



APOC Newsletter

Abused Persons Outreach Center, Inc.
www.apocnd.org

160 2nd St NW, Valley City ND 58072
24-Hour Crisis Line: 701-845-0072

April 2022



2021 APOC Statistics

WEAPONS reported in **32%** of reported cases including **4** firearms & **6** asphyxiations.

140 minor children living in the home

Direct Services Provided to Victims:

- 613 advocacy services
- 255 counseling support/therapy hours
- 51 support groups held
- 319 crisis intervention/crisis response
- 351 service identification & assistance
- 199 protection/restraining order assistive services
- 150 emergency financial assistance
- 33 relocation assistance
- 54 complementary therapy services
- 16 victims were provided emergency safe shelter
- 107 transportation services

Join VC Green Dot and learn skills to prevent child abuse and sexual assault in our community by attending our new 3-hour Green Dot Bystander Training.

Thursday, April 28th from 9:00-12:00

RSVP by April 25th – Register online at vcgreendot.com - or call 701-840-6270 - or email VCGreenDot@gmail.com

This Training is an opportunity to think about safe and realistic ways that each of us can do little actions to help our community become and stay safe.



Believe This, Not That DomesticShelters.org

Children who grew up in domestic violence carry false beliefs with them into adulthood that can severely hold them back and need to be unlearned. Here are four, and their corresponding truths.



FALSE: "It was my fault. I caused it and I should have stopped it." Children think emotionally, not rationally. Carrying around guilt can be common, and can lead to feelings of unworthiness and shame.

TRUTH: "I now realize that I couldn't be responsible for the actions of others." Survivors can set themselves free by sharing their story with someone else. It was never your fault, so it's time to allow yourself to really feel that way.

FALSE: "I am fearful. Bad things are going to happen." Growing up under the constant threat of violence in the home can make a person constantly on high alert.

TRUTH: "I have more courage than I know." It takes incredible strength to survive growing up with—and surviving—a home where domestic violence was prevalent. Find your confidence in knowing you are resilient.

FALSE: "Anger gives me the power and control I never had." Those with Childhood Domestic Violence often use anger to teach people who hurt them a lesson, utilizing tactics like hurtful words, a cold shoulder or threats.

TRUTH: "I transform the impulse of anger and resentment into passion." Anger and passion are similar, except passion will fuel personal growth. Feel a sense of power by controlling your anger and transforming it into a passion to achieve your dreams instead.

FALSE: "Good things don't happen to people like me." Children can feel hopeless when witnessing domestic violence, and they may feel like nothing they do makes a difference, so why bother to even try?

TRUTH: "The injustice I experienced as a child created a spiritual strength inside me." Your life has a purpose. Believe that you made it through your childhood because you are special and guided, and there is something here for you to do and become.

embrace your voice

How you talk about sexual violence matters.

The things you say every day send a message about your beliefs and values. When you stand up for survivors of sexual violence, you send a powerful message that you believe and support them.

What influences your beliefs about sexual violence?

- Your ideas about sexual violence — including portrayals of what a victim looks like, who perpetrates sexual assault, and more — might be informed by TV shows, movies, news reporting, and other forms of media.
- The reality is that sexual assault in the media is often inaccurate and doesn't tell the whole story.
- Reflect on where you've seen sexual violence shown or talked about. How might that have impacted your views or led to assumptions you make about sexual assault?

How your words affect others

- Chances are someone you know is a survivor of sexual violence. They might not have told anyone out of fear of being blamed or judged.
- If someone in your life is considering sharing something personal with you, they are likely listening to your opinions or attitudes for clues on how you will respond.
- A comment or joke based on assumptions or stereotypes might not seem like a big deal, but it could make someone feel unsafe about sharing personal or painful things with you.



For example: "I could never tell her what happened to me. She said if victims of sexual assault don't go to the police, then it wasn't serious."

What can you do?

- Don't wait for a critical moment to say the right things. The words you choose every day communicate your values.
- When you hear comments that blame victims or make light of sexual violence, speak up so others know you don't agree. Even if you don't have a perfect response, this shows you do not believe in stereotypes, you believe survivors, and you're a safe person to talk to.

For example: "That commercial made me uncomfortable. I don't know exactly why, but I think everyone should be treated with respect." or, "I don't think that's true — I believe people when they say that someone has hurt them."

You can become an agent of change

- Our words shape the world around us.
- Whether you are showing your support for a survivor or helping someone better understand these issues, your voice is powerful and necessary in this conversation.

www.nsvrc.org/saam #saam

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For more information ndkids.org



Grooming: Know the Warning Signs RAINN.org

One tool common to those who sexually abuse kids is grooming: manipulative behaviors that the abuser uses to gain access to a potential victim, coerce them to agree to the abuse, and reduce the risk of being caught. While these tactics are used most often against younger kids, teens and vulnerable adults are also at risk.

Grooming can take place online or in-person. It's usually employed by a family member or someone else in the victim's circle of trust, such as a coach, teacher, youth group leader or others who naturally have some interaction with the victim.

Though grooming can take many different forms, it often follows a similar pattern.

- **Victim selection:** Abusers often observe possible victims and select them based on ease of access to them or their perceived vulnerability.
- **Gaining access and isolating the victim:** Abusers will attempt to physically or emotionally separate a victim from those protecting them and often seek out positions in which they have contact with minors.
- **Trust development and keeping secrets:** Abusers attempt to gain trust of a potential victim through gifts, attention, sharing "secrets" and other means to make them feel that they have a caring relationship and to train them to keep the relationship secret.
- **Desensitization to touch and discussion of sexual topics:** Abusers will often start to touch a victim in ways that appear harmless, such as hugging, wrestling and tickling, and later escalate to increasingly more sexual contact, such as massages or showering together. Abusers may also show the victim pornography or discuss sexual topics with them, to introduce the idea of sexual contact.
- **Attempt by abusers to make their behavior seem natural,** to avoid raising suspicions. For teens, who may be closer in age to the abuser, it can be particularly hard to recognize tactics used in grooming. Be alert for signs that your teen has a relationship with an adult that includes secrecy, undue influence or control, or pushes personal boundaries.

Grooming Family and Community

Grooming behaviors are not only used to gain a victim's trust, but often are used to create a trustworthy image and relationship with their family and community. Child and teen sexual abusers are often charming, kind, and helpful — exactly the type of behavior we value in friends and acquaintances. You don't need to be suspicious of everyone who is kind to your child; most people are well intentioned and trustworthy. But you should be on guard that this type of behavior is sometimes just a mirage, a way for an abuser to gain your trust so they have more direct access to your child (and make it less likely that the child will be believed if they speak up about the abuse). You should also talk to your kids about risks and boundaries, and make sure they know that they can come to you if anyone crosses a line.

How to Help

You can help keep kids and teens safer by learning the warning signs of abuse at rainn.org. To report sexual abuse of a child or teen, whether it occurred in-person or online, in ND call the ND Child Protection Services at 833-958-3500. If a child is in immediate danger call 9-1-1. For more information visit www.ndkids.org

ND's 211 line operates 24 hours, every day of the week. 211 provides crisis intervention services to anyone, anytime, anywhere. www.behavioralhealth.nd.gov/crisis



Call Us
When
There is
A Crisis

Free 24/7/365
Confidential

Substance Use • Mental Health • Depression
Relationship Conflict • Concerns for Loved Ones
Suicidal Thoughts • Isolation • Stress • Trauma

behavioralhealth.nd.gov/crisis

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APOC's crisis line operates 24 hours, every day of the week & provides crisis intervention & advocacy services to victims of domestic violence, dating violence, sexual assault & stalking. **Crisis Line: 701-845-0072**

**EVERY1
KNOWS
SOME1**

DONATION FORM

Your donation will help us continue our work to end intimate partner violence and sexual assault. Your donation is tax deductible. **I wish to remain anonymous**

Donor Information: Name: _____

Mailing Address: _____

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If you would like this donation to be in memoriam of someone, please complete the form below. A card of recognition will be sent to the individual/s you list and provide addresses for below:

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Please make checks payable to: APOC
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Thank you for your support!



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