

The Connected November, 2009 Volume 105

Mission Statement: The Mission of Crisis Connection Inc. is to work in partnership with communities to empower victims, survivors & persons affected by domestic & sexual violence through confidential crisis intervention, education and advocacy in Crawford, Dubois, Orange, Perry and Spencer Counties.

www.crisisconnectioninc.org

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SPECIAL SOMEONE

Our agency tries to honor people who go above and beyond with no expectation of praise other than the reward inherent in making a difference. This month we recognize **Cheryl Hillenburg**, Crawford County Prosecutor.

Cheryl not only serves on the CCI Board of Directors but has been the driving force on two other important services that have impacted our communities. Cheryl has brought the County Prosecutors, Law Enforcement agencies, Sexual Assault Nurse Examiners and Victim Advocates together to form a Regional Sexual Assault Response Team that has changed how adult sexual assaults are handled and investigated in the Counties of Crawford, Dubois, Orange, Perry and Spencer. Recently, Cheryl has formed a involved the County Prosecutors from Orange and Dubois to join with her in developing teams that investigate child sexual abuse cases using Finding Words trained investigators and mobile equipment so that the child only has to be interviewed once. This endeavor is called the Southwest Indiana Child Advocacy Center. Thank you, Cheryl, for making incredible impact on our communities and the lives of victims and their families.

GIVE RESPECT™

The Family Violence Prevention Fund has a new tool: Give Respect. It has a collection of tips, information and conversation starters to help parents, coaches, teachers, mentors and others talk to children about healthy, loving, respectful relationships. RESPECT! Tools include: Ten quick tips for parents on how to talk to your kids about healthy relationships; A guide for how to talk to a child of any age about the importance of respect in healthy relationships; Ten Dinner Table Topics using everyday examples to talk about the importance of respect in relationships; A quiz for parents to assess whether they are modeling RESPECT behavior at home; A quiz for teens to help them determine whether or not they or their friends are in healthy relationships; A list of warning signs that a child is in an unhealthy relationship; RESPECT! Declaration for Families; and RESPECT! Wheel, a guide to healthy relationships.

www.giverespect.org



CHECK OUT EXCELLENT TIPS ON 'DEALING WITH STRESS' AT: WWW.LIVEYOURLIFEWELL.ORG OUR COMMUNITY EDUCATION DEPARTMENT ALSO OFFERS FREE WORKSHOPS AND HANDOUT MATERIALS ON THE TOPIC.

Sexual Assault Prevention Tips by *Monika Penner, Canada*

When you tell me that I shouldn't drink too much alcohol because that increases my risk of being sexually assaulted, *I hear that I was responsible for being raped because I was drunk.*

When you tell me to walk with a friend or lock my doors, *I hear that I should fear strangers jumping out from the bushes or breaking into my house and not my friend and lover who raped me.*

When you tell me to take self-defense classes, or to yell and fight back if I am being attacked, *I hear that my natural defense reaction to freeze was wrong.*

When you tell me to get to know people before I invite them into my home or go out with them, *I hear that I should have known that the person I befriended for several years was a rapist.*

When you tell me to walk confidently, *I hear that my body posture made my offender want to sexually assault me.*

When you tell me to carry pepper spray, *I hear that I am responsible for being sexually assaulted because I didn't.*

When you tell me that I should report the assault to the police, *I hear that if I don't because I am afraid, or don't want to talk about it, I shouldn't feel this way, and that my need to exert some sort of control after having my power taken away, is wrong.*

When you offer me "tips" for my own safety, *I hear that it was my behavior in question, and not my offender's.*

And when you tell me that there are things I could do differently, in order to prevent being sexually assaulted, *I hear that I am responsible for what someone else does.*

Is that right? Are you sure that is what you wanted me to hear and believe?



“Peace is not something you wish for; It's something you make, Something you do, Something you are, And something you give away.” - Robert Fulghum



WHAT I CANNOT CHANGE

Performed by Leann Rimes



*I know what makes me comfortable
I know what makes me tick
And when I need to get my way I know how to pour it on thick
Cream and sugar in my coffee
Right away when I awake
I face the day and pray to God I won't make the same mistakes
Oh the rest is out of my hands*

*I don't know my Father
Or my Mother well enough
Seems like every time we talk we can't get past the little stuff
The pain is self inflicted
I know it's not good for my health
But it's easier to please the world than it is to please myself
Oh the rest is out of my hands*

*Right now I can't care about how everyone else will feel
I have enough hurt of my own to heal*

*I will learn to let go what I cannot change
I will learn to forgive what I cannot change
I will learn to love what I cannot change
But I will change, I will change
Whatever I, whenever I can*

SEE MORE AT: www.whatIcannotchange.com

SEE VIDEO AT: <http://www.youtube.com/watch?v=SvOyi6mYIWs>

Lyrics are based largely on 'The Serenity Prayer'

BUTTERFLY EFFECT

Scientists tell us that the world of nature is so small and interdependent that a butterfly flapping its wings in the Amazon rainforest can generate a violent storm on the other side of the Earth. Today, we realize, perhaps more than ever, that the world of human activity also has its own 'Butterfly Effect'

- Kofi Annan, accepting the Nobel Peace Prize in 2001

**Everyone, except the bumblebee itself,
knows that a bumblebee can't fly!**



CHILD BRIDES, STOLEN LIVES

Maria Hinojosa's passion for speaking up for those who can't makes a difference. As a journalist, she traveled from Africa to India to South America to create the documentary, 'Child Brides, Stolen Lives' for public television's newsmagazine program, "NOW". The documentary tells the story of women's powerlessness around the world.

Learn more about it at:

www.pbs.org/now/shows/341/facts.html

<http://www.icrw.org/docs/2007-new-insights-preventing-child-marriage.pdf>

http://www.icrw.org/docs/2006_cmtoolkit/cm_factsheets_edu.pdf

Who is affected?

- More than 100 million girls in the developing world will be married during the next 10 years.
- Although the definition of child marriage includes boys, most children married under the age of 18 years are girls.
- While the practice has decreased globally over the last 30 years, it remains common in rural areas and among the poorest of the poor.
- In Southern Asia, 48%—nearly 10 million—of girls are married before the age of 18.
- In Africa, 42% of girls were married before turning 18.
- In Latin America and the Caribbean, 29% of girls are married by age 18.

What are the effects of child marriage?

Child brides are more likely than unmarried girls to die younger, suffer from health problems, live in poverty and remain illiterate.

- **Premature Pregnancy:** Child brides almost always bear children before they are physically - or emotionally - ready.
- **Maternal Mortality:** Girls younger than 15 are five times more likely to die during child birth or pregnancy than older women. Pregnancy-related deaths are the leading cause of mortality for girls aged 15 to 19 worldwide.
- **Infant Mortality:** Mortality rates for babies born to mothers under age 20 are almost 75% higher than for children born to older mothers. The children that survive are more likely to be premature, have a low birth weight, and are more at risk for contracting HIV/AIDS.
- **Health Problems:** Premature childbirth can lead to a variety of health problems for mothers, including fistula, a debilitating condition that causes chronic incontinence. Girls with fistula are often abandoned by their husbands and ostracized by society. There are approximately 2 million girls living with fistula, and 100,000 new cases every year.
- **HIV/AIDS:** Married girls may be more likely to contract sexually transmitted disease, including HIV/AIDS, than unmarried girls. Young girls are more physically susceptible to STD's, have less access to reproductive education and health services and are often powerless to demand the use of contraception.
- **Illiteracy:** Child brides are often pulled out of school and denied further education. Their children are also more likely to be illiterate.
- **Poverty:** Child brides - already poor - are isolated and denied education and employment opportunities, making it difficult for them break out of the cycle of poverty.
- **Abuse and Violence:** Child brides are more likely to experience domestic abuse, and violence than their peers who marry later.
- **Mental Health:** Violence and abuse can lead to post-traumatic stress and depression.
- **Isolation and Abandonment:** Child brides are often isolated from their peers and abandoned if they develop health problems like fistula.

