

DASAS

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Domestic Abuse/Sexual Assault Services

Sexual Assault Awareness 2025

April marks Sexual Assault Awareness Month (SAAM): a time to bring attention to the widespread issue of sexual violence and empower communities to take action. This year's theme, "Together We Act, United We Change," highlights the power of working together to create safer, more respectful environments for all. Sexual abuse, assault, and harassment affect individuals of every background. To address this, we must promote education around consent, healthy communication, and bystander intervention. By equipping individuals and communities with these tools, we can help prevent violence before it starts and foster a culture of respect and care.

Central to this campaign is the importance of amplifying the voices of survivors, especially those most vulnerable in our communities. Their experiences must be heard and acknowledged, and their stories should guide our efforts to combat sexual violence in all its forms.

Everyone in our communities deserves to live in safe and supportive environments where they are treated with respect. When our workplaces, schools, and communities work together to uphold safety and respect, we make progress in preventing sexual abuse, assault, and harassment.

Sexual violence impacts everyone. Anyone can be a victim of sexual violence, and people who commit sexual abuse, assault, and harassment exist in all of our communities. This underscores why it's important for all of us to care about sexual violence and take steps to promote the safety and well-being of others. Sexual violence is an umbrella term that includes any type of unwanted sexual contact — including sexual abuse, assault, and harassment.

Forms of sexual violence include: rape or sexual assault, sexual harassment, sexual abuse, unwanted sexual contact/touching, sexual exploitation and trafficking, exposing one's genitals or naked body to others without consent, non-consensual image sharing and/or coercion (including AI-generated imagery), words and actions of a sexual nature against a person's will and without their consent.

Source: <https://www.nsvrc.org/>



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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, human trafficking, sexual assault and stalking while raising awareness and prevention efforts throughout our communities.

More About Sexual Assault

Sexual assault is an act of physical, psychological and emotional violation; in the form of a sexual act inflicted on someone without their consent. It can involve forcing or manipulating someone to witness or participate in any sexual act.

Sexual violence is a widespread problem. It happens in every community and affect people of all genders and ages. Nearly one in five women and one in 71 men are victim of rape. Even for those of us who don't directly experience sexual violence, we are all impacted by it because of how it affects communities and society-especially survivors and their loved ones. Whether you are a parent, educator, administrator, coworker or friend, you can make a difference in someone's life by noticing the warning signs of sexual assault. Sexual assault can occur in many places, especially on college campuses and places frequented by students. Considering the fact that seven out of 10 cases of sexual assault involve the perpetrator being someone the victim knows, it is not easy for victims to come forward. It can be hard for someone to open up about their experience, particularly if the perpetrator is a part of a friend group, a classmate, a family member or a familiar acquaintance. There are many reasons why a victim may choose not to report sexual assault to law enforcement or anyone else. Such reasons include distrust of law enforcement, desire to protect the attacker and concern about not being believed or being treated differently.

Some of the signs of distress shown by sexual assault victims may include:

- Depression
- Changes in sleeping patterns
- Changes in eating habits
- Low self-esteem
- Increase in drug or alcohol use
- Sexually transmitted infections
- Avoiding specific places or situations
- Falling grades or withdrawing from classes
- Self-harming behaviors or suicidal tendencies
- Increased anxiety

If you notice these warning signs in someone, it is worth reaching out to them.

A few things we can do to try to prevent sexual assault:

Promote and practice healthy relationships, behaviors and attitudes. Intervene to stop disrespectful and problematic behavior. Believe survivors and help them in finding resources for support.

There are also numerous actions and measure individuals can take for preventative measure in various settings where sexual assaults often occur, such as parties. When partying or spending time out in the public, stick with your friends. If drinking, keep track of your drink. Don't leave it unattended. Don't share drinks and don't accept a drink from someone unless you watch the bartender pour it. Always keep your cell phone charged and on your person. Make sure you have arranged a ride home or plan to walk home with a friend or roommate. Be independent and aware. Avoid secluded places where you could be vulnerable. If you or someone you know is a survivor of sexual assault and need some assistance, reach out to our office or call our crisis line at 345-5534 or 877-345-5534. An advocate will be happy to assist you.



Source: <https://www.nsvrc.org/>

Sexual Assault Awareness Month

Proclamation April 2025

April marks Sexual Assault Awareness Month (SAAM): a time to bring attention to the widespread issue of sexual violence and empower communities to take action. This year's theme, "Together We Act, United We Change," highlights the power of working together to create safer, more respectful environments for all.

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Central to this campaign is the importance of amplifying the voices of survivors, especially those most vulnerable in our communities. Their experiences must be heard and acknowledged, and their stories should guide our efforts to combat sexual violence in all its forms.

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Statistics show:

- Most women and men across all sexual identities who experienced contact sexual violence reported that the person who harmed them was someone they knew (Chen, et al., 2023).
- Over 53% of women and over 29% of men reported experiencing contact sexual violence (Chen, et al., 2023).
- 1 in 5 male victims reported only male perpetrators, 1 in 2 had only female perpetrators, and about 1 in 6 had both male and female perpetrators (Chen, et al., 2023).
- More than 1 in 4 non-Hispanic Black women (29%) in the United States were raped in their lifetime (Basile et al., 2022).
- 1 in 3 Hispanic women (34.8%) reported unwanted sexual contact in their lifetime (Basile et al., 2022).
- More than 4 in 5 American Indian and Alaska Native women (84.3%) have experienced violence in their lifetime (Rosay, 2016).
- 32.9% of adults with intellectual disabilities have experienced sexual violence (Tomsa et al., 2021).
- 47% of all transgender people have been sexually assaulted at some point in their lives (James et al., 2016).

Together, we act; united, we change. By standing in solidarity, we can build a future free from sexual violence and create a world where everyone is safe, valued, and respected.

*Basile, K. C., Smith, S. G., Kresnow, M., Khatiwada S., & Leemis, R. W. (2022). The National Intimate Partner and Sexual Violence Survey: 2016/2017 report on sexual violence. Centers for Disease Control and Prevention. <https://www.cdc.gov/violenceprevention/pdf/nisvs/nisvsReportonSexualViolence.pdf>

*Chen, J., Khatiwada, S., Chen, M. S., Smith, S. G., Leemis, R. W., Friar, N., Basile, K. C., and Kresnow, M. (2023). The National Intimate Partner and Sexual Violence Survey (NISVS) 2016/2017: Report on Victimization by Sexual Identity. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention. <https://www.cdc.gov/violenceprevention/pdf/nisvs/nisvsReportonSexualIdentity.pdf>

*James, S. E., Herman, J. L., Rankin, S., Keisling, M., Mottet, L., & Anafi, M. (2016). The report of the 2015 U.S. Transgender Survey. National Center for Transgender Equality. <https://transequality.org/sites/default/files/docs/usts/USTS-Full-Report-Dec17.pdf>

*Rosay, A. B. (2016, September). Violence against American Indian and Alaska Native women and men., NIJ Journal, 277. National Institute of Justice. <http://nij.gov/journals/277/Pages/violence-againstamerican-indians-alaska-natives.aspx>

*Tomsa, R., Gutu, S., Cojocar, D., Gutiérrez-Bermejo, B., Flores, N., & Jenaro, C. (2021). Prevalence of sexual abuse in adults with intellectual disability: Systematic review and meta-analysis. International Journal of Environmental Research and Public Health, 18(4), 1980. <https://doi.org/10.3390/ijerph18041980>

STOP

SEXUAL ASSAULT

APRIL IS SEXUAL ASSAULT AWARENESS MONTH

We Can Stop Sexual Assault, Harassment, and Abuse Before They Happen

We all have a right to safety in our daily lives — to have our boundaries respected and make choices about what happens to our bodies — at home, school, the workplace, and in public places. That sense of wellbeing and safety can be taken away by knowing that sexual assault, harassment, and abuse are common and not always taken seriously. The good news is that we can stop sexual abuse before it happens by addressing the bigger picture in which it occurs.

Too often, our society sends the message that sexual assault, harassment, and abuse are caused by an individual person's choices and failings — that of the victim or the perpetrator. We should never blame victims for what happened to them — sexual assault and abuse are actions that one person chooses to inflict on another. We need to hold individuals who commit abuse accountable, but we can't stop there when it comes to ending sexual assault altogether. Focusing solely on individual perpetrators and instances of sexual assault, harassment, and abuse is often easier than facing the reality that this type of violence is widespread and common, and the driving forces behind it are hard to see.

Everyone's beliefs, values, and behaviors are continually shaped by the world around them — by unwritten rules on how to behave, laws, policies, and pop culture. For instance, weak policies or lack of accountability for those who have committed sexual assault can lead to an increased risk for perpetration. This means our efforts to stop sexual assault before it happens must go beyond changing individuals. We must improve expectations for how we interact with one another, strengthen policies to support survivors, and promote safety throughout communities.

Sometimes when people hear about preventing sexual assault, harassment, and abuse, they think about ways they can keep themselves safe. Prevention means much more than protecting ourselves, not to mention many factors that impact our safety are beyond our individual control. Stopping these types of violence before they happen requires us to work together to support healthy, safe, and respectful behaviors and environments.

What You Can Do:

Improve skills around asking for consent and respecting the answer, challenge jokes that demean others, and maintain and model healthy relationships.

Encourage children to respect others' boundaries and bodies, challenge unfair gender stereotypes,

Improve policies and practices within faith communities, community organizations, workplaces, and schools to ensure everyone is treated fairly. Screen staff and volunteers and train them frequently on healthy behavior and boundaries.

Create and pass legislation that supports survivors and improves equitable resources.

We can take these steps and more to work towards a safer and more equal world for future generations.

Source: <https://www.nsvrc.org/>



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, Fax: 308-345-4177,

Thank you for joining us in the fight to end sexual 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 April (4 days)

Twice in April

One day in April

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!

Sexual Assault Awareness Month

Child Sexual Abuse

Child sexual abuse is physical or visual contact between an adult, teen, or another child and a child that results in sexual stimulation and gratification for the adult or minor. Child sexual abuse is often a gradual process, with the adult deliberately testing a child's boundaries using his or her familiarity with the child, social status, or power. This process is called "grooming" and often happens by building trust, giving gifts or favors, separating the child from others, creating a norm of secrecy for other activities, and violating boundaries. The adult will continue to act in this manner and perpetrate sexual acts upon the child. This may go on for years, and the child may never tell anyone about the abuse due to the coercive behaviors, feeling of love, dependence, and/or fear for the adult.

The majority of sexual victimization starts early in life.

- Approximately 80% of female victims experienced their first rape before the age of 25 and almost half experienced the first rape before age 18 (30% between 11-17 years old and 12% at or before the age of 10).
- About 35% of women who were raped as minors were also raped as adults compared to 14% of women without an early rape history.
- 28% of male victims of rape were first raped when they were 10 years old or younger. (Black et al., 2011)

Teens' Experience with Sexual Violence

Sexual violence can happen at any age, but research has found that young adults might be at higher risk.

Sexual violence and dating

During a large research online study, 45% of girls said they know a friend or peer who has been pressured into having either vaginal or oral sex (Futures Without Violence, 2010).

Technology and abuse

Pressure from a dating partner or even friends can be a reason to send sexy images or messages – 51% of young women who took a survey said they felt a lot of pressure from a guy they liked or were dating to send sexual pictures or texts (The National Campaign to Prevent Teen and Unplanned Pregnancy and CosmoGirl.com, 2008).

Sexual harassment

Sexual harassment could include verbal harassment like unwelcome comments about a person's body and inappropriate jokes. Harassment can also be online or virtual through texts, social networking sites, or by other electronic sources. Almost half of students in a nationally representative survey said they had experienced some form of sexual harassment at school (Hill & Kearl, 2011).

Male survivors of sexual violence

A national study found that 1 in 71 adult men reported being raped (Black et al., 2011). In addition, one in six boys will experience child sexual abuse before the age of 18 (Dube et al., 2005). The same study found that 6% of men have experienced sexual coercion and 11% reported unwanted sexual contact at some point in their lives.

<https://www.pcar.org/>

April is National Child Abuse Prevention Month



Thank you for your Support

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

Jennifer Maris
Amy Sines
Nancy Mousel

Jamie Sauder
Myrna Harper
Linda Frank's Christmas Group
McCook United Methodist Women
St John Lutheran Guild
United Methodist Church—Bartley
United Methodist Women - Cambridge
The Yard Fundraiser, McCook



DASAS is looking for a Victim Advocate! Join our Team!

More information can be found on our website at dasas.net.

Devote Your Time and Talents as a Board Member!

DASAS is currently looking for energetic and committed volunteers to serve on our board of directors. It is our mission to provide free, confidential and empowering services to victims of domestic violence, dating violence, human trafficking, sexual assault and stalking while raising awareness and prevention efforts throughout our communities. The DASAS board currently meets on the third Monday of the months of January, March, May, July, September and November at 6pm at our office in McCook.

Board members are the heart and soul of our program. They bring skills and wisdom to our organization as they generously contribute their time and energy. Serving on the board will give you an opportunity to be part of the movement to end intimate partner violence. If you have a sincere interest in assisting victims of violence and are willing to share your time and talent, please consider joining us in our efforts as a board member for DASAS. For further information or for an application, please contact us at (308) 345-1612, email director@dasas.net or stop by the office at 407 West 5th Street in McCook.

Wish List ☆

Paper Towels, Toilet Paper
Laundry Soap & Dryer Sheets
Spray & Wash/Shout
Hand & Body Lotion
Liquid Hand Soap
Lysol/Clorox Wipes
Multipurpose/Glass Cleaner
Bathroom/Toilet Bowl Cleaner
Kitchen 13 gallon Trash Bags
Saran wrap/Aluminum Foil
Ziploc Bags (quart/gallon)
Kitchen Towels/Pot Holders
Kitchen Utensils

Cookware/Baking Pans
Cookie Sheets/Pizza Pans
Bottled water
Boxed & canned foods, Snack items
(check expirations dates, please)
Copy Paper
Old Cell Phones
Forever Postage Stamps
Phone Cards/Gift Cards

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

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

DASAS STAFF

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

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

Lindsey- Victim Advocate,
Email: lindsey@dasas.net

- Outreach Advocate,
Email: @dasas.net

DASAS Board of Directors

Karen Van Kooten-Wall - President

Marla Messersmith - Vice President

Carol Cotton - Secretary/Treasurer

Cathy McDowell

Tracy Flaska

Peg Smalley

Help is available 24 hours a day!

All services are free and confidential!

*24-Hour Crisis Line

*Emergency Shelter

*Crisis Support

*Emergency Transportation

*Medical Advocacy

*Community Education/
Prevention Programs

*Economic Advocacy

*Legal Advocacy

*Information & Referrals

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

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

**Domestic Abuse/
Sexual Assault Services**

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

PLEASE
PLACE
STAMP
HERE