

SAFE SPACE

April Newsletter, 2013



Sexual Assault Awareness Month

In 2010, the Centers for Disease Control launched the National Intimate Partner and Sexual Violence Survey with support from the National Institute of Justice and the Department of Defense. The purpose of this survey was to learn more about how sexual violence was occurring in the population, who was most likely to experience it, and what the health consequences were. Some of the findings may surprise you.

Nearly 1 in 5 women and 1 in 71 men in the United States have been raped at some point in their lives. For female victims, 51.1% report being raped by an intimate partner. Another 40.8% say they were raped by an ac-

quaintance. Male victims who reported being raped by an acquaintance were 52.4% of the total while rapes committed by a stranger against a male victim were 15.1%. Most sexual violence against victims of either sex is *committed by someone they know*.

Most female victims of a completed rape experienced it for the first time before they were 25 (79.6%) but 42.2% experienced it before the age of 18. For male victims, 27.8% experienced their first rape before the age of 10.

Violence by an intimate partner can be sexual, physical, or stalking behavior and the survey found that 35.6% of wom-

en and 28.5% of men had confirmed experiencing one of those forms of violence by an intimate partner in their lifetimes.

Both men and women who experience sexual, physical, and stalking violence are more likely to suffer from negative health effects such as frequent headaches, chronic pain, difficulty sleeping, and others. In their executive summary, the CDC states that prevention should start early by "promoting healthy, respectful relationships in families". It also refers to activities such as the "bystander approach" that can help prevent violence from happening in the first place. For more information, visit:

<http://www.cdc.gov>

Recovering from Trauma

In her definitive work *Trauma and Recovery*, Dr. Judith Herman talks about the aftermath of violence and trauma. In her words, "Recovery can only take place within the context of relationships... just as these capabilities are originally formed in relationships with other

people, they must be reformed in relationships." (Herman, 1997) What this means to survivors of sexual violence is that a lengthy rebuilding process must happen in the person's life in order to become whole again. Herman believes the first principle of recovery is

empowerment for the survivor. For family and friends, this may mean taking a step back and fighting the urge to protect the person they love from harm and instead focus on supporting the choices and decisions being made.

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Safe Space, Inc.
P.O. Box 594
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SHELTER

- * 24 hr. crisis line
- * (406) 782-8511

ADVOCACY

An advocate can help with:

- * Locating financial resources
- * Court accompaniment
- * Brainstorming plans

SAFETY

If you feel unsafe in your home but are not quite ready to leave, call us to discuss safety planning options that might keep you safe until you are ready. Crisis line is available 24 hours/day!



Recovering from Trauma (continued)

According to Herman, “No intervention that takes power away from the survivor can possibly foster her recovery, no matter how much it appears to be in her immediate best interest”. For someone who has survived sexual trauma, recovery will often proceed in three general phases and it is important for the survivor, as well as her family and friends, to recognize them. The first is the establishment of safety. The second is remembrance and mourning and finally, reconnection with ordinary life. Herman makes clear that these stages of recovery are not set in stone, but are a general guideline for the often turbulent process a survivor must go through. She also states that many times a trauma survivor will need to—in effect—go backwards and

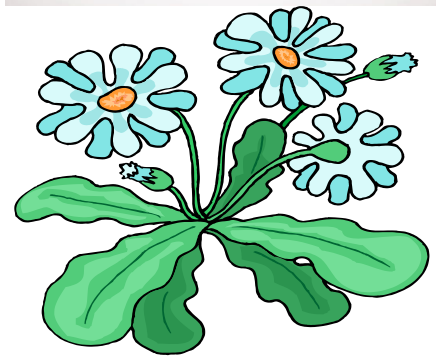
revisit issues that may have seemed to be resolved by those around her. In Herman’s words, “No...recovery follows these stages through a straightforward linear sequence”, but they provide a general sense of how healing progresses for the trauma survivor.

Obviously, what can be shared here is limited, but if you or someone you know has experienced sexual trauma of any kind, know that there is help available. Please call an advocate at Safe Space for more resources, support, and encouragement. Our goal is to empower survivors of sexual violence and to provide them with the information they need to do so. We know each individual needs to do this in his or her own way and we honor that. For general information available online, visit the following:

<http://www.rainn.org/>

<http://www.nsvrc.org/>

<http://www.cdc.gov/features/>



DENIM DAY started as a response to a 1998 Italian rape case where a teenaged girl was assaulted by her driving instructor. The Supreme Court in Rome overturned the man’s initial conviction saying that because the girl had worn very tight jeans, she would have needed to help remove them, thereby giving consent. The case caused a world-wide outcry of protest and Denim Day has remained as a yearly reminder of how important it is to advocate for survivors of sexual assault. Wear your jeans to work on April 26 in support of a woman’s right to be safe ***no matter what she wears!***

Safe Space

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Coming up!

May 4 -Recycling Event at 3 Bears from 10 a.m. to 2 p.m. (paper, plastic, aluminum)
 -Flock Party at the Copper King Hotel and Convention Center 5 p.m.—?
 (Join us for dinner, music, silent auction, and much more!)

June 1 -1st Annual Love Shouldn’t Hurt 5K Run/Walk Stodden Park, 10 a.m.

Look for information on our Volunteer Training in May’s newsletter!