



The Victim Advocate Committee presents...

SPEAK OUT!

April 2018

In honor of sexual assault & child abuse awareness month

Welcome to **SPEAK OUT!**

This newsletter is intended to be an informative, educational, and uplifting publication. Many of the articles are written by members of the Victim Advocacy Committee as part of the Domestic Violence Task Force. If you would like to submit an article or comments please visit our website.

Domestic violence is a crime that too often includes sexual assault and child abuse. These crimes can intersect, as sexual assault can be a power and control tactic used by abusive partners, and unfortunately abusive partners also abuse their children. This Sexual Assault and Child Abuse Awareness Month edition of SPEAK OUT will highlight resources in the community who specialize in sexual assault and child abuse cases and the services they provide. We hope this newsletter can be used as an informative tool to share all the available services Pinellas County has to offer with the community.



www.pinellasdvtf.weebly.com



facebook.com/PCDVTF/

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Special thanks to **TARGET** for helping us in our mission to eliminate domestic violence!



Upcoming Events

Child Abuse 5k 4/12/18 

 Art Heals 4/14/18

Angels Against Abuse Blue Ribbon Gala 4/28/18 

 Farm to Tableaux 4/28/18

World Elder Abuse Awareness Day 6/15/18 

 St.Pete Pride 6/23/18

Back to School Donation Drive July 2018 

For more detailed information about these events please visit our website!
www.pinellasdvtf.weebly.com

Stand up, SPEAK OUT, and take action



Who Can Help Me?

Suncoast Center, Inc. holds the contract to perform all Sexual Assault Victim Examinations (SAVEs) for male and female survivors in Pinellas County, Florida. The Sexual Assault Services Center also offers the following services, free of charge, to survivors of sexual assault:

services provided include:

- ☀️ **AFTERCare:** Follow up medical care for sexually transmitted infection (STI) testing and pregnancy testing with a Nurse Practitioner.
- ☀️ **Accompaniment:** An Advocate will go with a survivor to report the assault to law enforcement, to court proceedings and more.
- ☀️ **Advocacy:** An advocate will speak with individuals on behalf of the survivor, such as:
 - Landlord to request that the survivor be let out of a lease
 - Boss to request that the survivor be excused from work
 - Assistance completing crime victim's compensation and relocation (two \$750 checks) applications
- ☀️ **Crisis Counseling:** An Advocate is available in person or by phone to support survivors throughout their healing journey by identifying supports and coping techniques, and exploring options.
- ☀️ **Support Groups:** Advocates offer a variety of support groups for survivors to share what they are comfortable discussing with fellow survivors. Some current groups include:
 - Yoga Nidra
 - Mindfulness Based Stress Reduction
 - SPEAK (Safe Parents Empowering Adults & Kids)
 - Art Support Group
 - Survivors of Sexual Assault
 - Unidos- Spanish speaking support group
- ☀️ **Information & Referrals :** Advocates can refer survivors to additional information or services that they may be interested in, such as but not limited to:
 - Trauma Counseling
 - FCASV LAV Attorney
 - Suncoast Center Case Managers
 - Suncoast Center Psychiatrists
 - 211 to help find a homeless or domestic violence shelter
 - Rape Crisis Centers outside of Pinellas County
 - OB/GYN and/or Primary Care Physician

**24/7 Sexual Assault Helpline:
Individuals can call (727) 530-7273
anytime to talk to a live operator.**



After a sexual assault, you are not alone.

1. **GET SAFE.** Call 911 if in danger.
2. **GET MEDICAL HELP.** Do not shower or wash away evidence.
3. **REPORT PROMPTLY.** Reporting an assault to the police does not require filing a complaint or pressing charges.
4. **SEEK SUPPORT.** FREE recovery services are available and may help the healing process.

Approximately 80% of female victims experienced their first rape before the age of 25, and almost half experienced the first rape before age 18.*

Call 1-888-956-RAPE (7273), toll free, to connect with a trained professional, or visit www.fcasv.org.


Suncoast Center, Inc.
SEXUAL ASSAULT SERVICES
www.suncoastcenter.org

24hr Sexual Assault Helpline
727.530.7273



Rape is a crime.



WARNING SIGNS

Manipulation Techniques of Child Predators

Ninety percent of abused children are abused by someone they know. These perpetrators use manipulation and emotional techniques to isolate and influence vulnerable children. So often we hear the term "grooming" when we are discussing child sexual abuse and the tactics used by the perpetrator. However, manipulation is a more accurate term when considering how perpetrators gain the trust of children. The definition of grooming is to prepare or train (someone) for a particular purpose or activity. Manipulation is to handle or control typically in a skillful manner or influence (a person or situation) cleverly, unfairly, or unscrupulously. Offenders frequently use manipulation to build connection with children. They offer things such as gifts, rewards, special outings, or "special" attention and affection.

The following is a list of things that we can be aware of about tactics and barriers to disclosure:

- 🚧 Known perpetrators typically a family member, neighbor, coach, etc. Be aware of the adults who have regular access to your child.
- 🚧 Potential perpetrators will often be known to parents too. These perpetrators will gain the trust of the parent(s) first to have access to the child. They will volunteer to babysit, give your child rides, pick them up from places, and create other opportunities to have your child alone.
- 🚧 Perpetrators will manipulate a child into keeping the abuse a secret. It will often begin as games to initiate touch or secret gifts and will continue to escalate to other forms of sexual contact.
- 🚧 Many times, siblings are used against one another, resulting in them carrying the responsibility of protecting the other. Children may be manipulated to believe "If I comply, my brother or sister will be left alone."
- 🚧 Perpetrators will also manipulate children by making threats against loved ones, parents, siblings or pets. Children will obey the perpetrator to protect others.
- 🚧 Potential perpetrators can pose as children on website or phone apps to lure children into conversations or sexual encounters. Parents and caregivers need to be aware of their child's internet usage and potential dangers.



- 🚧 Perpetrators tell children if they tell someone, they will get in trouble. Perpetrators will tell children that no one will believe them or that their parents could be arrested if anyone found out. Children are told that if they tell, the police will come and take them away from their parent(s).
- 🚧 It is not uncommon for children to have psychological and physiological reactions to the abuse (i.e. the child can feel guilt or shame for having a normal physical reaction to being touched and blame themselves for it). Perpetrators will use the physiological response as a way to convince a child they wanted the sexual contact or that the child caused the sexual contact by their behavior.

COMMUNITY HEROES



For Sexual Assault and Child Abuse Awareness Month, we wanted to take the opportunity to recognize these community heroes. The detective picture below tirelessly, with compassion and empathy, investigate these vicious felony cases to make our communities a safer place and to bring justice for the victims. Each of these detectives have an incredible ability to build trust with those victims they serve and make them feel safe throughout the entirety of the criminal justice - from the initial investigation through trial and beyond. Many lives have been changed and positively impacted by the work you do.

We're very thankful for your outstanding work and your dedication to improving the lives of victims here in Pinellas County. Thank you!



Below: Detective Lara Scapati of Tarpon Springs Police Department



Above: Detective Bridget Hurt of Pinellas Park Police Department



Left: Detective Colin Brooks of St.Petersburg Police Department



Featured Resources



FCASV's Legal Assistance to Victims (LAV) program provides comprehensive legal services on various civil legal issues to victims of sexual assault.

Call (850) 297-2000 or email legal@fcasv.org



Bikers Against Child Abuse, Inc. (B.A.C.A.) exists with the intent to create a safer environment for abused children. We exist as a body of Bikers to empower children to not feel afraid of the world in which they live.

For more information, please visit <http://bacaworld.org/>



Heels to Heal

Heels to Heal Therapy Resource Program engages the services of licensed therapy providers to help survivors of domestic violence and sexual assault receive counseling. There is no cost to you for this program. Heels to Heal will provide the funding for your counseling services, both individual and group, over a 12 week period.

For more information, please visit <http://heelstoheal.org/>

How Can You Help?

- Bus passes for survivors
- Uber/Lyft gift certificates for survivors
- Plastic storage bins
- Self-care bags with journal/nail polish/books for survivors
- Any size canvases
- Paint (watercolor or regular)
- Clay

If you are able to donate items or services
please contact

Rose Harris at 727-327-7656 ext.5264



Advocate Contact List

Age 60+	570-9696
CASA	895-4912 (South)
Clearwater PD	562-4420
HAVEN	442-4128 (North)
Largo PD	587-6730
Pinellas County Sheriffs Office	582-6259
Pinellas Park PD	369-7864
State Attorney's Office	464-6090 (Small PD's)
St.Petersburg PD	893-7780
Suncoast Center, Inc.	530-7273 (Rape Crisis)



IN THE NEWS

#metoo #timesup, gymnastics scandal

By: Christina

Since October 2017, we have seen an outpouring of survivors of sexual harassment and sexual assault come forward to tell their story in support of the #MeToo movement. These courageous acts have sparked a dialogue on both local and national levels about the all too frequent occurrence of these traumatic behaviors, their societal acceptance, and the long-term effects they create for survivors. Positive impacts on policies have resulted in various arenas, from the military to universities to corporations. There is still a long way to go, but this is a great start and encouraging validation for survivors.

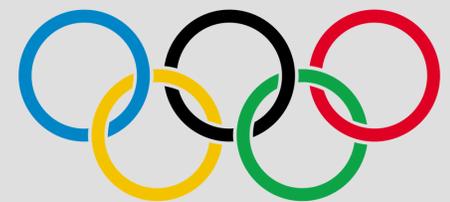
The #MeToo campaign provoked thoughts and discussions on how allies can contribute to the movement. A cohort of students at the University of Colorado, Denver's Program on Gender-Based Violence decided to address this by creating a campaign of their own, #WeTooBelieve. This campaign's goal is to create a more encompassing platform for survivors of multiple forms of interpersonal violence and allies to come together in support of ending violence.

#WeTooBelieve

As supporters of the #MeToo campaign, we feel that allies and victims of other forms of interpersonal abuse would also benefit from being a part of this movement. We wanted to create a forum where everyone is welcome to participate in a wide range of topics from sexual assault to domestic violence and child abuse.

-Students @ CU Denver's Center on Domestic Violence

Olympic Sexual Assault Scandal



Earlier this year the world was shown how sexual assault knows no bounds, including medical professionals. One-hundred and fifty-six women spoke out about victimization they experienced under the guise of medical treatment by Larry Nassar. Their stories highlighted one of the biggest hurdles faced by survivors: they disclosed their assault and no action was taken against the perpetrator. By illuminating how many missed opportunities occurred in preventing Nassar from abusing anyone else, systems and policies in response to sexual assault disclosures are being scrutinized. If we gain just one takeaway from this situation, it is how vital it is to believe survivors when they tell us what happened to them and do everything in our power to assist them and hinder further assaults by the abuser.



CONSENT IS:

CLEAR COHERENT

WILLING ONGOING

CLEAR

Consent is active.

It's expressed through words or actions that create mutually understandable permission.

Consent is never implied, and the absence of a no is not a yes.

Silence is NOT consent.

"I'm not sure," "I don't know," "Maybe" and similar phrases are NOT consent.

COHERENT

People incapacitated by drugs or alcohol cannot consent.

Someone who cannot make rational, reasonable decisions because she or he lacks the capacity to understand the "who, what, when, where, why or how" of the situation cannot consent.

People who are asleep or in another vulnerable position cannot consent.

WILLING

Consent is never given under pressure.

Consent is not obtained through psychological or emotional manipulation.

Consent cannot be obtained through physical violence or threat.

Someone in an unbalanced power situation (i.e. someone under your authority) cannot consent.

ONGOING

Consent must be granted every time.

Consent must be obtained at each step of physical intimacy. If someone consents to one sexual activity, she or he may or may not be willing to go further.

DID YOU KNOW?

197

SAVE exams provided to individuals 13+ in 2017

137

sexual abuse exams were provided to children under 13 in 2017

1,130

Child physical abuse/neglect exams were provided to children under 13 in 2017

1,687

Current sexual offenders in Pinellas County.
offender.fdle.state.fl.us

If you suspect a child is being abused or neglected call the Florida Abuse Hotline at 1-800-962-2873

Crime Victim Compensation

Financial Assistance May Be Available For Victims of Crime

What You Should Know

The Office of the Attorney General may provide financial assistance for eligible crime victims, but only after all other sources of payment have been exhausted.

- ✓ Medical/Dental Expenses
- ✓ Mental Health Counseling
- ✓ Wage Loss/Property Loss
- ✓ Loss of Support
- ✓ Funeral/Burial Expenses
- ✓ Disability Compensation
- ✓ Domestic Violence Relocation
- ✓ Human Trafficking/Sexual Battery Relocation

Contact your local law enforcement agency and a victim advocate can assist in filling out the application.

How To Apply

Submit a completed and signed claim application via email to vcintake@myfloridalegal.com, via fax to 850-414-5779 or 850-414-6197, or via mail to the address below:

Bureau of Victim Compensation
The Capitol, PL-01
Tallahassee, FL 32399-1050

Applications can be found at myfloridalegal.com under the victim advocacy department tab