



April Newsletter 2020

DVACK

HOPE • EMPOWER • HEAL

Supporting survivors of domestic and sexual violence, stalking, teen dating violence, elder abuse and human trafficking

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April is Sexual Assault Awareness Month



Break the Silence on Sexual Violence

In the U.S., [1 in 3 women](#) and [1 in 6 men](#) experience some form of contact sexual violence, such as sexual assault or rape, in their lifetime. Help DVACK spread awareness and prevent abuse by asking for consent, respecting boundaries, and sharing statistics and resources from our social media sites.

“What Were You Wearing?”

This question has been pervasive for many survivors of sexual assault. Seemingly harmless, it burdens survivors with self-blame. For this reason, professors from the University of Arkansas and the University of Kansas developed an art installation showcasing the outfits that survivors wore when they were sexually assaulted. The installation asks participants to understand that it was never about the clothing—if only ending sexual violence was as easy as changing our clothes! Instead it requires all of us to evaluate what enabled us to ask such a question in the first place. Pictured below is an exhibit by student-survivors at Bethany College.



Consent is a skill

you get better as you practice



Practicing Everyday Consent

People often think consent is only important when it comes to sex. Really, consent is about choosing to respect personal and emotional boundaries. By practicing consent in everyday situations, you show that you value the choices of others, and you build confidence in saying yes or no or when asking for consent in sexual situations. Always ask for consent before hugging, tickling, posting someone’s photo online, sharing someone’s personal information, or using another’s belongings. Ask sincerely so others understand it’s okay to say no. Find more tips at the [National Sexual Violence Resource Center](#).

WHAT'S GOING ON WITH

DVACK AND COVID-19

OFFICES ARE CLOSED



For the safety of our clients and staff the offices are closed and all outreach services will be suspended.

HOW TO CONTACT



Our hotline is still open as well as free and confidential 1-800-874-1499.

SHELTER IS OPEN



Shelter is open for those in need and are in immediate danger.

DONATIONS



For the safety of our staff and donors we have suspended accepting donations during this time.

Survivor Safety during COVID-19

As public restrictions for the Coronavirus Pandemic increase, so, too, do concerns for the safety of adults, children and pets in abusive households. With more people homebound from furloughs, illness and school closures, household tension may rise, especially with the added stress from financial worries, resource scarcity, and social isolation. Survivors may not have access to usual coping mechanisms or means to escape abuse, such as extracurricular activities, gyms, work, school, friends, and church.

Abusers may use COVID-19 restrictions as an abuse tactic, threatening that no will know about the abuse or help victims during this pandemic. One survivor told the [National Domestic Violence Hotline](#), "My husband won't let me leave the house. He's had flu-like symptoms and blames keeping me here on not wanting to infect others or bring something like COVID-19 home. But I feel like it's just an attempt to isolate me. He threatened to throw me out onto the street if I start coughing. I fear that if I leave the house, he will lock me out."

While we may have to physically distance ourselves to dampen the spread of the virus, it is imperative we continue reaching out to friends and family during this stressful time. Use caution when sending messages, as abusers may read them. Create a safe word so you may call police if violence escalates. Remind survivors that DVACK's shelter is open and available to all victims of abuse in imminent danger, including women, men, children and pets. Please call our hotline at 1-800-874-1499 for more information, questions, or support. Even during times of isolation, you are not alone.



Each year, the Kansas Coalition Against Sexual and Domestic Violence (KCSDV) hosts Advocacy Day at the Kansas Capitol to increase public awareness and knowledge of abuse and supportive services. This year's Advocacy Day theme was #SomeoneYouKnow, as statistics prove that abuse impacts someone you know. Pictured to the left is KCSDV Executive Director Joyce Grover speaking to legislators and community members about the impacts of abuse. Pictured to the right is artwork by survivors that DVACK serves.

