



**Council on Sexual Assault and Domestic Violence, Inc.**

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To receive newsletter via email  
send address to  
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Remembering the Council on Sexual Assault and Domestic Violence in your estate plans is a simple way to continue your support of the mission of CSADV after your lifetime. Your commitment is a reflection of your values, and ultimately, your legacy. If updating your will, the following language can be used "I give and bequeath to the Council on Sexual Assault and Domestic Violence the sum of \$ \_\_\_\_ (or percentage or specify property) to be used to support the mission of the agency. To find out more about how you can help victims of violence for years to come contact CSADV at 712-277-0131.

**Services:**  
24-hour crisis line, individual counseling, support groups, safe shelter, community education, medical and legal advocacy, court accompaniment, rural and multicultural outreach and transitional living services. All services are free of charge and remain completely confidential.



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# CSADV

January 2008

Council on Sexual Assault and Domestic Violence, Inc.

## Brief Facts on Sexual Assault

**People think they need to be more cautious around strangers. The reality is that most sexual assaults are committed by someone known to the victim**

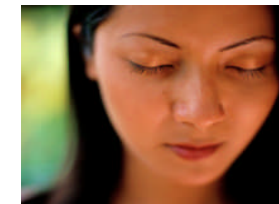
There are numerous myths about sexual assault that many people still believe. One of these is that rape is committed by strangers at night in dark alleys. The fact is, women are most commonly raped in their own homes. Most rapes are committed by someone the woman knows, and can happen at any time of the day or night. Research tells us that in approximately three out of four rapes, the women know the perpetrator as husbands, boyfriends, partners, family or friends. The rape is then termed as date rape, acquaintance rape, marital rape or incest and the motive is for power and control.

The rapist typically knows the victim, either for a long period of time or just met them at a party or business interaction. They believe that "no" means "yes"

and that the rape is consensual intercourse. They think by having sex, a relationship will develop. They may help the woman get dressed; offer to walk her home, or, ask her out for another "date". They may use verbal coercion and manipulation rather than physical violence. In marital rape, the husband sees his wife as property and believes that having sex is part of the marriage contract.

The victim may not be physically injured, may feel responsible because she knew the person who raped her, may not define what happened as rape, and is unlikely to press charges. The victim of a power rape is more likely to be blamed for the assault, with the exception of the victim being a child.

It is important to know the facts about sexual assault to reduce the risk. The victim may not have physical evidence of the sexual assault, but that doesn't mean it didn't occur. Believe the



victim, details and evidence can come later. It is most important that the victim is now safe. Help and support those who are harmed, and promote an end to violence in our communities.

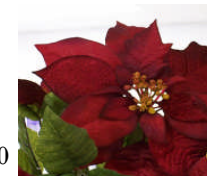
April is Sexual Assault Awareness Month, watch for local activities to increase awareness and help stop the myths.

## 22nd Annual Poinsettia Fundraiser

**For the 22nd year this is one of our biggest fundraisers with over 2200 plants being sold**

Even with all the snow storms CSADV was able to get our poinsettias delivered. Thank you for your patience and understanding to those that had their plants delivered on unexpected dates due to the weather. We always appreciate the community support we get with this fundraiser. For all those who purchased their

poinsettias from us kudos in helping to make this another successful poinsettia season. For the 22nd year this is one of our biggest fundraisers making over \$25000 for CSADV.



In addition to those who purchased poinsettias from us, we must thank the 114

volunteers who helped deliver the plants to each destination, put together the routes and made sure things ran as smooth as possible in the greenhouse.

We look forward to working with each of you next year and providing you with your holiday poinsettias.

**Save the Date:**

- January 30, Lobby Day in Des Moines
- February 4-9th, Teen Dating Violence Awareness Week
- March 1, CSADV Advocate training begins
- April is Sexual Assault Awareness Month. Watch for upcoming events.
- April 13-19, Crime Victims' Rights Week
- June 9—Terra Charity Golf Classic, get your foursome together now.
- June 20-21, Awesome Biker Nights

**Wish List:**

- Pillows
- Cold Medication (children & adult)
- Women's white socks
- Size 4, 5 & 6 Diapers
- Baby Bottles
- New Stuffed Animals
- Telephone Calling Cards
- Pantry Items, Canned Goods
- Pepto Bismal, Ibuprofen
- Feminine hygiene products
- Shampoo, Conditioner
- Hair products (African-American)
- Grocery & Gas Gift Cards
- Deodorant
- Quart & Gallon-sized baggies
- Ice Melt
- Paper products





## CSADV Helps Families at Christmas

**With tremendous community support CSADV was able to provide 65 families with Christmas gifts during the holidays**

For several years now, CSADV has collected gifts from the community to provide to victims we have served throughout the year. This year was no different. With the help and generosity from several community businesses, churches and individuals we



were able to provide 169 children and 67 adults with gifts for Christmas. Volunteers also helped wrap presents and they looked great!

Many victims of domestic violence are struggling to make ends meet once they leave their abusive partner. By providing gifts for them and their children you have made sure that they know they are not alone and that their community supports them.

## CSADV now answers the Iowa Prison Rape Hotline

**The IA Dept. of Corrections was awarded a grant which allows a statewide Rape hotline within the state prisons.**

In July, the Prison Rape Elimination Act (PREA) of 2003 was passed unanimously by both the House of Representatives and the Senate. On September 4, 2003, President Bush signed the bill into law. PREA establishes a zero-tolerance of sexual assault of any kind within the Iowa Department of Corrections. This includes all correctional and detention facilities that are state operated. The goal is to protect, prevent and educate offenders in custody about sexual assault behavior. Therefore, providing them a safe environment free from behavior that will not be tolerated. Mandatory collection of national data on the incidents of prison rape is also required.

The Iowa Department of Corrections was awarded a grant from the US Department of Justice. This grant is used to establish methods to protect offenders and safeguard communities. One of the resources used to protect victims of sexual assault in prison is a toll free phone line that victims can use

to report sexual assault and/or speak with Rape Crisis Center personnel for Counseling.

CSADV is now the agency that will answer that phone line.

Some facts about prison rape:

- Survivors of prison rape often suffer from PTSD. Victims of serious psychological trauma need mental health services and may have difficulty maintaining employment.
- Male victims are often young nonviolent, first-time offenders who are inexperienced in the ways of prison life.
- Prisoner rape victims are typically among the most vulnerable members of the population in custody.
- Male victims are often young nonviolent, first-time offenders who are inexperienced in the ways of prison life.
- Once a prisoner is raped he is "marked" as a victim and repeatedly abused.

## Local Credit Union Shows Support of CSADV

Siouxland Federal Credit Union brought some good will to the Council on Sexual Assault and Domestic Violence. A check for \$4000 was given as encouragement for continuing our worthy cause in Siouxland. There is a great need for victims to be protected and given a second chance. These dollars will go far to help CSADV continue to empower victims of violence in Siouxland.

"It gives us great pleasure to show all the ways we can give back to our community. Hopefully, this is just one more way Siouxland can see we care. We have several events scheduled in 2008, with each doing something that makes an impact in people's lives." said Vice-President of Human Resources at the Siouxland Federal Credit Union, Paula Diveley.

CSADV was thrilled to be the recipient of this very generous donation and graciously thank them for thinking of victims of violence in Siouxland. If your business or organization would like to support the programs and services of CSADV, call Brooke Goodwin to find out how, 712-277-0131.



Siouxland Federal Credit Union employees Mike Horner and Paula Diveley present a check to CSADV. Accepting the check is Brooke Goodwin of CSADV.



## January is National Stalking Awareness Month

**While stalking rarely leads to murder, it can and does lead to assault, harassment and unbelievable fear and anxiety to its victims. Stalkers can be the single most difficult people to deter or stop in the area of personal protection**

Stalking is typically defined as a course of conduct directed at a specific person that would cause a reasonable person to feel fear. It is a criminal offense under the laws of all 50 states, the District of Columbia, and the federal government. The National Center for Victims of Crime states, "Stalking is real, it's dangerous, it can be lethal and it's a crime."

According to the U.S. Department of Justice, one in 12 women and one in 45 men will be stalked in their lifetime, for an average duration of almost two

years. Seventy-six percent of female homicide victims were also stalked prior to their death, and more than half of these victims reported stalking to the police before being murdered by their stalkers.

Stalking is harmful and intrusive. Stalking victims often lose time from work or never return to work, and some even relocate to regain a sense of safety. Many suffer from anxiety, insomnia, and severe depression as a result of being stalked. The vast majority of stalking victims are ordinary people.

Furthermore, most stalkers are not strangers, but are known by their victim. 77% of female victims and 64% of male victims know their stalker. 59% of female victims and 30% of male victims are stalked by an intimate partner.

Stalking can occur during a relationship, after a relationship, or in the absence of a relationship. All forms of stalking are unpredictable, and all should be considered dangerous.

*Information was collected from the Stalking Resource Center*

## Certified Domestic Violence Advocates work with victims

**Whether it be in court, at the hospital or in shelter, advocates make sure victims are not alone**

A certified Domestic Violence Advocate works with victims of domestic violence by using the following guiding principles for intervention:

- To increase the victim's and children's safety
- To respect the authority and autonomy of the adult victim to direct her own life.
- To hold the perpetrator; not the victim, responsible for the abusive behavior and for stopping the abuse.
- To maintain confidentiality.

Four primary interventions with victims of Domestic Violence are:

- Validate the victim's experiences.
- Build on the victim's strengths.
- Help the victim to regain control over her own life.
- Explore the victim's options.

CSADV Certified volunteer advocates help us meet these goals in a variety of ways. They meet with victims at the hospitals to offer support and advocacy, go to court with victims to help obtain protection orders, offer support during divorce and custody hearings. Certified

advocates can help facilitate groups with victims and/or the children of victims, answer our 24 hour crisis hot line, spend time in our shelter to help meet victims' needs. There are many areas that certified volunteer advocates can help us in our direct work with victims. By demonstrating their willingness to be with others in times of need, they allow victims the chance to discover that they are not alone.



**Train to be an advocate with CSADV. Call Elaina at 277-0131 to see how you can become a volunteer. Our next training will start March 1, 2007.**