reflect on where we have been and look forward to what lies ahead. I'm sure you are looking to 2021 with hope and excitement, and Fear 2 Freedom is also looking forward!

2021 is our 10th Anniversary and we couldn't be prouder to celebrate this accomplishment with you! All year we will be sharing "A Look Back on 10 years with F2F" via social media, newsletters, and emails. In May, we will celebrate our accomplishments and our founder, Rosemary Tribble, at our 10th Anniversary Gala!

Looking back for just a moment to 2020, I'm excited to announce that we reached our year-end match goal; we did it together! I want to give a special thanks to the many generous donors and our incredible anonymous donors who matched your gifts. Your support allows us to drive our mission forward in 2021 and truly makes a difference in the lives of students and survivors. Thank you for joining us to Be The Change!

10 FOR 10 LAUNCH

Fear 2 Freedom is celebrating 10 years of supporting survivors and educating students! Giving just \$10 a month will provide hope and healing to four survivors in F2F's tenth year. Create a team of 10, and you will sponsor a program impacting up to 900 people: 450 students, and 450 survivors. Join now and you can be a Charter Member of our 10 for 10 community! Join us in celebrating 10 years by becoming a 10 for 10 team today.

Courtney Riley, President of Proximo Marketing Strategies, is one of our Charter Teams. When asked about their interest in 10 for 10, Courtney said: "Our team has always had a special place in our hearts for local non-profits. To us, the work that organizations like F2F do, is more than philanthropic. It is the POWERFUL, life changing, work of FREEDOM! I remember the first video we shot for the organization, last year. I stood out of camera view, listening to several survivors share their testimonies to later be used to encourage other survivors that healing takes time. And I cried. In fact, most of our team here at Proximo has shed a few tears at one point or another; while filming for Fear 2 Freedom, or coming out of strategy sessions with

their leadership team. The work they are doing is brutal, beautiful work, and it's pretty difficult not to shed tears when you're around that. Why commit to standing with Fear 2 Freedom as one of their first 10 for 10 partners? How could we not?! It is not only an honor to be a part of what they are doing in our community, and what they represent in our world, it is OUR DUTY - as women, as a local business, and as human beings- to stand up at the front lines of this battle, and wage war against sexual assault and violence, and to carry a bold banner of Freedom out into our world. We are all survivors. There was a time that we all needed help finding our Freedom. Proximo is honored to help carry that banner forward into 2021! We hope you will too!"

We are so grateful to **Proximo Marketing Strategies** for their passionate support and participation in the 10 for 10 program. Their kind words and passionate support for survivors gives our efforts strength, and allows us to reach new community members.

To learn more about 10 for 10, click the link below!



Proximo Marketing Strategies Team, a Charter 10 for 10 Team.



Fear 2 Freedom, Inc.

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HUMAN AND SEX TRAFFICKING IN HAMPTON ROADS, VIRGINIA

January is Human Trafficking Awareness Month. This crime is often misrepresented in the media. We're here to tell you about the facts of human trafficking, particularly in our hometown of Hampton Roads, Virginia.

Human trafficking is a form of modern day slavery using force, fraud, or coercion to exploit someone. Often, a trafficker will target a young, vulnerable person and offer them opportunities. They may use manipulation, false promises, romance, or violence to lure victims, who are then subjected to labor or commercial sex trafficking.

Human trafficking is present in Hampton Roads because of the area's largely transient nature. There are highways, international shipping ports, military installations, and numerous colleges and universities.

Survivors of human trafficking often face language barriers, fear of their traffickers, and/or fear of law enforcement. Human trafficking is often invisible, prompting awareness campaigns like, "Can You See Me?"

Members of the general public can save someone's life by making the first step to identify a victim of human trafficking. If you suspect that someone is being trafficked, you can report your suspicions to the Department of Homeland Security's hotline at 1-866-347-2423.



What would you say to a human trafficking victim reading this right now?

"We know it's not easy to make the decision to leave. We understand the difficulties, but we are here to support you. We're invested in your journey, whatever it looks like. We want to help you regain your power and your voice."

- Sanu Dieng

**To get help now, call the Transitions Family Violence Services 24 hour crisis hotline:
(757) 723-7774**

HUMAN TRAFFICKING INDICATORS



National Hotline:
1(888) 373-7888 or
text "befree" to 233733

01
They're being threatened with harm or deportation

02
They don't have control over their identification documents

03
Their job/wages aren't what was promised

04
They can't freely travel or socialize

05
They're being harmed or deprived of life necessities

06
They're unable to leave their job/situation

This month's Community Partner Spotlight is Transitions Family Violence Services, located in Hampton, Virginia. They provide hotline and crisis intervention, court advocacy, counseling, housing, community education and training services. Transitions was recently awarded a grant from the Office of Victims of Crime for their Human Trafficking Program. F2F has partnered with Transitions for years now, and we are so grateful for the work that they do in the community.

We spoke with Sanu Dieng, Executive Director, about Transitions Family Violence Services' Human Trafficking Program. From March - December 2020, Transitions provided services for twelve human trafficking victims from the Peninsula. One common misconception is that it doesn't happen locally. The total number of victims from March - December exceeded the number of victims served in the last three years, a 250% increase.

Ms. Dieng explained that the COVID-19 pandemic has only created new challenges for human trafficking victims. Like domestic violence abusers, traffickers use the pandemic as another means to control their victims. Victims face additional challenges, such as fear of contracting COVID-19 and increased financial dependence on their trafficker.



A LOOK BACK ON 10 YEARS WITH F2F

As we enter our 10th Year at Fear 2 Freedom, we want to take a look back. When we started our campus events, they were called the Celebration Event. Our first Celebration Event was held at CNU in 2011. That year, we distributed 928 AfterCare Kits. To date we have distributed more than 27,000! That's 27,000 people we have impacted in their healing journey.

Linda Slattery, Former Vice President of the Board of Directors told us, "Congratulations to the Fear 2 Freedom Team, Board, and supporters on this special 10th Anniversary! It is wonderful to think back on all that has happened in ten years. I remember when Rosemary Tribble and I sat down with some friends around a dining room table to brainstorm. The hope was to establish a group that would help those recovering from sexual assault while providing education on this important subject! Today the work has grown and the staff has accomplished so much, even during a pandemic! But none of this would have been possible without the passion, drive, and vision of the founder, Rosemary Tribble! We all applaud you, Rosemary, for all that you have done since starting Fear 2 Freedom." Thank you Linda, for your kind words, and thank you to all of the people on the F2F team!

If you are interested in reading Rosemary's story, visit fear2freedom.org/f2f-store to purchase her book, *Fear to Freedom*.



William & Mary students participate in a 2011 event.

FEAR 2 FREEDOM'S 10TH ANNIVERSARY GALA - SOMETHING TO CELEBRATE

Because our 10th Anniversary was too important for just one event, we'll be celebrating all year long starting with a virtual event on May 20, 2021 and culminating the year with our in-person Gala on December 11, 2021!

Fear 2 Freedom is celebrating 10 years of supporting survivors of sexual assault and educating students to combat sexual violence. 2021 also marks ten years of vision, leadership, and compassion from Rosemary Tribble. This gala will honor her courage and thank her for all she has given to F2F and countless survivors over the years. Fear 2 Freedom's 10th Anniversary in-person Gala will take place at the Ferguson Center for the Arts in Newport News, Virginia. The evening will feature entertainment by recording artist and Broadway performer Morgan James. A huge thank you to our generous sponsors who make this evening possible! You can join us by hosting a table of 4 or 8. To learn more about our Celebration plans, visit the link below.



Founder Rosemary Tribble addresses attendees at the 2018 Gala



10th Anniversary Gala Sponsors



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EMPOWERMENT STORY

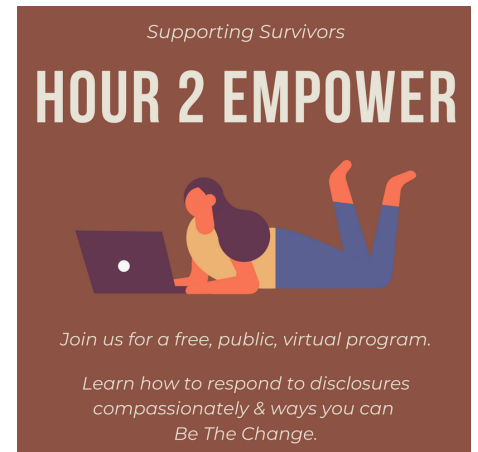


I was not aware that clothes were taken away from victims after forensic examinations for evidence without providing replacement clothing. Fear 2 Freedom has identified an important lapse in care and support for victims of sexual violence and has found a solution that is genuine and easy for distribution to emergency response systems, social service agencies, and health care providers.

- Tennessee Coalition to End Domestic and Sexual Violence
Rape Prevention Education Institute attendee



Be the
Change
Blog



Meet our F2F Team!

F2F Staff:

Tricia Russell
Executive Director

January Serda
Chief Operating Officer

Lauren Brennan
Director of Programs

Kristin Ritchey
Director of Development

Maddie Habron
Director of Grants & Partnerships

F2F Board of Directors:

Rosemary Tribble

Sue Ivy

Fran Castellow

Kelly McGowan

Mickey Chohany

Denise Brown

Susan Bryant

Alexis Carter

Dan Chenoweth

Karen Conwell Smith

Stephanie Craig

Brittney Drames

Chrissy Garner

Holly Jones

David Long

Sharon Owlett

Steve Spain

Alexis Swann

Janet Taake

Molly Trant

Walter Williams, Jr.