



# KNOW MORE NEWS

February 2022

## 2022 kNOW MORE Training Series: Addressing Sexual/ Domestic Violence and Engaging Communities into Action

To include announcements & events in our newsletter, email us at [info@guamcoalition.org](mailto:info@guamcoalition.org)

### ANNOUNCEMENTS

#### Upcoming Events...

Stay tune for more updates and information on our plans for the month via our website at [www.GuamCoalition.org](http://www.GuamCoalition.org) or email [info@guamcoalition.org](mailto:info@guamcoalition.org).

#### Join Us!

**GCASAFV's General Membership Meeting**  
Date: March 8, 2022  
Time: 11:00 AM

Email us for the Zoom link at [info@guamcoalition.org](mailto:info@guamcoalition.org).

The Guam Coalition Against Sexual Assault and Family Violence will be holding our **2022 kNOW MORE Training Series: Addressing Sexual/ Domestic Violence and Engaging Communities into Action**. This training will be held in-person at the Westin Resort and Spa Guam from February 23- February 25 8:30 AM - 3:00 PM. The Guam Coalition will hold this training in collaboration with Just Detention International and National Organization of Asians and Pacific Islanders Ending Sexual Violence.

Topics for this training will include Addressing SA/DV Across the Lifespan; Setting Expectations & Overview of Incarceration; My Body Matters; Sexual Abuse in Confinement; An Overview - The Prison Rape Elimination Act (PREA) & the Audit; Our Bodies Matter; Stories from the Field; Support for Children and Elders; Safety and Services for Incarcerated At-Risk Populations; Trauma Informed Approach to Care; Normalized Harming Culture & Accountability; Logistics of Providing Support to Incarcerated Survivors; My Body Matters; Strengthening Victim Service Partnerships, and more.

## Register Today!

Guam Coalition Against Sexual Assault & Family Violence presents...

2022 kNOW MORE Training Series:  
*Addressing Sexual/Domestic Violence and Engaging Communities into Action*  
February 23-25, 2022  
Westin Resort and Spa Guam  
8:30 AM-3:00 PM

Join us and our training partners as we address sexual and domestic violence in our communities! Featured topics include:

- ◆ Sexual/Domestic Violence and Incarcerated Survivors
- ◆ Sexual/Domestic Violence and Cultural Responses
- ◆ Advocacy & Services Addressing Sexual/Domestic Violence Across the Lifespan
- And more!

#### Register NOW to attend the training!

Click [Here](#) to register:

<https://www.surveymonkey.com/r/RegFeb22-Engage>

Deadline to register is Friday, February 11, 2022

In person training is limited to 70 attendees to comply with social gathering protocols.

All COVID-19 safety protocols and restrictions will be followed for the in-person conference. Proof of vaccination will be required to attend the in person sessions.

We are currently working on approvals for CEUs



Guam Coalition Against Sexual Assault & Family Violence

For more information, visit [www.GuamCoalition.org](http://www.GuamCoalition.org) or email [info@guamcoalition.org](mailto:info@guamcoalition.org)

This training program is funded in part by Grant 2020-05142-001-5, awarded by the US Department of Justice, Office on Violence Against Women (OVAW) to the Guam Coalition Against Sexual Assault and Family Violence (GCASAFV), awarded by the Family Violence Prevention and Services Act, administered by USARCA and FASB, US Department of Health and Human Services, and Grant 2020-05142-001-5 provided by the Governor's Community Outreach - Federal Programs Office, Office of the Governor of Guam, awarded by the USDOJ/OPW. The opinions, findings, conclusions, or recommendations expressed in this report do not necessarily reflect the views of these funding agencies.

## Presenters for this training series include:

● **TARA GRAHAM**, Just Detention International's (JDI) Program Director, provides training and technical assistance to corrections agencies on preventing and responding to sexual abuse in detention. She has been working on the development and implementation of the Prison Rape Elimination Act (PREA) standards for more than 15 years, including at the National PREA Resource Center.

● **NINA JUSUF**, one of the founders of NAPIESV, has led numerous trainings and technical assistance on sexual assault and domestic violence issues in general and API-specific trauma-informed services. Nina has led/facilitated trainings on organizational sustainability, multicultural wellness, sustaining activists and activism and genuine services for survivors, activists and women human rights defenders in Asia, the Balkans, and United States.

# 2022 kNow MORE Training Series Continued

## Presenters for this training series also include:

- **NICOLE MATTHEWS**, Anishinabe from the White Earth Band of Ojibwe, is the Executive Director for the Minnesota Indian Women's Sexual Assault Coalition. MIWSAC is a statewide Tribal Coalition and a national Tribal Technical Assistance Provider. Nicole was one of five researchers who interviewed 105 Native women used in prostitution and trafficking for their report: Garden of Truth: The Prostitution and Trafficking of Native Women in Minnesota.
- **ANDREW SUSENO**, creator of Moving Rasa, integrates his practice with his work as a doctor of physical therapy, modern dancer, a certified practitioner of the Feldenkrais Method and Laban Movement Analysis and training in anti-oppressive pedagogy. As a practice, Moving Rasa, is a creative movement and design form that develops profound understanding and facility of our body and nervous system in context so it can partner with us rather than impede perception of Rasa.



You can register using this link:

<https://www.surveymonkey.com/r/RegFeb22-Engage>.

The deadline to register is Monday, February 14, 2022. This training will be limited to 70 attendees to comply with social gathering protocols.

For more updates regarding this training, visit

[www.GuamCoalition.org](http://www.GuamCoalition.org).

## February is Teen Dating Violence Awareness Month (TDVAM)

According to TeenDVmonth.org, teen dating violence is defined as any physical, psychological, or emotional abuse that occurs within dating relationships of young people ages 12 to 18. This violence usually takes place face-to-face or electronically, such as via phone calls, text messages, or the Internet.

Data from CDC's Youth Risk Behavior Survey and the National Intimate Partner and Sexual Violence Survey indicate that:

- Nearly 1 in 11 female and approximately 1 in 14 male high school students report having experienced physical dating violence in the last year.
- About 1 in 8 female and 1 in 26 male high school students report having experienced sexual dating violence in the last year.
- 26% of women and 15% of men who were victims of contact sexual violence, physical violence, and/or stalking by an intimate partner in their lifetime first experienced these or other forms of violence by that partner before age 18.



# Signs of an Unhealthy or Abusive Relationship

Having relationships with others is significant to our lives, whether it's friends someone you're dating, parents, or teachers. These relationships are fundamental to our growth as they are a source of support. Unfortunately, not all relationships are healthy. Individuals who are in abusive/unhealthy relationships may find it difficult realizing that they are in abusive relationships.



## Warning Signs of Emotional Abuse

- They make fun of you, call you names, criticize or ridicule you, especially in front of others.
- They prevent you from spending time with friends and family.
- They blame you for everything and make you feel unsafe.
- They are not respectful of boundaries, engage in gaslighting or peer pressure.
- They threaten to share information about you to others that may change their perception of you.
- They go through your belongings, act jealous, or accuse you of cheating.

## Warning Signs of Technological Abuse

- They control who you can or cannot be friends with on social media.
- They make insulting or threatening social media posts.
- They use Instagram, Snapchat, Twitter, TikTok, or other apps to monitor you or put you down.
- They steal or demand passwords to your phone or online accounts.
- They constantly text you or make you feel that you cannot be away from your phone without consequence.
- The person looks through your phone frequently and looks at your pictures, texts, and call history.

## Warning Signs of Physical Abuse

- They shake, grab, or pull your hair.
- They slap, punch, or kick you.
- They use objects to hurt you.
- They restrain you or prevent you from leaving a particular area.
- They attempt to or actually strangle you.

## Warning Signs of Sexual Abuse

- They touch or kiss you without your consent.
- They pressure, manipulate, or force you to engage in any unwanted sexual activity.

For more information, visit <https://idvsa.org/2022ntdvapm/>

# Tips to Address Teen Dating Violence

## TOGETHER

WE WILL CREATE A HEALTHY AND SAFE FUTURE FOR ALL YOUTH

When we teach skills for healthy relationships now, we create safer, healthier communities for everyone in the future.



### START EARLY

Healthy parent-child relationships, positive family dynamics, and supportive communities provide a strong foundation for children.

EFFECTIVE, non-violent communication and conflict RESOLUTION

POSITIVE interactions based on respect and TRUST



### CONTINUE THROUGH ADOLESCENCE

Positive, healthy teen dating and peer relationships have many benefits for youth.

REDUCED anti-social and unhealthy behaviors

BETTER interpersonal skills, communication, negotiation skills, and EMPATHY

POSITIVE self-image and leadership skills

IMPROVED school performance



### CARRY INTO ADULTHOOD

Healthy adult relationships benefit entire communities.

More ENGAGED citizens

More PRODUCTIVE workforce

SAFER communities

LESS partner violence

More ATTENTIVE students in schools



EVERYONE is positively impacted by a lifetime of healthy, positive relationships.



Visit [vetoviolence.cdc.gov](http://vetoviolence.cdc.gov) to learn more about creating safer, healthier communities.

- Practice healthy relationship skills and set an example for teens.
- Spread awareness about bystander intervention and empowerment.
- Engage parents and family members in teen dating violence awareness.
- Foster protective environments in schools, workplaces, and other organizations.
- Assist families in strengthening household and financial security.
- Support survivors to increase their safety and lessen harms through: victim-center services, legal protections, housing programs, and client-centered approaches.

For more information,

<https://www.cdc.gov/violenceprevention/intimatepartnerviolence/teendatingviolence/fastfact.html>

**If you or someone you know may be experiencing Dating Violence/Abuse, call 911 for help or use these resources for additional information.**

• **National Teen Dating Abuse Helpline**  
**1-866-331-9474**

• **Peer advocates are available to talk, text, or chat online 24/7**

• **Centers for Disease Control and Prevention (CDC):**  
<https://www.cdc.gov/injury/features/dating-violence/>

• **Do Something:**  
<https://www.dosomething.org/us/facts/11-facts-about-teen-dating-violence>

• **National Institute of Justice:**  
<https://nij.ojp.gov/topics/crimes/teen-dating-violence>

• **The National Domestic Violence Hotline:**  
<http://www.thehotline.org/>

# Ways to Take Action this Teen Dating Violence Awareness Month (TDVAM)

## Ways to Take Action this TDVAM for Teens

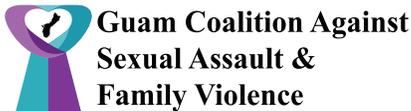
1. Have A Conversation - Whether you are at school, at home, or hanging out, if you notice something concerning someone who is close to you, ask questions and let them know that you are a safe space for them to share their experiences.
2. Practice Self-Care - Make a Self-Care checklist and customize it to your own needs and personality.
3. Raise Awareness - Spread awareness through our social media platforms. Follow Love is Respect.

## Ways to Take Action this TDVAM for Adults

Support the Teens in Your Life. Whether you are a parent, service provider, teacher, or coach, consider having a discussion about healthy relationships. Discussions about healthy relationships help teens recognize healthy and unhealthy behaviors.

For more information, visit <https://www.loveisrespect.org/get-involved/tdvam/>.

## February Community Champion



GCASAFV's mission focuses on fostering safe, healthy, violence-free island communities. This aligns with GCASAFV's purposes to identify and address the sexual assault and family violence needs of the community, ensure access to services, promote awareness of sexual assault and family violence, and build the island's capacity to respond to the community needs.

**BE A COMMUNITY CHAMPION.**

*Be someone who listens and responds with patience, support, and encouragement.*



Established through the Guam Task Force on Family Abuse and Sexual Assault in 1982, Victim Advocates Reaching Out (VARO) was formerly called CARO, Counseling Advocates Reaching Out. The VARO mission is to respond to all victims of violent crimes and traumatic events and to elevate the stature of women and children on our island, especially those who are most often victimized by physical and sexual abuse. VARO offers emotional support, information, personal advocacy, emergency clothing, emergency transportation, emergency shelter, and referrals to community partners based on their needs. Additionally, VARO advocates can assist victims in filling out GHURA applications and Pro Se forms (self-representation for protective orders). Although many of VARO's clients are women, they also provide services to men.

VARO offers the expertise of their advocates, and provides emergency clothing, shelter, and transportation. Ultimately, the work of VARO is pertinent to the island community as there are many individuals in our island community who are victims/survivors of traumatic events and violent crimes.



For more information or to contact VARO, call their 24-hour hotline at (671) 477-5552.

# Raise Your Awareness!

## "Respect Week" February 7 - 11



First established in 2007, Respect Week, was a social awareness campaign led by loveisrespect; in response to a need for more resources for young adults regarding healthy relationships. Respect Week occurs in the month of February, which is Teen Dating Violence Awareness month. It is a week dedicated to spreading awareness and getting the public to engage in conversation about healthy relationships and dating abuse during Teen Dating Violence Awareness Month (TDVAM).

GCASAFV staff took part in raising awareness about teen dating violence during Respect Week. Be sure to follow us on our social media for upcoming social media campaigns!

## February 8 is "Wear Orange Tuesday"

The Guam Coalition Against Sexual Assault and Family Violence wore orange on Tuesday, February 8 to recognize February as Teen Dating Violence Awareness Month! Be sure to use the hashtag #GCASAFV #TDVAM during the month of February!



## April Planning and Coordinating Meetings

Join GCASAFV and partners in coordinating the activities planned for April – Sexual Assault Awareness Month, Child Abuse Prevention Month, National Crime Victims’ Rights Week, and Youth Month, GCASAFV will host Zoom meetings to facilitate/coordinate this year’s outreach activities for the month of April.

Weekly meetings will be held on Wednesdays at 2:00 PM ChST. Meetings are scheduled on the following dates:

- February 16
- February 23
- March 2
- March 9
- March 16
- March 23

Visit <https://us02web.zoom.us/meeting/register/tZ0vcO-hrT8tHtTk6XW4N8HTKfSG5oJ84pat> to join.

**FEBRUARY 2022**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16 ★	17	18	19
20	21	22	23 ★	24	25	26
27	28					

**MARCH 2022**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 ★	3	4	5
6	7	8	9 ★	10	11	12
13	14	15	16 ★	17	18	19
20	21	22	23 ★	24	25	26
27	28	29	30	31		

# Guam Economic Development Authority QC3 Grant Program Series 5 Award

The Guam Coalition Against Sexual Assault and Family Violence was awarded a \$25,000 grant from the Guam Economic Development Authority Qualifying Certificate Community Contribution (QC3) Grant Program Series 5. Funding from this grant will be used to increase efforts to raise awareness, advocacy, and ultimately, prevention of intimate partner violence. GCASAFV plans to host an island-style version of 'TED Talks.'



*Aturidãd Inadilãnton Ikunumihan Guahan*

This project aims to raise awareness of key issues related to sexual assault and domestic violence and provide information and resources.



In light of COVID-19 and the continuation of virtual communication and media engagement, one key topic GCASAFV's 'Island Style TED Talk' will focus on is Safety and Technology.

Your ideas are important to us! Let us know what issues you would like more information on. We want to hear from you! To share your thoughts or ideas, email [info@GuamCoalition.org](mailto:info@GuamCoalition.org).

For more updates and information, visit [www.GuamCoalition.org](http://www.GuamCoalition.org).

## Pacific Region Resources Online Community Directory



Are you listed on GCASAFV's Pacific Region Resources.org? If so, please review and send us updates!

GCASAFV works with agency partners to strengthen services and address sexual assault and famil violence through education, outreach, training, and resources. As GCASAFV's online community directory, Pacific Region Resources (PRR) provides access to community resources such as faith-based organizations, non-profit service providers, and other government and private agencies in the Pacific Islands' communities.

Visit <https://pacificregionresources.org/> or download the app on the iTunes App Store or Google play to see what it has to offer!

Visit <https://www.pacificregionresources.org/index.php?code=register> to get started!

For more information or inquiries, please contact us at [info@guamcoalition.org](mailto:info@guamcoalition.org).

## Training Opportunities

**The Mask of Bondage: Post-Pandemic Challenges Prosecuting Human Trafficking: Tips and Trends** by End Violence Against Women International on **Friday, February 25, 2022, at 6:00 AM ChST.**

**Description:** This program will cover post-pandemic trends and developments regarding detection, documentation, and relational dynamics involved in human trafficking cases. The presenter will cover the unique and sensitive issues involved in working with human trafficking survivors who face a host of challenges during the pandemic, and often do not identify as "victims." This program will include a discussion of modern-day victim-law enforcement interactions, pandemic trauma-bonding and other challenges faced by prosecutors currently handling such cases. In discussing the "invisible chains" that bind human trafficking victims, this program will include an in-depth examination of relational dynamics between human traffickers and their victims, which often masquerade as consensual relationships of love and affection. It will discuss the red flags that often fly under the radar, especially when everyone is masked and socially distanced, to be better able to recognize the signs of exploitation associated with this insidious crime.

**To register, visit** <https://evawintl.org/courses/the-mask-of-bondage-post-pandemic-challenges-prosecuting-human-trafficking-tips-and-trends/>

**19th Annual Hawaii International Summit on Preventing, Assessing, & Treating Trauma Across the Lifespan**, hosted by Institute on Violence, Abuse & Trauma (IVAT) on **March 18, 2022 - April 1, 2022**

**Description:** The summit goals include building multidisciplinary solutions to prevent family violence, child maltreatment, sexual violence, trauma and compassion fatigue; disseminating promising and best practices in prevention and intervention; linking research, practice, advocacy and policy; providing opportunities/techniques to re-fuel, reenergize, and apply self-care; and disseminating practical application techniques.

**To register, visit** <https://www.ivatcenters.org/hawaii-summit>

**International Conference on Sexual Assault, Domestic Violence, and Reimagining Justice**, hosted by End Violence Against Women International on **April 19-21, 2022**

**Description:** This conference focuses on sexual assault, intimate partner violence, stalking, human trafficking, and elder abuse to highlight promising practices and emerging issues to effectively respond to these crimes in all our communities.

**To register, visit** <https://web.cvent.com/event/e49c7e07-0275-4051-986daa39127f11c8/>



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**GUAM COALITION AGAINST SEXUAL ASSAULT & FAMILY VIOLENCE**

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