



February Newsletter 2020

HOPE • EMPOWER • HEAL

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Teen Dating Violence Awareness Month: Enough is Enough!

This February marks 10 years of awareness efforts to end and prevent teen dating violence. Each year, approximately 1.5 million high school students nationwide experience physical abuse from a dating partner. In addition, in a survey of 500 teen and young adults, 57% percent waited six months or more before seeking any help while 40% hadn't talked to anyone about abusive behavior in their relationship.

After a decade of efforts, Break the Cycle—an organization dedicated to building healthy relationships and a culture without abuse among young people—is ready for real change. Break the Cycle's Outrage to Action #TDVAM2020 campaign challenges each of us to do our part to end teen dating violence; it's been 10 years of awareness, enough is enough—it's time for real action.

When we work together and each do #1Thing to prevent teen dating violence and foster healthy relationships and communities, real social change is possible. What is the #1Thing you'll commit to doing this month to help end abuse?

10 YEARS OF AWARENESS IT'S TIME FOR REAL CHANGE



**KNOW LOVE, NO ABUSE:
TEEN DATING VIOLENCE LUNCH & LEARN**



Friday, February 14 ♥ 12-1pm ♥ Salina Public Library

On Valentine's Day, February 14, youth, parents, and community members are invited to bring a lunch and learn about healthy relationships and dating abuse through use of videos, scenarios, statistics, and fun activities! Join DVACK downstairs in the Prescott Room of the library. Together, we can prevent abuse!

Meet DVACK's Court Advocate!



Noah Cantin

Meet Noah, DVACK's new Court Advocate! His role is to help clients navigate the court system and be their pillar of support within the courtroom. Noah has worked with DVACK for 6 months; however, before becoming an employee, he volunteered for 3 months. His adventure with DVACK started in college when he needed volunteer-time for his degree, and we could not be happier with his choice to intern at DVACK! Through his time with DVACK, he feels he has grown as a person and learned so much about our cause. This has led him to dispel the many myths around domestic violence that he, himself, once believed.

Noah knew he wanted a career in human services because he has always wanted to help people. For the longest time, this mindset inspired him to be a police officer. Unfortunately, he suffered a knee injury in college, which led him to believe this dream was broken. However, through volunteering at DVACK, he found a new path to follow that reignited his passion.

Noah's overall advice in working with survivors is this: experience is key. From working in emergency safe shelter to experiencing how the courts work, learning how to advocate for survivors takes time, patience, connection, trust, and practice. Noah's life goal is to help others, a passion he has had since childhood, and through his role at DVACK, he can do just that!

On Tuesday, February 11, wear orange for teen dating violence awareness!



DVACK Victim Advocate Abby Hunter presented on stalking to community members at the Salina Public Library during National Stalking Awareness Month. Contact DVACK to schedule your free presentation!

DVACK Donation Requests

- Body Wash
- Toilet Paper
- Lotion
- Diaper Wipes
- Nail Clippers
- Trash Bags
- Board Games
- Yoga Props
- Planners
- Journals
- Craft Supplies
- Packaged Snacks

DVACK WEEKLY SUPPORT ACTIVITIES

TUESDAYS

Individual Therapy | 11 A.M. - 1 P.M. - *Walk-in or by Appt.*

Domestic Violence Support Group | 5:30-7 P.M.

Childcare Provided

WEDNESDAYS

Teen Support Group | 3-4:30 P.M. (*ages 11-18*)

THURSDAYS

Individual Therapy | 11 A.M. - 1 P.M. - *Walk-in or by Appt.*

Abuse & Addiction Support Group | 1-2 P.M.

Survivors of Sexual Assault Support Group | 5:30-7 P.M.

Childcare Provided

FRIDAYS

Gentle Yoga | 1:30-2:30 P.M. - *Childcare Provided*