

EWB Newsletter

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WOMAN'S
HOUSE

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Addressing Teen Dating Violence

Roughly one in three high school students have been or will be involved in an abusive relationship. Furthermore, one in five adolescent girls experience physical or sexual violence perpetrated by her dating partner, according to a recent large-scale study. The prevalence of dating violence is staggering, its impact enormous.

Teen dating violence is a reality for too many young people. According to a March 2006 Teenage Research Unlimited Survey, commissioned by Liz Claiborne Inc., 1 in 5 teens who have been in a serious relationship report being hit, slapped or pushed by a partner, and 1 in 2 teens who have been in a serious relationship say they've gone against their beliefs in order to please their partner.

Every Woman's House recognizes teen dating violence as not only a danger to our youth but a risk factor towards adult domestic violence in our community. We believe that by working with youth, we are taking steps towards breaking the cycle of violence.

Dating Violence or abuse affects 1 in 10 teen couples. Abuse isn't just hitting...

It's yelling
It's name calling
It's obsessive phone calling
It's extreme possessiveness
It's threatening
It's saying "I'll kill myself if you leave me".

What is Abuse?

Emotional, Physical, Verbal, Sexual & Financial

Emotional abuse is the umbrella which encompasses the other four types of violence. If someone is abused physically, sexually, verbally, or financially, they always feel an emotional impact. Emotional abuse comes in many different forms; the wounds and scars inside are sometimes worse than just a physical bruise. Emotional abuse tears down a person's self-worth and confidence. Isolation from friends and family or changes in personality is key signs of emotional abuse.

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Is Your Teen Dating a Prince(ess) or a Monster?

Red Flags of an Abusive Relationship

Typical **red flags** of teen dating violence do not look like black eyes and bloody lips. They look like small, almost dismissible, jealousy factors. Here are some signs:

Your teen's dating partner...

- * Belittles him in front of others.
- * Calls her names, and then tells her "I was just kidding."
- * Gets angry when he does something on his own, or with someone else without them.
- * Gets jealous when she is around other people, especially of the opposite sex.
- * Needs to know where he is all the time.
- * Makes her feel obsolete or stupid in front of others.
- * Makes her feel ugly or insecure.
- * Tells him that his family and friends hate her and then tries to separate him from them.
- * Goes through his cell phone to look at who he has been texting or calling.
- * Tries to control the way she dresses or the amount of make-up she wears.



From the Director's Desk



Bobbi Douglas,
Executive Director

Happy Holidays to all our friends and supporters! My wish for each of you is that you have the opportunity to enjoy the "sacred" moments this holiday season – the moments of laughter with your family and friends, the wonder of the lights in the dark night and the joy of a child enjoying the spirit of the holiday. As you do so, I know you will also be remembering those families that are experiencing sadness and despair due to family violence, loss of a job or poor health. I know you will remember them because you are the kind of person who takes time out of your busy life to help others – to volunteer time, to donate funding or to drop off items needed by the clients of Every Woman's House. I want you to know that it matters. It matters to

the single mom leaving her home in the middle of night with two children in tow having just experienced an episode of violence. It matters to the mother who leaves an abusive relationship because she doesn't want her eight year old son to grow up thinking that it is acceptable to hit women. It matters to the teenage girl who seeks counseling after finally telling her parents that her boyfriend has been hitting her. It matters... and we couldn't help them without your help.

Services in the Every Woman's House shelter have been in great demand this year. We have provided 3,759 nights of shelter to victims of domestic

violence and their children through the first five months of this fiscal year. This is a 41% increase over last year. Most of these families have children under the age of five. We have appreciated gifts from the Junior Service Club and the Morning Kiwanis that have permitted us to renovate and update our children's playground and playroom. These contributions and others allow us to provide a warm and welcoming environment for the children who enter the shelter. We want them to have the opportunity to play, laugh and be children.

Thank you again for all that you do to help Every Woman's House in our

Board President Sallie Cook



Sallie Cook,
Board President

When I became president of Every Woman's House in January, 2009 the bottom had fallen out of the economy. Our Every Woman's House board was uncertain where our future lay. Could we continue to provide services to women and children in Wayne and Holmes counties who desperately needed emergency shelter and counseling? Could we afford to pay experienced counselors and offer food and housing to troubled families in turmoil?

After seriously examining our revenues and expenses, we have balanced our budget, your board's most important achievement over the last two years. It was accomplished through the direction of execu-

tive director Bobbi Douglas who led a dedicated staff in trimming expenses and by reorganizing administrative functions. Counselors without pay raises took on more clients. Our financial staff became more efficient in billing clients and insurance companies. We aggressively sought state and federal grants which resulted in some successful awards including a housing program to replace the defunct Interfaith Housing Corporation.

And, still, our community supported us with generous donations. Our Friends and Neighbors groups and others worked very hard to ensure women and children would

live in a secure, safe environment. Every day, clients tell us they don't know how they would have survived if we could not have lent a helping hand.

My greatest thanks to all of you comes when I hear that a woman and her children have found a home, the woman has a job and the kids are achieving in school. Then, I know, as you know, that we have accomplished our mission and fulfilled what a community is supposed to be.

Thanks to each of you for giving me the opportunity to serve as your president during the last two years.

Addressing Teen Dating Violence

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What is an Unhealthy Relationship?

Someone who is in an unhealthy relationship tends to act like nothing is wrong in public situations. In front of their friends, they act as though their relationship is perfect in order to hide the ugly and horrible moments. They put on a “cover-up show” so others only see the positive qualities of their relationship. For example: Ryan and Stacy always argue in private and usually keep their fights behind closed doors. One day, someone saw Ryan hit Stacy in the school parking lot. When their friends saw this, they were shocked to see him be abusive when, all along, they thought they had a sweet and close relationship. Their friends never would have recognized the trouble had they not seen this one event at school.

If you are watchful, you may be able to recognize when someone is “covering-up” a relationship problem. A way to notice couples like Ryan and Stacy is to watch their level of affection in public; the couple may seem as if they are trying too hard to be romantic. Maybe this is sign that they are hiding what has really become an unhealthy relationship.

Of girls age 14-17 40% report knowing someone their age who has been hit or beaten by a boyfriend. There's NO EXCUSE FOR ABUSE!!

How to Recognize a Healthy Dating Relationship

Teenage relationships are not always abusive or about a power and control struggle between partners. Communication is of the highest importance: a teen and their partner should be sensitive to each others' feelings and needs, and be there to help each other through the ups and downs of life without one of them feeling unsafe. Another healthy relationship characteristic is independence. When both partners in the relationship are able to stay involved in activities they love and encourage their partner to do the same for them. It allows for them to have a healthy relationship. Not losing sight of who you are and not allowing one person's needs to constantly dominate the relationship is also very important. A healthy relationship allows a teen to be valued for who they are, not for what their partner wants them to be.

State Allows Teens to Seek Own Protection Ohio House Bill 10

On June 9, 2010, House Bill 10 came into law with a unanimous vote by Ohio senators. The bill allows juvenile courts to issue a civil protection (restraining) order to protect a teenager who is at risk of physical harm or mental distress from their current or former dating partner.

How is Your Relationship?

Q: My boyfriend talks down to me like I'm a child and not important but he has never hit me. Is this abusive?

A: This potentially could be verbal abuse. If he isn't calling you names outright but he is being very condescending and rude, it is time to evaluate the situation. It is important that you feel valued in the relationship. If this behavior continues or if you see other signs of an unhealthy relationship, such as threats or isolation, it could lead to physical abuse down the road. Try to talk to him about it, saying you don't appreciate the way he's been talking to you. If he realizes what he is doing and makes a change, great! If he dismisses your request and continues the behavior, it may be time to end the relationship.

Q: My friend is being abused. How do I help her?

A: First, think about safety and assess the situation. If you think that she is not safe physically, talk to a domestic violence counselor or hotline if she is in a life-threatening situation, call 911. If she is not in immediate danger, the most important thing that you can do is to be a supportive friend. Listen to her and encourage her to tell an adult that she trusts about what has been happening. You could offer to go with her but if she decides not to tell anyone, try to understand that she may not be ready to do something about it and stand by her anyway. You can help her learn more about unhealthy vs. healthy relationships. If you are still worried about her, then you may have to talk to an adult yourself. No one deserves to be trapped in an abusive relationship.



For more information and safety tips visit:
<http://www.odvn.org>

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Wayne County Friends & Neighbors

It's been a busy year for Friends and Neighbors of Every Woman's House (F&N)! In addition to the Men and Women's Golf Outings, Fair Parking, Hot Dog Sales, the Yarn to Prevent Harm (Afghan) Raffle and Holiday House 2010, F&N held its second annual Gift Market on Nov. 6 at Kean Elementary School with 20 local artisans and vendors participating. Chairing the event were Lynn Buehler and Cheryl Hostetler. The market raised approximately \$2,000.

Another on-going project is collecting UPC bar code labels from Our Family brand products — the brand found on Buehler's grocery store shelves. (The UPC bar codes are those little patterns

of vertical bars and spaces found on practically every item you purchase.) They're worth money.

During the past two years, Friends and Neighbors have disbursed almost \$2,000 to Every Woman's House by redeeming the UPC symbols.

F&N is asking everyone to save their bar code labels. They can be dropped off at the Gault Liberty Center front desk. For further information, contact Ann Gasbarre at 330-345-6419.

Since Sept. 4, 1999, F&N has disbursed more than \$440,000 to EWH. Soon F&N hopes to reach the half-million dollar mark. We need your help!

Julia's Place Wish-List



Julia's Place provides our clients with a warm, safe place to live while rebuilding their lives. However, the transition to a new home can be an overwhelming change. There are many items needed by our clients during this difficult transition.

If you would like to help our clients with a donation, new or gently used items can generally be dropped off Monday through Friday, between the hours of 8:00 am and 5:00 pm, at the Gault Liberty Center located at 104 Spink Street in Wooster.

The following are some of our most needed items by our clients:

- * Full sized shampoos
- * Feminine products
- * Baby diapers
- * Baby bottles of all sizes
- * Cutlery
- * Cups
- * glasses
- * Pots and pans
- * Appliances (toasters, kettles, blenders, etc.)
- * Potholders
- * Towels
- * Dishcloths
- * Serving dishes
- * Sheets (all sizes)
- * Pillows
- * Blankets
- * Towels
- * Face clothes
- * Curtains
- * Kitchen tables
- * Lamps
- * Beds
- * Chairs
- * Sofas
- * Living room chairs
- * End tables
- * Dressers
- * Shower curtains
- * Cooking utensils

VIGIL and LETTER UPDATE

A domestic violence candlelight vigil was held at The Oasis Recovery Club at Gault Liberty Center as one of several activities conducted during October Domestic Violence Awareness Month. Victims, survivors, and supporters all came together in a coordinated effort to promote the healing of individuals and families who experience domestic violence and bring an end to that crime. We would like to share the following letter that was read by the older brother of the person that wrote it:



The Truth

Just thinking about my childhood is a lot like a room behind a door in a cold, dark basement filled with fear. It's a room "downstairs" that has been locked away with no reason to be opened.

My life continues on, where I live "upstairs," and every now and then I remember the pain contained within that other room.

Most of my childhood memories are of my father yelling, my mother crying and my brother and I huddled in our shared bedroom. Sometimes my brother and I would fantasize of other places, of kinder fathers, or engage in deeply fulfilling, meaningful conversations; venting about our daily lives.

My brother and I escaped our childhood through each other and through our mother. When mom and dad would fight, I frequently played the role of the emotional "fixer." I would console my mom, her in her purple nightgown and me in my P.J.s. The queen-sized bed in my parents' room was our equivalent to the dining room table. There my mother, my brother and I had family meetings, sang songs, and talked for hours on my parents' unmade bed. At that time, to me, this was normalcy. To me now, it is depressing.

I hated being a kid. Childhood to me was just a period of time when I was told what I could and could not do. My life lacked consistency. One day I would only get yelled at for doing something and the next day I could find myself grounded from viewing TV or spending time on the computer for weeks at a time for doing the same thing. I could be spanked for speaking my mind one day and the next time I spoke my mind, it would cause my father only to laugh.

My father, to a six year old boy was a scary, detached man who did not know how to relate to me.

I did not respect the emotional mania of my father's discipline and therefore, I resented him all the more. By age sixteen my hatred for my life peaked. I was in therapy. I was suicidal. I needed out.

My father showed no interest in my daily activities and school work, but had lofty goals and unrealistic expectations of me. He expected me to stay motivated and performing well in all of my extra-curricular activities and maintain good grades academically. He demanded our devotion to his ridiculously held opinions including holidays as just another ordinary day and Christmas being a pagan celebration that would not be observed in our home.

My father caused me public embarrassment many times. I noticed even as a twelve year old boy, that my father could not pick up on social cues from others. For example: what he interpreted as a blank stare was actually clenched teeth and a lot of anger.

My father is a sensitive man, who at times displayed true tenderness and sensitivity. My father is also a very emotionally dense man and a highly intelligent narcissist. I learned a valuable skill to help me interact with my father; I admit to having manipulated his ego to get what I wanted or needed. Admittedly, this is not morally correct, but it was survival.

My relationship with my father has never been without judgment. He was not the kind of father I could talk to about sex or anything of a mature nature, without his trademarked raised eyebrow of judgment. I was robbed of a father that I could look up to as a role model and sincerely respect as a man.

I am now in my early twenties and I occasionally speak to him on the phone, but rarely see him in person. Our conversations are civil, cordial and shallow. I am happy to have had a father. However in the real world, outside the bubble of my family, my father is not a person I would choose to befriend.

Perhaps after reading these few paragraphs, it will become more clear as to the extent of the damage my father did to our relationship.

Holmes County Friends & Neighbors

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Holmes County Friends and Neighbors of Every Woman's House has been very busy this holiday season! The organization decorated a room at the 2010 Victorian House for Holidays at the Mansion in Millersburg. The group also entered a wreath and centerpiece for Joel Pomerene Hospital Tree Festival and is participating in Holiday Happy Hour through the Prevention Coalition. Friends and Neighbors of Every Woman's House will participate in the Salvation Army Bell Ringing.

Some 2011 winter events are:

Pottery Making for Children at West Holmes High School

Coblentz Chocolate Tasting

The largest event and fund raiser, the **Taste Test Extravaganza** will be held February 26 (25 local men cook their specialty dish for 200 people). Tickets to this event are \$20 and may be purchased at Holmes County Every Woman's House office.

Introducing Tina Zickafoose



Holmes County Friends and Neighbors welcomes Tina Zickefoose! A life-long residence of Holmes County Tina Zickefoose, President of Holmes County Friends and Neighbors of Every Woman's House spent 28 years in the banking industry and was the owner of a Curves franchise in Millersburg for 4 years. She has been married to Matt Zickefoose who works for the Holmes County Highway Department for 19 years and the couple has two sons, Jeremiah and Luke Scaddon and three grandchildren.

Tina was hired by Every Woman's House in September 2010 and has been busy introducing herself in her new role as Holmes County Outreach Specialist to county officials, and attending meetings, training, open houses and events. Tina has finished her SART training and is ready to get a team in place with Holmes County volunteers.

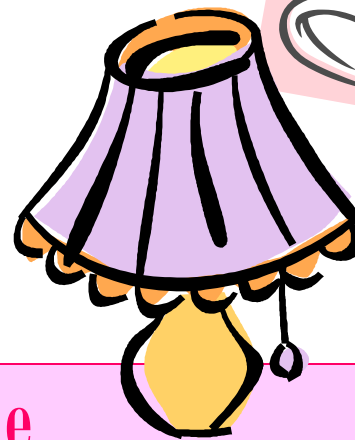
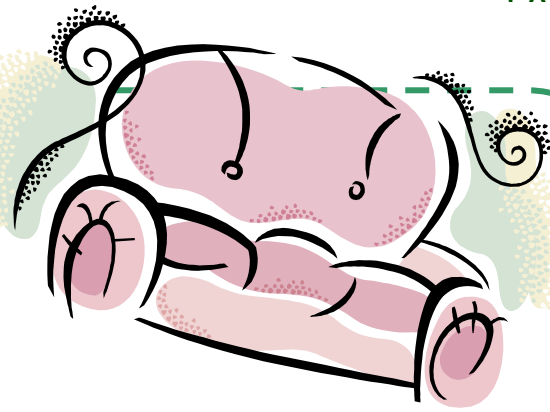
Tina loves to spend time with her family, gardening and has been a volunteer for Hospice of Holmes County for 10 years. She is also a volunteer with the American Red Cross and is on the board of the Holmes County Historical Society.

GO2Girls Donations

The newly formed sub-committee, The Go2Girls, is a small group of regular volunteers that are determined to source out very specific items. As clients and their children prepare to leave Every Woman's House, there is now a "Wish Box" in place in all the homes where they can list items that are needed as soon as possible. Sometimes it is diapers for newborns, other times, beds for an entire family. Whatever the need, we will do our utmost to try and deliver it in time for their move.

Check out the Go2Girls "Wish List" on-line at www.friendsandneighborsewh.webs.com/donationsthego2girls.htm for an updated list of "nice to have" items! Their e-mail address is Go2Girs@gmail.com.

The Go2Girls also focus on the young women in our programs and help them to find those things, like prom and homecoming dresses, shoes and accessories that we all know can make you feel like a star! We welcome party dresses, shoes, hose, costume jewelry and hair accessories in the hopes of giving the young ladies in our homes and opportunity to feel wonderful and enjoy these important youth events in style.



Check out the
GO2Girls Wish List

at

www.friendsandneighborsewh.webs.com/donationsthego2girls.htm



**EVERY
WOMAN'S
HOUSE**

Ending Violence, Creating Peace

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Phone: (330) 263-6021
Hotline: (800) 686-1122



Going Green—Send Us Your Email Address

In an effort to reduce our impact on the environment, we would like to offer the electronic version of our newsletter to you in the future.

Please send your name, full address and your email address you to: gravesl@steps-ewh.org

As always, your email address will never be shared with anyone and will be used solely for receiving our newsletter. If you have any questions or concerns, please contact Leslie Graves at (330) 263-6021.



**EVERY
WOMAN'S
HOUSE**

Ending Violence, Creating Peace

Our Mission

Building healthy
and peaceful families

Our Vision

Every Woman's House is committed
to building a community free of
violence where everyone is treated
with respect and dignity.



United Way of Wayne
& Holmes Counties
Orrville Area United Way