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### Check Us Out!

The Women's Center has  
launched a new and  
improved website!  
Visit us @  
<http://www.thewomenscenterinc.org/>

### Upcoming Events

**"Shelter Dash"**  
*5K Walk/Run*

October 8, 2011  
Bloom Health & Fitness  
1150 Old Berwick Road  
Bloomsburg, PA

For more information call  
(570)784-6631 or  
(570)784-6632.

## Back To School: Dating Violence 101

Dating violence can happen to anyone, at any age, no matter what race or religion they are, and no matter what their level of education or economical background.

**What do we mean when we talk about dating violence?** Dating violence isn't an argument every once in a while, or a bad mood after a bad day. Dating violence (or Relationship Violence) is a *pattern of controlling behavior* that someone uses against a girlfriend or boyfriend.

Abuse can cause injury and even death, but it *doesn't have to be physical*. It can include verbal and emotional abuse – constant insults, isolation from family and friends, name calling, controlling what someone wears, and it can also include sexual abuse.

According to *Break the Cycle*, studies have shown that nearly a quarter of teens say they would confide in a coach, teacher or school counselor if they were in abusive relationship, only a handful of school districts have taken proactive steps to address teen dating violence.

**MASSACHUSETTS** -- July 2011, A high school couple's three-year relationship ended in first-degree murder charges for Nathaniel Fujita after the body of his ex-girlfriend, Lauren Astley, 18, was discovered by a bicyclist riding along a marshy area in Wayland, Mass. Astley was found with her throat cut and a bungee cord wrapped around her neck.

**Improve School Safety.** We don't want to lose another young person to dating violence. With more than 40% of teen victims reporting that abuse took place on school grounds, it is imperative for schools to adequately address teen dating violence on and off-campus.

**How can The Women's Center help improve school safety?** Educational programming for children and adolescents utilizes role-plays, lecture, workbooks, handouts, group discussion and visual aides. Our trained advocates provide programs that teach teens to recognize dating violence, rights in a relationship and safety options. The Women's Center's programs also present information on sexual assault, power and control, awareness of date rape drug issues, healthy relationships and safety measures.

*(Continued on page 2)*

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**What Can You Do?** Get your school or child's school to address teen dating violence in the administrative codes or policy. Schools have an opportunity to impact not only individual victims of dating violence, but to play a significant role in responding to and preventing dating violence. Schools can proactively address this problem by establishing effective policies and procedures. Here are some ways you can get involved:

1. Ask the principal or school administrator how the school district responds to victims of dating violence.
2. During a lunch break or administrative time, gather concerned teachers, administrators, school resource officers and youth and brainstorm ways your school/district can make a larger impact on addressing teen dating violence.
3. Partner with your local legal/advocacy organizations that address teen dating violence for resources and development of a school policy.
4. Contact The Women's Center, Inc. to find out more information on presenting programs at your local school.

**FACT:** "1 in 5 teens who have been in a serious relationship report being hit, slapped or pushed by a partner."

Love is Respect: National Dating Abuse Hotline  
<http://www.loveisrespect.org/is-this-abuse/>

ABC News  
<http://abcnews.go.com/US/teen-dating-violence-lauren-astley-murdered-boyfriend-accused/story?id=14010538>

**Know the warning signs.** There are often overlooked abusive behaviors that can be early indicators that the relationship is headed in the wrong direction.

*Here are a few warning signs to remember:*

- Extreme jealousy
- Checking your cell phone or email without permission
- Constant insults or ridicule
- Telling you what you can and can't do
- Financial Control
- Possessiveness or controlling behavior
- Making false accusations
- Keeping you from seeing or talking with family and friends
- History of abusive behavior, especially against a former dating partner
- Big mood swings
- Explosive temper
- Belief that abuse is acceptable in relationships

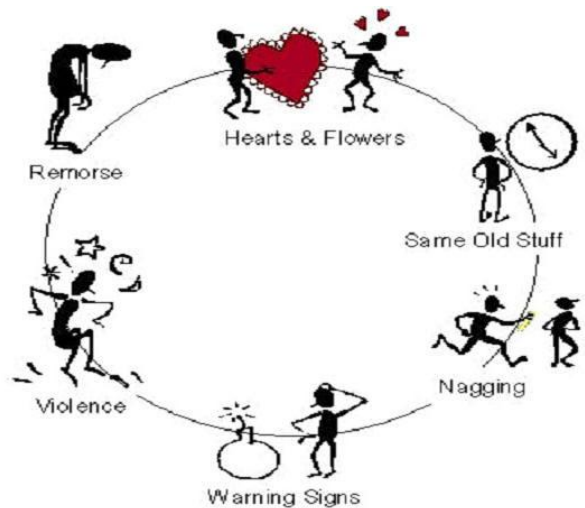


Image taken from:  
<http://www.dodgenet.com/~dsaoc/esdatingviolence.htm>

Break the Cycle: Empowering Youth to End Dating Violence  
<http://www.breakthecycle.org/dating-violence-101>

September 2011

## OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

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Domestic Violence Awareness Month evolved from the first Day of Unity observed in October, 1981 by NCADV. The intent was to connect battered women's advocates across the nation who was working to end violence against women and their children. The Day of Unity soon became a special week when a range of activities were conducted at the local, state, and national levels.

These activities were as varied and diverse as the program sponsors but had common themes of mourning those who have died because of domestic violence, celebrating those who have survived, and connecting those who work to end violence.

In October 1987, the first Domestic Violence Awareness Month was observed. That same year the first national toll-free hotline was begun. In 1989 the first Domestic Violence Awareness Month Commemorative Legislation was passed by the U.S. Congress. Such legislation has passed every year with NCADV providing key leadership in this effort.

In October 1994, NCADV, and Ms. Magazine created the "Remember My Name" project. This project is a national registry of domestic violence related deaths and is designed to increase public awareness. Since then, NCADV has been collecting information on women who have been killed by an intimate partner and produces a poster each October for Domestic Violence Awareness Month, listing the names of those documented in that year.

The Day of Unity is celebrated the first Monday in October. NCADV hopes that events in communities and regions across the fifty states will culminate in a powerful statement celebrating the strength of battered women and their children.

National Coalition Against Domestic Violence  
<http://www.ncadv.org/takeaction/DomesticViolenceAwarenessMonth.php>

...Attention Friends...

*Join us in our 1<sup>st</sup> Annual 5K Walk/Run*  
**"Shelter Dash"**

**Saturday, October 8, 2011**

Bloom Health & Fitness  
Bloomsburg, PA

11:00 – 3:00pm

Registration starts

@ 10:00 a.m.

\$15.00 pre-registry \$20.00 day of event

All proceeds will directly benefit the women and children who are affected by domestic and sexual violence

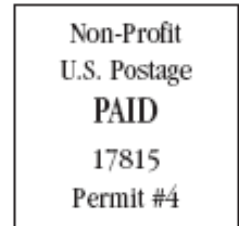
For more information call (570)784-6631 or (570)784-6632.



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Funded by P.C.A.D.V. and P.C.A.R.



## September 2011 Issue

Current Resident or

The Women's Center would like to extend a sincere *Thank You* to all of the generous businesses, organizations and community members who have made contributions to help us better serve victims and their children:

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