

# DASAS

Summer 2022  
Volume 22, Issue 2

## Domestic Abuse/Sexual Assault Services

### September: National Campus Safety Awareness Month



It's no secret that the topics of school shootings and gun violence have been weighing heavily on the hearts and minds of Americans throughout our country. No doubt it weighs especially heavy on some of the minds of those who are headed back to schools this month, either as students or as school teachers or administrators. However, although school shootings have been dominating the media this summer, as we discuss campus safety, let us not neglect the vast and insidious dangers that have long been present on college campuses and yet receive far less media attention.

I am talking about campus sexual assault and sexual harassment.

- 13% of all students experience rape or sexual assault through physical force, violence, or incapacitation (among all graduate and undergraduate students)
- 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

What can you do to prevent it? Whether you are a student, parent, college faculty or staff member, the following are some actions you can take to help safeguard yourself, your friends, your sisters and brothers, your child, or your student:

- 1. Educate yourself: know the prevalence of the danger and safety plan.**  
Don't think it can't happen to you.
- 2. Surround yourself with good friends and educate them too.**  
Reach out for help, don't isolate.
- 3. If something does happen, you can file a report with the Title IX coordinator and law enforcement, or speak with a victim advocate to keep it confidential while you consider your options.**

- ⇒ McCook Community College:  
Brian Obert (Dean of Student Life): 308-345-8109 (8 am-12 pm)  
MPCC Crisis Line: 308-362-7560
- ⇒ Nebraska College of Technical Agriculture in Curtis:  
Jennifer McConville (Title IX Coordinator): 308-367-5259  
UNL Victim Advocate: (402) 472-3553
- ⇒ DASAS Crisis Line: 308-345-5534

Visit [endrapeoncampus.org/laws/](http://endrapeoncampus.org/laws/) for more information on Clery Act, Title II, VI, IX.

#### 4. Implement prevention training for your club, team, or organization.

Contact our new community educator ([pearl@dasas.net](mailto:pearl@dasas.net)) who travels throughout counties in southwest Nebraska to provide trainings on healthy relationships, healthy boundaries, safety with technology, stalking, and dating violence.

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*(Statistics from RAINN)*

#### 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.*

## Changing Campus Culture Part 1: The Value of Climate Surveys

Awareness about sexual assault and sexual harassment as a problem on every college campus is a key step towards prevention. However, it is only the first step. In order to begin implementing effective prevention programs at your own campus, you first need to understand the scope and dynamics of this nationwide issue within your own campus. Climate surveys, in which respondents may provide information about their experiences and perspectives anonymously in response to directed survey questions, are an evidence-based and cost-effective tool for gaining insight into what sexual assault and harassment looks like within your own campus community. This in turn helps campus administrators and student body leaders direct conversations on prevention in a more relevant and purposeful way.

For more information and resources on how to develop and implement climate surveys to assess the issue of sexual harassment and assault on your campus, visit the It's On Us campaign online.



Source: [IOU Campus-Climate-Survey-Resource.pdf \(itsonus.org\)](#)

## Changing Campus Culture Part 2: Bystander Intervention Programs

If you saw a girl being stabbed and brutally raped right outside your dorm room, what would you do? What about if others were present with you?

While most of us would likely answer that we would call law enforcement or do something to try to stop the crime, studies of human psychology repeatedly show that the answer, all too often, depends on how many other people we are aware are also witnessing what we are witnessing. The **bystander effect** is the psychological phenomenon that occurs when witnesses to a crime or emergency choose not to act to intervene and change the outcome for the individuals involved. It occurs for a variety of reasons, including diffusion of responsibility (thinking the more people present, the less we are personally responsible for our decision to act or not act), the fear of being judged for how we choose to act, and pluralistic ignorance (looking to others' reactions to decide how we will act).

Given that the majority of student populations are not perpetrators of sexual assault and yet the rates are still incredibly high, addressing the bystander effect through training is a critical tool for preventing this crime from occurring in your campus community.

### SEXUAL ASSAULT ON COLLEGE CAMPUSES

**4% of college sexual assault victims report the incident to the police or college security. Reasons why victims choose not to report include:**

- Did not think it was serious enough to report.
- Thought they were fully or partially responsible for the assault.
- Thought it was unclear that a crime had happened.
- The victim didn't want anyone to know.
- Did not have any "proof".
- Thought the police would not take them seriously.

**1 in 5 women are sexually assaulted while in college.**

**Approximately 6/1% of men reported experiencing attempted or completed sexual assault since entering college.**

**85% of victims knew the perpetrator.**

**Alcohol is the #1 predatory drug on college campuses.**

Source: [endrapeoncampus.org](#)

## Changing Campus Culture Part 2: Bystander Intervention Programs (continued)



How do we overcome the bystander effect? The first part is becoming aware of it, and the next is taking action. Developing and discussing strategies with students for taking action in case an event arises that calls for bystander intervention is a useful way to help students and college leaders make that next step towards intervening in a productive way. If you're an upperclassman, or a leader on the sports field in your club, setting the example of noticing others in your surroundings and talking to your club or team about

the bystander effect and implementing training to overcome it are keys to changing the culture on your campus to one in which students take action to help each other, rather than passively allow abusive behaviors to continue. Knowing where to obtain help is also key to empowering students who are being victimized. If you're a school or campus administrator/service provider such as a counselor, making resources known and widely available, and educating about procedures for reporting incidents of stalking or sexual victimization is crucial.

Developing students and teams into active, rather than passive, bystanders is not only an effective way to change the culture of your campus into one of mutual respect, but also teaches students a valuable life skill to take into their future professional and personal lives.



## Supporting Child Wellbeing at Home

Shifting back into the routine of the school year is a big transition for both children and parents. The following are tips and resources to help support your family's wellbeing and mental health during this transition.

- ◆ **Take care of your own mental health.**
- ⇒ Children and teens pick up on anxiety and tension in adults around them. Be open about your own feelings and lead by example in how you deal with them by modeling healthy behaviors and coping skills.
- ◆ **Re-evaluate your expectations and anticipate challenges.**
- ◆ **Work as a team with the school.**
- ◆ **Encourage communication and emotional vulnerability.**
- ◆ **Know when your child's struggles may be a sign of something bigger.**
- ⇒ Common signs of mental health conditions in youth include problems with concentration and memory, changes in appetite, feeling sad or hopeless, loss of interest in things they used to enjoy, excessive worry, irritability, changes in sleep patterns, and/or angry outbursts.

A Parent Screen is available at [MHAScreening.org](https://MHAScreening.org) to help you determine if your child or teen may be having emotional, attentional, or behavioral difficulties. These results can be used to start a conversation with your family doctor or a school mental health professional.

Source: Mental Health America National ([mhanational.org](https://mhanational.org))

# Tech Safety Tips

As students return to campuses and schools this fall, the importance of staying educated and informed about the very real hazards of technology as they relate to dating violence, stalking, and campus sexual harassment and/or assault cannot be overemphasized. Particularly with the rate of changes in technology features and capabilities, as well as the prevalence of technology use in educational settings, the need to stay up to date and vigilant on potential misuses of technology remains more relevant than ever. Protect yourself, your friends, and your loved ones by sharing and discussing tech safety tips, such as the following:

## ◆ Risk: Personal information & the Internet.

- ⇒ Identifying information may be online without victims' knowledge. School and business websites, social networking sites, gaming sites, and job sites, to name just a few, all collect and share information about Internet users and create extensive profiles to catalog site users.
- ⇒ Stalkers use the Internet to find information about the victim including the location and contact information of victim. They also use online spaces to defame, target and damage the reputation of the victim.

## ◆ Safety Strategies:

- ⇒ Do searches on yourself to see what information is available.
- ⇒ Change your privacy settings on social media sites to limit photos and information about you that is available to social media users who are not your friends, and screen friend requests so that only trusted individuals can view your profile.
- ⇒ Limit the amount of personal information you put about yourself in your social media profile (including contact information, addresses, and birth dates).
- ⇒ Ask schools, employers, courts and government services about Internet publications. Request that your information and photos not be posted in public directories or online. If you have a restraining order against a stalker or abuser already, providing that can expedite these requests.

## ◆ Risk: Mobile Phones

- ⇒ Phones can be a lifeline for victims.
- ⇒ Joint phone plans with an abuser may give that person access to phone features and calling log information.
- ⇒ Phones can be hidden inside vehicles as listening devices by using the "silent mode" and "auto answer" features.
- ⇒ Most phones have GPS chips and location tracking abilities, which can be used to determine someone's location. Some abusers install additional applications on a cell phone to track your application.

## ◆ Safety Strategies:

- ⇒ Check if your phone has any applications installed that separately ask to access and use your real-time location, such as for mapping directions or the Friends map on Snapchat. Settings such as "show all/hidden applications" might unveil some hidden applications. Consider turning off or uninstalling these applications.
- ⇒ If you suspect a stalker may have hidden a phone in your vehicle, mechanics or law enforcement can check the vehicle to determine if a phone has been hidden somewhere.
- ⇒ Contact carrier to add a password or code to account to protect from wrongful access.
- ⇒ You can change the phone's location setting to "E911 only" or "911 only" so that only the phone company can access your GPS if you dial 911.

## ◆ Risk: Email

- ⇒ It is like a postcard and is not a private form of communication.
- ⇒ Can be monitored and intercepted in a variety of ways, many times without your knowledge, whether by hidden spyware, getting your password, or changing your settings without your knowledge.

## ◆ Safety Strategies:

- ⇒ Avoid using email for sensitive or personal information.
- ⇒ If you think your email is being monitored, consider creating an additional new email account on a safer computer. Never access the new accounts on a monitored computer.
- ⇒ When setting up a new email account, don't use any identifying information.
- ⇒ Avoid passwords that others can guess.
- ⇒ If you receive threats by email, save the electronic copies. Keep the emails in the system, and consider forwarding to another account or printing a hard copy with the full header displayed.
- ⇒ Consider reporting email threats or hacked accounts to law enforcement. These are crimes and the police can use email header information to help trace emails to the original sender.

## Preventing Child Abuse: “Stand Up and Speak Out”

Between daycares, swim lessons, or library reading programs, enriching your child’s life through exposure to different social situations and learning opportunities can often mean leaving them in the care of other adults. Standing up and speaking out to ask youth-serving organizations about the policies they have in place to safeguard the children in their care is one way to protect your child from sexual predators in a manner that is proactive, rather than reactive. It also raises awareness and helps bring the protection of our youth to public attention, which makes it harder for sexual predators to hide in the shadows. The following are a series of sample questions to help you start these types of conversations with organizations your child is involved in:

- **“IS THERE A CHILD PROTECTION POLICY?”**  
Youth serving organizations should have clearly defined child protection policies.
- **DOES THE POLICY INCLUDE LIMITING ISOLATED ONE-ON-ONE SITUATIONS?**  
One-on-one time is important to a child’s emotional growth and development, but it does not have to happen behind closed doors. One-on-one interactions should take place in an open, observable, and interruptible setting.
- **HOW ARE EMPLOYEES AND VOLUNTEERS SCREENED?**  
Employee screening best practices includes an in-depth application, personal and professional references, criminal background check, and an extensive interview.
- **DO OLDER AND YOUNGER CHILDREN INTERACT, AND IF SO, HOW?**  
Supervising contact between children and older/bigger youth requires structure and adult supervision. There should be separate areas and activities for different age groups. Make it clear that you would always like an adult present with your child.
- **ARE THERE CLEAR PROCEDURES FOR REPORTING SUSPICIONS OR INCIDENCES OF ABUSE?**  
Push for organizations to provide mandatory reporting training for their staff. Over half of all mandated reporters fail to report suspicion of abuse. In most cases they are simply confused or uninformed about their responsibilities. You can help by sharing this information. If you have reason to believe abuse is occurring at an organization, trust your intuition and make a report. ”

## Reporting Child Abuse/Neglect

**Everyone** has a responsibility to report child abuse or neglect. Nebraska state law requires any person who has a reason to believe that a child has been abused or neglected to report their concerns to the Child Abuse and Neglect Hotline at: **(800) 652-1999**.

The Child Abuse/Neglect (CA/N) Discovery Process is a sequence of information-gathering actions designed to help you learn enough about the suspected child abuse or neglect to make an informed report while minimizing the amount of re-traumatization to the child. The process is as follows:

1. Listen.
2. Believe.
3. Use the CA/N Discovery questions:
  - 1) a. If the child disclosed abuse or neglect to you: “Can you tell me what happened?”  
b. If you observe signs of potential abuse or neglect: “Can you tell me how that happened?”
  - 2) “When did it happen?” or “What grade were you in when it happened?”  
*This information tells investigators the priority level and amount of medical urgency.*
  - 3) “Where did it happen?”  
*This indicates the jurisdiction of the investigation.*
  - 4) “Who did it?”  
*Adult vs child perpetrator may alter the direction of the investigation.*
  - 5) “When is the next time you will see them?”  
*Enables safety planning with the child.*
4. Call the hotline and make the report, providing the first and last name of the child and a home address, if possible.

# WISH LIST -Thank you for your support!

Kleenex  
 Laundry Soap & Dryer Sheets  
 Spray & Wash/Shout  
 Multipurpose cleaner  
 Window/Glass cleaner  
 Bathroom/toilet bowl cleaner  
 Lysol disinfectant  
 Clorox/Lysol wipes  
 Trash bags (13 gallon size)  
 Ziploc bags (sandwich/quart/gallon)  
 Cookware/baking pans  
 Cookie sheets/pizza pans  
 Kitchen utensils  
 Kitchen towels  
 Pot Holders  
 Aluminum foil/Saran wrap

Hand & Body Lotion  
 Baby wipes  
 Baby shampoo  
 Sunscreen  
 Bottled water  
 Batteries (AA/AAA)  
 Copy paper  
 Old cell phones  
 Forever Postage Stamps  
 Phone cards, gift cards  
 New children's toys for birthdays  
 Canned/boxed foods (**unexpired only**)

**\*Please, new items only. Donate used items to local thrift stores on behalf of DASAS.**



## Thank you Donors!



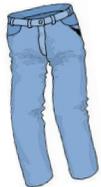
DASAS would like to thank everyone who made a donation to our organization since our last issue. We would also like to thank you anonymous donors. We apologize if we inadvertently missed anyone.

Nancy Mousel

Dawn Callander  
 Myrna Harper  
 Doris Friehe  
 Erick Lee  
 Margina Kendall  
 City of Cambridge

Linda Maiden State Farm Insurance  
 First Congregational Church Women's Fellowship—McCook  
 Piecemakers Quilt Guild of McCook  
 Indianola Volunteer Fire and Rescue

## Thank you to our Sponsors for our Annual Sexual Assault Denim Days Fundraiser last April



*Pinnacle Bank – Imperial  
 Dundy County Hospital - Benkelman  
 McCook Community Hospital  
 The Dub - Benkelman  
 Pinnacle Bank – McCook*

## Top Fundraisers

**1st Place - Pinnacle Bank, Imperial**  
**2nd Place - Dundy County Hospital, Benkelman**  
**3rd Place - McCook Community Hospital**

*First Central Bank - McCook  
 First Central Bank - Arapahoe  
 McCook Clinic  
 Stockmens Bank - Bartley  
 First Central Bank - Cam-*



## Go Green & Help Us Save!



During these tough economic times we are making every effort to conserve. For those of you that utilize email, we ask that you provide us with your email address so we can send you an electronic copy of our newsletter. This will help the environment by as well as assist us in lowering both our printing and postage costs. Just send an email to das@dasas.net with the subject line of "Newsletter" and we will get you added to the email list. If you do not wish to receive the newsletter, send an email with "Remove Newsletter" in the subject line along with your name. Thank you for helping us **GO GREEN!**

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# New Community Educator

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Domestic Abuse/Sexual Assault Services recently hired a new team member, Pearl Brown, to fill the Community Educator role. The mission of DASAS 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.

In support of the latter part of this mission, the Community Educator travels to organizations throughout our 7-county service area and delivers training designed to help prevent these crimes from occurring. This training is versatile and may cover a range of topics that provide education about or prevention of domestic/dating violence and sexual assault, including: bullying/cyberbullying, healthy relationships, personal body safety, stalking, technology safety, and human trafficking in rural areas. The Community Educator will develop training within the scope of DASAS services that is relevant to your audience's needs, and will travel to your school or organization and deliver this training at no cost to you.

To schedule a presentation or discuss a training program, please contact Pearl Brown by either emailing [pearl@dasas.net](mailto:pearl@dasas.net) or calling 308-345-1612 during office hours (Mon-Fri 8:30 am-4:00 pm.)

## Upcoming Awareness Events

### October

Domestic Violence Awareness Month  
**Denim Day** (any day in Oct)  
Bullying Prevention Month

### November

**3rd - BIG GIVE day**  
12th –20th 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  
**Denim Day** (any day in April)

## Ways to Support

- Denim Day is coming up in October! Compete with other schools or businesses to see who can raise the most funds. This funding is used to directly support victims of domestic violence and sexual assault in your county's communities.
- Donate items from the DASAS Wish List (page 6).
- End the silence on domestic abuse and sexual assault—reach out to those in your families and communities who may be experiencing abuse, and let them know we are here to help.

# 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](mailto:dgoad@dasas.net)

Kathy - Office Manager / Victim Advocate,  
Email: [das@dasas.net](mailto:das@dasas.net)

Misti - Legal Advocate,  
Email: [misti@dasas.net](mailto:misti@dasas.net)

Pearl - Victim Advocate/Educator,  
Email: [pearl@dasas.net](mailto:pearl@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 | *Emergency Shelter & Food                    |
| *Crisis Support      | *Emergency Transportation                    |
| *Medical Advocacy    | *Community Education/<br>Prevention Programs |
| *Economic Advocacy   | *Information & Referrals                     |
| *Legal Advocacy      |  |

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

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