

# DASAS

FALL 2020  
Volume 20, Issue 3

## Domestic Abuse/Sexual Assault Services

The world is joined in fear of COVID-19 – with loved ones at risk of illness, and life and free movement increasingly restricted. Social isolation, portrayed as one of the best ways to stop this invisible predator, is a scary prospect, but one which is crucial. This is unlike any other time, and I admit it, I am afraid. But my fear cannot be compared to that of people who live in abusive homes. In my 17 years working with domestic violence victims, never have I felt so terrified for those who could now face increased intensity and frequency of abuse.

*If you know or suspect that somebody suffers from domestic violence, please contact them, and keep that vital line of support open. This is one disease where washing our hands amounts to indifference.*

Domestic violence is all about power and control, and in an isolated environment, control is more easily exerted by abusers, with fewer and fewer avenues for accountability for their actions. Worldwide reports from other professionals in the field verify my fears. The National Domestic Violence Hotline warns that abusive partners might use tactics such as giving misinformation about the virus, or preventing victims from seeking medical attention if they need it.

As Anita Bhatia, Deputy Executive Director of UN Women, summarizes, ‘the very technique we are using to protect people from the virus can perversely impact victims of domestic violence’. Like women who normally spend their days at work, now trapped at home with their abuser, and those who rely on visits from external family, or picking up the kids from school as a respite from the abuse. Everywhere is now out of bounds, separating victims from key routes of support when they will need them most.

Many children will also suffer—maybe witnessing the abuse for the first time and having nowhere to escape. We all know the devastating effects that this can have on both their current mental health and their growth into adults.

If you know or suspect that somebody suffers from domestic violence, *please* contact them, and keep that vital line of support open. This is one disease where washing our hands amounts to indifference. We cannot ignore the neighbor who is shouting or the sister who is crying on the phone.

NO MORE is encouraging *everyone* to listen for abuse and, if necessary, call the National Domestic Violence Hotline if you want advice, and call the police if you hear somebody getting hurt, or if you think their life is at risk. Please, share this message with all your friends and contacts—so that the abusers know we are watching and their actions will not go unnoticed.

We also appeal to Governments: listen to your front-line services, and respond effectively to their needs. COVID-19 can be deadly. So can Domestic Violence. Together we can get through both. **#changehappenshere**

*-Pamela Zaballa*  
**Global Executive Director, NO MORE**

**NO MORE**



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### Domestic Abuse/Sexual Assault Services Mission Statement

**Our mission is to provide free, confidential and empowering services to victims of domestic violence, dating violence, sexual assault and stalking while raising awareness and prevention efforts throughout our communities.**

# How you can take a stand against bullying and cyber-bullying

*October is National Bullying Prevention Awareness Month.*

There is no simple solution to bullying or cyberbullying, or a foolproof way to handle a bully. But since bullying or cyberbullying is rarely limited to one or two incidents—it's far more likely to be a sustained attack over a period of time—like the bully, you may have to be relentless in reporting each and every bullying incident until it stops. Remember: there is no reason for you to ever put up with any kind of bullying.

**Don't blame yourself.** It is not your fault. No matter what a bully says or does, you should not be ashamed of who you are or what you feel. The bully is the person with the problem, not you.

**Try to view bullying from a different perspective.** The bully is an unhappy, frustrated person who wants to have control over your feelings so that you feel as badly as they do. Don't give them the satisfaction.

**Don't beat yourself up.** Don't make a bullying incident worse by dwelling on it or reading cyberbullying messages over and over. Instead, delete any messages and focus on the positive experiences in your life. There are many wonderful things about you so be proud of who you are.

**Learn to manage stress.** Finding healthy ways to relieve the stress generated by bullying can make you more resilient so you won't feel overwhelmed by negative experiences. Exercise, meditation, positive self-talk, muscle relaxation, and breathing exercises are all good ways to cope with the stress of bullying.

**Spend time doing things you enjoy.** The more time you spend with activities that bring you pleasure—sports, hobbies, hanging out with friends who don't participate in bullying, for example—the less significance bullying or cyberbullying will have on your life.



## Find support from those who don't bully

When you're being bullied, having trusted people you can turn to for encouragement and support will ease your stress and boost your self-esteem and resilience. Talk to a parent, teacher, counselor, or other trusted adult—it doesn't mean that you're weak or there's something wrong with you. And reach out to connect with real friends (those who don't participate in any kind of bullying). If you're new to a school or neighborhood, or don't feel that you have anyone to turn to, there are lots of ways to make new friends. It may not always seem like it, but there are plenty of people who will love and appreciate you for who you are.

**Unplug from technology.** Taking a break from your smartphone, computer, tablet, and video games can open you up to meeting new people.

**Share your feelings about bullying.** Talk to a parent, counselor, coach, religious leader, or trusted friend. Expressing what you're going through can make a huge difference in the way you feel, even if it doesn't change the situation.

**Boost your confidence.** Exercise is a great way to boost your self-esteem and reduce stress. Go for a run or take a kick boxing class to work off your anger in a healthy way.

## Tips for dealing with cyberbullying

Dealing with cyberbullying is rarely easy, but there are steps you can take to cope with the problem. To start, it may be a good time to reassess your technology use. Spending less time on social media or checking texts and emails, for example, and more time interacting with real people, can help you distance yourself from online bullies. It can also help to reduce anxiety, depression, and feelings of loneliness.

As well as seeking support, managing stress, and spending time with people and activities that bring you pleasure, the following tips can help:

**Don't respond to any messages or posts** written about you, no matter how hurtful or untrue. Responding will only make the situation worse and provoking a reaction from you is exactly what the cyberbullies want, so don't give them the satisfaction.

**Don't seek revenge** on a cyberbully by becoming a cyberbully yourself. Again, it will only make the problem worse and could result in serious legal consequences for you. If you wouldn't say it in person, don't say it online.

**Save the evidence of the cyberbullying,** keep abusive text messages or a screenshot of a webpage, for example, and then report them to a trusted adult. If you don't report incidents, the cyberbully will often become more aggressive.

**Report threats of harm** and inappropriate sexual messages to the police. In many cases, the cyberbully's actions can be prosecuted by law.

**Prevent communication from the cyberbully,** by blocking their email address, cell phone number, and deleting them from social media contacts. Report their activities to their Internet service provider (ISP) or to any social media or other websites they use to target you. The cyberbully's actions may constitute a violation of the website's terms of service or, depending on the laws in your area, may even warrant criminal charges.



# National Campus Safety Awareness

National Campus Safety Awareness Month (NCSAM), occurs each September and serves as a reminder to all that safety on campus is of utmost importance to students, colleges, and universities alike. According to the U.S. Department of Justice, gender-based violence remains a public health and safety concern on college campuses, with a substantial number of college students being sexually assaulted each year. Unfortunately, incoming freshman are at a particularly high risk of victimization during the first few months of school.

Take a look at these staggering national statistics, as they pertain to the sexual assault of college students:

- **11.2%** of all students experience rape or sexual assault through physical force, violence, or incapacitation (among all graduate and undergraduate students).
- Among undergraduate students, **23.1%** of females and **5.4%** of males experience rape or sexual assault through physical force, violence, or incapacitation.
- Male college aged students (18-24) are **78%** more likely than non-students of the same age to be a victim of rape or sexual assault.
- **21%** of TGQN (transgender, genderqueer, nonconforming) college students have been sexually assaulted.
- More than **50%** of college sexual assaults occur in either August, September, October, or November.

## **Campus Safety** *tips* What Students Can Do

Students should also make planning for personal safety an essential part of their everyday campus life. Here are a few safety precautions that students may implement during the academic year:

- **Know your resources.** Locate resources such as the campus health center, campus security, and the local sexual assault service provider, DASAS, in the event you or a friend needs help. Notice where emergency phones are located on campus, and program the campus security number into your cell phone for easy access.
  - **Stay alert.** When you're moving around on campus or in the surrounding neighborhood, be aware of your surroundings. Consider inviting a friend to join you or asking campus security for an escort.
  - **Be careful about posting your location.** Many social media sites publicly share your location. Consider disabling this function and reviewing other social media settings.
  - **Think about Plan B.** Spend some time thinking about back-up plans for potentially sticky situations. If your phone dies, do you have a few numbers memorized to get help? Do you have emergency cash in case you can't use a credit card? If you drive, is there a spare key hidden, gas in your car, and a set of jumper cables?
  - **Be secure.** Lock your door and windows when you're asleep and when you leave the room. If people constantly prop open the main door to the dorm or apartment, tell security or a trusted authority figure.
  - **Make a plan.** If you're going to a party, go with people you trust. Agree to watch out for each other and plan to leave together. If your plans change, make sure to touch base with the other people in your group. Don't leave someone stranded in an unfamiliar or unsafe situation.
  - **Protect your drink.** If you choose to drink, don't leave your drink unattended, and watch out for your friends' drinks if you can. If you go to the bathroom or step outside, take the drink with you or toss it out. Drink from unopened containers or drinks you watched being made and poured.
  - **It's okay to make an excuse.** If you want to exit a situation immediately and are concerned about frightening or upsetting someone, it's okay to make an excuse. Some excuses you could use are needing to take care of another friend or family member, an urgent phone call, not feeling well, and having to be somewhere else by a certain time.
- Be a good friend.** Trust your instincts. If you notice something that doesn't feel right, it probably isn't. If you or someone you know has safety concerns or has been victimized by a crime, contact campus security, local law enforcement, or DASAS at 1-877-345-5534.

## Changes from Yellow to Orange Risk Dial

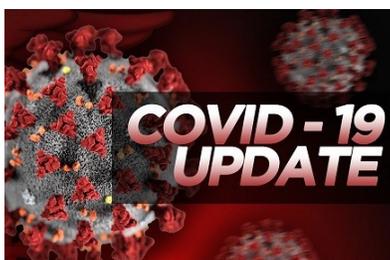
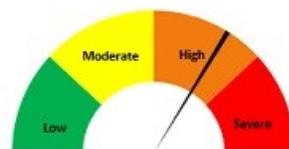
Limit travel and work from home when possible

**STRONGLY RECOMMEND** wearing a mask in public and washing hands often

High-risk and vulnerable individuals should avoid public places

COVID ORANGE: High Risk of COVID-19 Spread		
General Public	Outside the Home – Work, Social, In Public	At Home
Physical Distancing	<ul style="list-style-type: none"> <li>Stay at home unless traveling for work, medical care, or food</li> <li>Distance at least 6 feet from anyone outside the home</li> <li>Work from home if possible</li> <li>Individual outdoor activities such as walking, biking, etc. are acceptable</li> <li>Smallest number of contacts feasible</li> <li>Gatherings only with modifications for COVID-19</li> <li>Events only as guided by SWNPHD</li> </ul>	<ul style="list-style-type: none"> <li>No distancing for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected</li> <li>Self-isolation of symptomatic persons</li> <li>Outdoor activities with members of your household are acceptable</li> </ul>
Face Covering	<ul style="list-style-type: none"> <li>Face coverings strongly recommended for anyone over 2 years old</li> </ul>	<ul style="list-style-type: none"> <li>No face coverings for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected</li> <li>Face coverings for symptomatic people</li> </ul>
Hand Washing	<ul style="list-style-type: none"> <li>Frequently wash hands for at least 20 seconds, especially after touching high contact surfaces, sneezing/coughing/touching face, or before eating</li> <li>Use hand sanitizer when handwashing is inaccessible or infeasible</li> </ul>	<ul style="list-style-type: none"> <li>Frequently wash hands for at least 20 seconds, especially after touching high contact surfaces, sneezing/coughing/touching face, or before eating</li> </ul>
Illness Monitoring	<ul style="list-style-type: none"> <li>If sick with Flu-like or COVID-like symptoms, <b>Stay at Home</b></li> <li>Minimize contact with symptomatic people</li> <li>Daily temperature checks at work</li> </ul>	<ul style="list-style-type: none"> <li>Daily temperature checks</li> <li>Monitor for COVID-like symptoms</li> <li>Contact healthcare provider if sick</li> <li>Monitor the health of anyone in your home with COVID-like symptoms</li> </ul>
Disinfecting	<ul style="list-style-type: none"> <li>Avoid bare hand contact with any high touch surface</li> <li>Use barrier such as paper towel or clothing when bare hand contact is unavoidable</li> <li>Wash hands or apply sanitizer after touching high contact surfaces</li> <li>Enhanced disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures)</li> </ul>	<ul style="list-style-type: none"> <li>Enhanced disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures)</li> </ul>
At-Risk or Vulnerable Population	For adults over age 65, anyone with underlying health conditions, and other populations at heightened risk from COVID-19: <ul style="list-style-type: none"> <li>Stay home as much as possible</li> <li>Rely on help for needs outside the home (groceries, medications, etc.)</li> <li>Distance from those working outside of the home</li> </ul>	

### SWNPHD COVID-19 Risk Dial and Community Guidance



For the safety and well being of both our clients and our staff, the DASAS office remains closed to walk-ins. We are still providing services. We are just asking that you please call the crisis line first at:

**345-5534 or 877-345-5534**

For all other inquires, please call the office (308) 345-1612. Staff are rotating coverage and someone is available Monday-Friday, 9am-4pm.

# November 5, 2020 BIG GIVE

**We need your help to make Big Give a BIG SUCCESS for victims of violence!**

Funds raised are used to assist victims of domestic violence, sexual assault, and human trafficking as they recover from such traumatizing crimes.

The needs vary with each situation, but without your support through these local dollars victim needs would go unmet.

## **Easy ways to GIVE:**

- Visit [BigGiveMcCook.org](http://BigGiveMcCook.org) on November 5th and make a contribution to Domestic Abuse/Sexual Assault Services.
- Write out your check, date it November 5th and get it in the mail so that it arrives to our office by November 5th.

**Every dollar matters!**

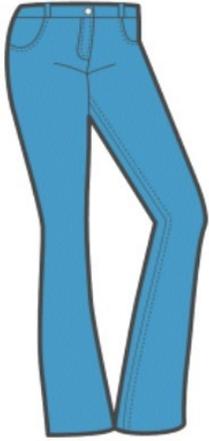
**How big of a difference can you make!**



## **Ways to Show Support during DVAM**

- Wear purple – the color of Domestic Violence Awareness Month during the month of October and use this as a way to tell others that ending domestic violence is important to you. Tie a purple ribbon to your car's antenna.
- Conduct a Denim Days campaign where your employees/staff can make a small donation for DASAS to wear jeans certain days during the month.
- Organize a donation drive for items on our wish list (pg. 7) that are needed by those we serve.
- Make a monetary donation to DASAS in honor of the people in your life who have been impacted by domestic violence. Your donation can go further by making it on **BIG GIVE day, November 5th**.
- Change your porch light to purple or hang purple lights in your windows.
- Ask your faith leader to offer a prayer or preach a sermon on ending domestic violence.
- Contact your representatives to let them know why federal programs such as VAWA, FVPSA, and VOCA are important for survivors.
- Offer support and stability to a child experiencing domestic violence. Simply being there can make a difference in that child's life.
- Tell someone they matter.
- Get creative, you can show your support in hundreds of ways and October is the perfect opportunity for you to stand up and say STOP DOMESTIC VIOLENCE!
- Shop at [smile.amazon.com](http://smile.amazon.com) and select **Domestic Abuse/Sexual Assault Services** as your charity/organization. You can have 0.5% of your eligible purchases donated to Domestic Abuse/Sexual Assault Services. AmazonSmile is the same Amazon you know. Same products, same prices, same service.

The possibilities are endless, and each individual action has value as we work together to create a world free from all forms of violence.



# Denim Days



Wear Jeans for \$5 a day & Show Your Support!!

Return form to: DASAS, 407 W 5th St, McCook, NE 69001

E-Mail: [das@dasas.net](mailto:das@dasas.net), Fax: 308-345-4177,

Thank you for joining us in the fight to end domestic violence.

Your continued support is greatly appreciated!

For any questions please call us at 345-1612.

## Denim Days Participation Form

Organization Name/Contact: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Days:  One day each week in October

Twice in October

One day in October

Other: Please Specify \_\_\_\_\_



Can't wear jeans? You can still make a contribution and show your support.

As a business owner, show your support by matching the funds raised by your employees or make a contribution on behalf of your organization.

Every dollar counts!



***Together we can help end violence and support victims!***



OCTOBER  
NATIONAL DOMESTIC VIOLENCE  
AWARENESS MONTH

# WISH LIST

Paper Towels, Toilet Paper  
Laundry Soap & Dryer Sheets  
Bath Soap/Body Wash  
Lotion/Baby lotion  
Liquid Hand Soap/ Hand Sanitizer  
Cleaning Supplies/Clorox Wipes  
Kitchen Size Trash Bags  
Ziploc bags - Quart & Gallon size  
Deodorant  
Tampons  
Pull-ups/Diapers Sizes 4-6, Baby Wipes  
Bottled water  
Boxed & canned foods  
Snack items  
(check expirations dates, please)

Copy Paper  
AA & AAA Batteries  
Forever Postage Stamps  
Phone Cards/Gas Cards

**\*Items needed the most are printed in bold.**

During this time of COVID-19,

- Please call the office (345-1612) and make arrangements to drop off items.
- We can only accept new items.

Thank you for your cooperation and understanding.



Thank you to everyone who made a donation to our organization since our last issue. We would also like to thank our anonymous donors.



River Valley E-Free Church  
Nancy Mousel  
Dawn Callander

During this uncertain time of COVID, we wish to thank all those who have reached out to assist and support DASAS. Our survivors and their families are forever grateful.



## Upcoming Awareness

### October

Domestic Violence Awareness Month  
Bullying Prevention Month

### November

**5th - BIG GIVE day**  
15th –22nd National Hunger & Homelessness Awareness Week

### December

10th - Human Rights Day

### January

National Stalking Awareness Month  
Human Trafficking Awareness Month

### February

Teen Dating Violence Awareness and Prevention Month

### April

Sexual Assault Awareness Month  
Child Abuse Prevention Month

# Domestic Abuse/ Sexual Assault Services

PLEASE  
PLACE  
STAMP  
HERE

407 W. 5th Street  
McCook, NE 69001

Business Phone: (308) 345-1612  
24 Hr. Crisis Line: 345-5534  
or 1-877-345-5534  
www.dasas.net

## DASAS STAFF

Donna - Executive Director,  
Email: dgoad@dasas.net

Kathy - Office Manager / Victim Advocate,  
Email: das@dasas.net

Misti - Victim Advocate/Legal,  
Email: misti@dasas.net

Lisa - Victim Advocate/Outreach,  
Email: lisa@dasas.net

## DASAS Board of Directors

Peg Smalley - President

Karen Van Kooten-Wall - Vice President

Marla Messersmith - Secretary/  
Treasurer

Carol Cotton

Tracy Flaska

Cathy McDowell

## Help is available 24 hours a day!

All services are free and confidential!

\*24-Hour Crisis Line

\*Crisis Support

\*Medical Advocacy

\*Economic Advocacy

\*Legal Advocacy

\*Emergency Shelter & Food

\*Emergency Transportation

\*Community Education/  
Prevention Programs

\*Information & Referrals

For services in Chase, Dundy, Frontier, Furnas, Hayes,  
Hitchcock and Red Willow counties

**Call: 345-5534 or (877) 345-5534**