

Speak Up! Speak Out! Speak Up! Speak Out!

WOAR

Bringing Communities Together To End Sexual Violence

Spring 2009

Volume 8, Issue 1

ABOUT US —

WOAR is a non-profit organization in Philadelphia, Pennsylvania whose mission is to eliminate all forms of sexual violence through specialized treatment services, comprehensive prevention education programs, and advocacy for the rights of victims of sexual assault.

Speak Up! Speak Out! is WOAR's biannual newsletter. To subscribe, please contact us at (215) 985-3315. If your address has changed, please remember to let us know!

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V-Day 2009



Carrie Lee
Counselor

A diverse cast and crew from the University of Pennsylvania's student body performed the Vagina Monologues on February 11th and February 13th, spreading awareness about violence against women and girls. V-day is a campaign that incorporates creative events, including the performance of Eve Ensler's play, *The Vagina Monologues*, to increase awareness and raise funds. These funds are meant to support anti-violence organizations focused on ending sexual violence against women and girls. An additional spotlight campaign for V-Day 2009 is

women and girls of the Democratic Republic of Congo (DRC). According to the University of Pennsylvania's V-Day website, www.upennvday.org, "The atrocities being perpetrated against women and girls in the DRC are nothing less than a femicide – the systematic destruction of the Congolese female population. Since 1996, sexual violence against women and girls in the Eastern part of the DRC has been used as a weapon of war to torture, humiliate and destroy not only women and girls, but entire families and whole communities. Since the conflict began, hundreds of thousands of women and girls have been raped."

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Speak Up! Speak Out!

A Visit to SFWAR: San Francisco Women Against Rape



Carey Fritz, far right, with the staff of SFWAR

“The SFWAR staff’s commitment to this work is demonstrated by how willing they were to give time and energy to teaching me about the work they do. Their willingness to go above and beyond in sharing knowledge was inspirational in itself.”

Carey Fritz
Crisis Intervention Counselor

As someone relatively new to Philadelphia, one of the most exciting things about working at WOAR is the way in which it has allowed me to feel connected to this city. While visiting my hometown this past December, I had an amazing experience spending time at San Francisco Women Against Rape. I was able to really feel connected to a national community that hopes to end sexual violence.

I spent half a day in the historic and beautiful Women’s Building where SFWAR is located with Teresa Martyny, Director of Hotline and Volunteers. This building is located in San Francisco’s historic mission district – famous for its community murals – so the building is covered in murals demonstrating the diversity of women in San Francisco. SFWAR’s 10-person



staff shares two communal rooms within an open space on a floor in the building.

Teresa and the staff were incredibly welcoming. I am so excited about the wealth of ideas she shared with me; these ideas are already benefiting WOAR’s volunteer program. The SFWAR staff’s commitment to this work is demonstrated by how willing they were to give time and energy to teaching me about the work they do. Their willingness to go above and beyond in sharing knowledge was inspirational in itself.



A section of WOAR's volunteer 'tree quilt'

We incorporated some of the ideas into our Spring 2009 Prospective Volunteer's orientation. In the Fall 2008 orientation we had invited current volunteers to be available to answer questions for current volunteers while WOAR staff completed individual interviews. At SFWAR they conduct volunteer interviews as a group. We decided to try this but continued the model of having current volunteers present. During the first hour of our interview, we facilitated discussing questions, with current volunteers contributed to the dialogue. It was an opportunity to really help everyone interact and learn more about the program. After this, the crisis counselors let people divide into small groups with a current volunteer to discuss a hotline scenario.

After the group section, we met individually with the prospective volunteers – everyone mentioned that current volunteers were very helpful! Current volunteers' insight helped create excitement amongst prospective volunteers about joining the WOAR family.

It is so refreshing the plethora of ideas I gained from SFWAR. This is also demonstrated by our Volunteer "Community Tree". SFWAR adds photos and quotes to their tree during each volunteer training. Now at WOAR we have a tree quilt that is always growing as volunteers add onto it with their photos and inspirations. I appreciated so much the chance to learn how SFWAR develops their volunteer family. Thank you SFWAR!

"SFWAR adds photos and quotes to their tree during each volunteer training. Now at WOAR we have a tree quilt that is always growing as volunteers add onto it with their photos and inspirations."

Speak Up! Speak Out!



V-Day board members introducing the show



V-Day cast members take a bow

V-Day 2009

(continued from front page)

In the 9th year of the V-Day campaign at the University of Pennsylvania, the campaign has once again designated WOAR as the primary beneficiary. Last year, the campaign donated over \$30,000 to WOAR! Thank you to the cast, crew, and staff of V-Day at the University of Pennsylvania and thank you to everyone who generously donated to the campaign! WOAR appreciates your dedication and hard work in the pursuit to end sexual violence. Thanks for putting on a great show!

For more information about V-Day, please visit www.vday.org.

For more information about V-Day at the University of Pennsylvania, please visit www.upennvday.org.



V-Day crew members at the ticketing table



WOAR staff and volunteers distributing literature

WOAR Partners with Penn on DOJ Grant to Combat Sexual Violence on Campus



U.S. Attorney Laurie Magid and Philadelphia District Attorney Lynne Abraham present University of Pennsylvania administrators with \$275,000 check during ceremony on December 3, 2008.

Jacqueline Rogers
Special Projects Coordinator

WOAR is happy to be partnering with the University of Pennsylvania on a grant they recently received from the Department of Justice, Office on Violence Against Women. The three-year, \$275,000 grant is meant to further the University's efforts to address sexual and relationship violence on campus, from raising awareness and expanding education for new students on dating violence, domestic violence, sexual assault, and stalking to training for campus police and public safety officers on how to respond to such crimes. In addition, through this grant Penn will strengthen and expand collaborations with its community partners like WOAR, who will provide technical assistance and consultation to the University on their sexual assault prevention and intervention efforts. For this, WOAR will receive

\$10,000 over the three-year grant period.

This is not the first collaboration of this nature between WOAR and the University of Pennsylvania. For six years, 2002-2008, WOAR was a partner with Penn, along with Drexel University and the University of the Sciences in Philadelphia, on a previous grant award from the Office on Violence Against Women, similarly focused on combating sexual and relationship violence on campus.

WOAR is proud of the achievements reached under this prior partnership, including the establishment of a Penn chapter of One in Four, the all-male, peer education group focused on what men can do to prevent and address sexual violence on campus, and the development of an original educational DVD, *Tough Choices: The Aftermath of Sexual Assault on Campus*, which illustrates the varied options, challenges, and resources available to

survivors of sexual assault, including those offered by WOAR.

With reports from the Department of Justice indicating that at least one in four college women and one in seven men will be the victim of a sexual assault during her or his academic career, WOAR is grateful for the opportunity to continue our collaborative work with Penn to address this serious issue on campus and ensure that student survivors receive the care and support they need. WOAR looks forward to working with Jessica Mertz, Penn's newly hired Violence Prevention Educator, who will be coordinating the grant efforts.

“[Reports] from the Department of Justice [indicate] that at least one in four college women and one in seven men will be the victim of a sexual assault during her or his academic career.”

Speak Up! Speak Out!

WOAR Welcomes Two Board Members!

Eileen Hwang

Eileen Hwang has been a Philadelphia resident since early 2008. She is currently employed as a Six Sigma Black Belt by DuPont. Prior to moving to Philadelphia, Eileen lived in San Francisco for 3 years. Although she is relatively new to Philadelphia, she is not new to Pennsylvania, as she attended Carnegie Mellon University in Pittsburgh, where she was a trained Sexual Assault Counselor. It was during her undergraduate years that she became aware of sexual violence issues and felt compelled to actively work to reduce sexual violence. In addition to being a member-at-large of WOAR's board, Eileen is a member of the fundraising committee and has completed the SAC training. In her free time, Eileen enjoys cooking, traveling, going out to dinner with friends, and reading.



Matt Rubin

Matt is a recently minted lawyer, admitted to practice in both Pennsylvania and New Jersey. Since graduating from Stanford Law School last May, Matt has been working as a judicial law clerk to United States District Judge Louis H. Pollak. Before starting at Stanford, Matt was WOAR's Child Court Advocate from 2004-2005. Matt brings to the Board the perspective of a former full-time staff member and a practicing lawyer, and WOAR is excited to have him!

Welcome to WOAR's New Staff!

Jacqueline Rogers, Special Projects Coordinator



Jacqueline Rogers joined WOAR in October as the Special Projects Coordinator. Prior to WOAR, Jacqueline worked at the University of Pennsylvania, where she acted as the Coordinator of a grant from the Department of Justice, Office on Violence Against Women. The grant was a partnership between Penn, Drexel University, and the University of the Sciences in Philadelphia, along with WOAR and Women Against Abuse—all working collaboratively to combat sexual and relationship violence on campus. In this role, Jacqueline oversaw training and education programs for staff and students, and acted as a liaison between the many offices and departments across the three campuses working to address sexual and relationship violence. During her time at Penn, Jacqueline participated in program development, media outreach, grant writing, and program evaluation efforts, and she looks forward to applying the lessons of these experiences to her work at WOAR.

With plans to attend law school in the near future, Jacqueline is a graduate of the University of Pennsylvania, where she received her Bachelor's degree in Philosophy, Politics & Economics in 2006. She is a native of Philadelphia, having grown up in the Wissahickon section of the city. As a result she is a devoted Eagles fan, despite everything.

Welcome to WOAR's New Staff!

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Alicia K. Oglesby, Counselor

Alicia is a native of Philadelphia. Educated through both the Catholic and public school system, Alicia graduated from Central Senior High School in the Olney section of Philadelphia. After completing one year at Temple University, Alicia transferred to Howard University where she completed her Bachelor of Science degree in Psychology. She returned home to Philadelphia where she began work as a domestic violence counselor. In addition to working full-time as a WOAR counselor, Alicia enjoys spending time with family, traveling, shopping and dining out.

"I am honored and blessed to have the wonderful opportunity to join the counseling team here at WOAR. I gratefully accepted the invitation to become a Clinical Counseling Intern June 2007 not knowing it would lead to another invitation a year later to become a full-time staff member. My previous work in the domestic violence counseling community helped me transition into the sexual assault field. After receiving my Masters degree in Clinical and Counseling Psychology from Chestnut Hill College, I eagerly anticipated working for an agency that mirrored WOAR's philosophy and professionalism. Thankfully, WOAR was also looking for someone like me. I am excited to continue my work as an advocate, counselor, spokeswoman, and supporter of human rights!"



Do you have news, ideas, and/or articles to contribute to the WOAR newsletter? We welcome new contributors! For more information, please contact Belda Chan, Community Outreach Counselor, at Belda@woar.org or (215) 985-3315 ext. 185.

Survivor Contribution: Beauty for Ashes

Adina-leywa Terrell

As a little girl, I was abused and neglected and treated as "a nothing -- a nobody" by those closest to me. Shame, guilt, and negativity were my constant companions. I viewed life through the lens of my abuse and hated the world. I wanted to lash out against my perpetrators. But usually, I wound up lashing out against anyone who would try to befriend me. I hated myself. I felt ugly, dirty, and that no goodness would come my way. I felt like life had dealt me a wrong hand and someone should pay for it. All the while I secretly asked the questions: "When will my turn come?" When will something good happen for me? But the most nagging question was "Why me?" These

were questions that kept me up at night. It is okay to ask questions, but it is not healthy to become consumed by them. Obsessing over unanswered questions can prove detrimental to your health and even threaten your sanity. You should refuse to stop living your life because you do not have answers to these questions. You have to come to the realization that you may never get answers – what do you do then? Wallow in self-pity and stagnation or decide to live your life and dare to dream again. Remaining stuck is not an option!

I cannot stress enough how important it is that you talk to someone about your abuse. Do not give the perpetrator power by keeping his or her secret. Do not accept the blame for what they did to you – it was not your fault. I felt as if a weight was

lifted off of my shoulders when I began to talk about my abuse. When I first told, no one believed me. But I gathered up enough strength to keep telling until somebody listened to me.

Today, I tell you that the amazing thing about my story is that sometime after I sought counseling at WOAR to work through my shame, guilt, and negativity, I began to believe two things. I believed not only am I worth living and being acknowledged as a person of value, but I began to expect good things to come my way – and they are! All of the bad things that happened to me in my life represented the ashes, but with faith and by doing the work necessary to move forward in my life, I have now exchanged the ashes for beauty. Yes, I am beautiful – inside and out. And SO ARE YOU!

Speak Up! Speak Out!

April is Sexual Assault Awareness Month!



In honor of Sexual Assault Awareness Month, WOAR encourages you to educate yourself and your loved ones about sexual assault. Together, we can end sexual violence in our communities!

Here are some statistics about sexual assault, provided by the Rape, Abuse & Incest National Network (RAINN), the U.S. Department of Justice, and the National Institute of Justice & Centers for Disease Control & Prevention:

- » **Every 2 minutes, someone in the U.S. is sexually assaulted.**
- » **15% of sexual assault and rape victims are under age 12.**
- » **1 out of every 6 American women have been the victims of an attempted or completed rape in their lifetime.**
- » **2.78 million men in the U.S. have been victims of sexual assault or rape.**
- » **Sexual assault is one of the most under reported crimes, with 60% still being left unreported.**

For more information about Sexual Assault Awareness Month, please visit www.nsvrc.org/saam.

To join WOAR for our Sexual Assault Awareness Month event – *Take It All Back!* – please visit our website for information and pledge forms (www.woar.org) or call us at (215) 985-3315.

Cyber-Safety: Not Just for Kids

Belda Chan

Community Outreach Counselor

In the past decade, the Internet has become a daily source of news, information, and entertainment for more and more people. While computers allow us to connect with friends hundreds of miles away, they also facilitate interactions between strangers.

A report done by the Internet Safety Technical Task Force notes that 13 percent of young people have been sexually solicited through the Internet. It is important to go over cyber-safety rules with teens and children; rules to follow whether at home, school, or elsewhere.

In addition, the ubiquity of the Internet coupled with the rise of social networking websites makes *all* users increasingly vulnerable. In a cyber-world of computer viruses, spyware, identity theft, and child predators, all Internet users should arm themselves with safety information.

Use these tips as a starting point for a conversation about cyber safety:

- » Keep computers in high traffic areas of the home: living rooms, dens, and offices, rather than bedrooms.
- » It is difficult for information to stay private once it is posted online. Digital photos and video are easily transmitted through cell phones and email. Photos shared with close friends can become embarrassingly public in seconds, so be careful who you share them with.
- » On social networking sites, it is important to read the site's privacy policy. It is often possible to restrict your account so only approved users can view the information and/or contact you.
- » Bullying that begins in a classroom can be continued through email or Internet messaging. Let kids and teens know that cyber-bullying can be just as serious as in-person bullying. Keep a record of harassing messages in case further action is needed.
- » Resources can be found online and through schools and police if you have any concerns about cyber-safety.

Rachel Andes
Crisis Intervention Counselor

WOAR is proud to announce the upcoming Sexual Assault Counselor (SAC) training for volunteers-in-training. The training will begin March 3rd and will end on March 28th. The classes will be Tuesdays from 6 to 9 pm and Saturdays 9:30 am to 4:30 pm. Volunteers will learn to take hotline calls and provide emergency room accompaniment through interactive classes that will include role play, group discussions, and speakers. Some highlights will include presentations regarding ER issues from a Sexual Assault Nurse Examiner from Jefferson Hospital, Joe Kelly, and a presentation on legal issues from Assistant District Attorney Deb Harley. Once volunteers complete the 40 hour SAC

training, they are required to shadow crisis counselors on the hotline and in the ER before they begin taking calls on their own.

WOAR will also be having a Summer 2009 SAC training on June 15th to the 19th from 9:00 am to 5:00 pm. Anyone interested can contact Carey Fritz at 215-985-3315 ext. 191 or Rachel Andes at 215-985-3315 ext. 189.

WOAR's volunteers are made up of a diverse background and have many different interests. Some are students, while others are working professionals. Some are interested in counseling work, while others have backgrounds in business or sales. One thing that WOAR volunteers do have in common is their passion to help others. We are very grateful to them for all that they do!



Whether practicing dance moves at a volunteer get-together or distributing literature at a community event, one thing that WOAR volunteers have in common is their passion to help others.

What Is a Typical Hotline Call Like?

Rachel Andes
Crisis Intervention Counselor

Many people wonder what kind of calls WOAR gets on our 24 hour hotline. WOAR gets many different types of calls, but they can be broken down into 3 categories: non-sexual assault related, informational, and counseling calls. Non-sexual assault related calls can be many differ-

ent things: hang ups, people asking to speak to staff members, wrong numbers, etc. Informational calls are when people call asking questions about our services, about the legal system, and about referrals in general. Counseling calls are the bulk of WOAR's hotline calls and they can be people who wish to talk about their feelings or experiences

regarding sexual violence in their lives. Many people will give their information to be signed up for on going counseling through WOAR. Some people may remain anonymous and just want to talk. Sometimes significant others call for support as well. Regardless of who calls, WOAR is committed to providing a safe, confidential, and supportive hotline to those who are affected by sexual violence.

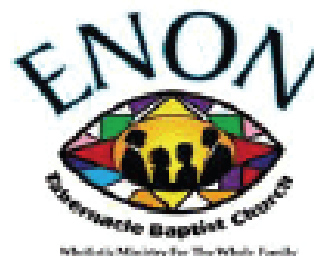
Speak Up! Speak Out!

Local Church Reaches out to Survivors

Alicia K. Oglesby
Counselor

WOAR recently was given the opportunity to build a relationship with ENON Tabernacle Baptist church. The clergy has formed a ministry for survivors of sexual abuse in response to the congregation's needs. Alicia K. Oglesby, Counselor, and Jill Maier, Director of Counseling Services, have traveled to ENON to conduct training about sexual assault and counseling skills. The three-hour, three-part series of training included statistics about sexual assault, general information, resources, crisis intervention skills, and counseling skills. The ministry was enthusiastic about receiving additional support by WOAR counselors. ENON has formed two support groups, one for adults and one for teenagers, around issues of sexual abuse. ENON is also cur-

rently working on policies and procedures to effectively handle disclosure issues. The ministry members are knowledgeable about how to be supportive to its congregation. The program seems to be a great success. We thank ENON for including WOAR in their process!



Rev. Dr. Alyn E. Waller, Senior Pastor

Upcoming Events

Please see back cover for more information about WOAR's 4th Annual *Take It All Back!* event.

Physicians for Social Responsibility presents the third annual Legs Against Arms 5K Run/Walk followed by a Celebration of Youth to support youth violence prevention in Philadelphia

April 26, 2009

LaSalle University

1900 W. Olney Avenue

7:00am - Race Registration Opens

8:30am – Race Start Time

10:00am – 12:30pm – Celebration of Youth

As an outgrowth of Physicians for Social Responsibility's commitment to eliminate the epidemic of youth violence in Philadelphia, PSR is hosting Legs Against Arms, a 5K Race/Walk, at La Salle University on April 26, 2009. We will strengthen our legs while opposing illegal handguns in Philadelphia. Individuals, families and teams are encouraged to participate as activists and advocates for a future filled with hope, not harm. Trish McDermott was murdered at 9th and Chestnut Streets in 2005 and her family wanted a way to celebrate her life rather than her traumatic death. At LAA II in 2008, Team Trish was formed in her memory. PSR and Team Trish invite you to continue this tradition and get a team together to honor and celebrate the life of a loved one lost to violence. Any proceeds support PSR's ongoing violence prevention initiatives.

Technology in the Works at Family Court

Desiree Coleman
Court Advocate

Everyday at Family Court, children testify about the physical and sexual abuse they have endured. These children stand in the same room as the defendant, usually within feet of one another, and recount their story to a judge and his court staff. Testifying is a difficult thing to do for an adult, so imagine what this experience is like for a child. The crying, the shaking, and the sweaty palms these children face when they confront their abusers is unimaginable to some. I have seen it firsthand and finally we are

able to do something about it. Along with help from Leslie Gomez, Assistant Chief of Juvenile Unit, various WOAR Board Members, and the approval of Administrative Judge Dougherty, we are finally in the process of making some changes. Our plan is to install closed-circuit television (CCTV) in two courtrooms at 1801 Vine Street so that children may testify without being in the presence of the defendant.

Pennsylvania, along with other states, has what is called a "Tender Years Statute." In simple terms, the Tender Years Statute allows for ways that testimony can be

taken without exposing children to the defendant. Under this statute, CCTV meets the requirements of "contemporaneous alternative method." The CCTV would allow children to testify without the defendant present in the same room. The CCTV will allow real-time video feed from the room where the child, judge, lawyers and those necessary are to be broadcast to a place where the defendant is able to view it freely. Along with several other requirements this upholds the State Supreme Court ruling.

Talks of purchasing and installing CCTV at 1801

Vine Street have been in the works for a while, but WOAR had gotten involved in mid-summer 2008 and lit a fire under the project. Since then, there have been various meetings with Judge Dougherty, Administrative Judge of Family Court, WOAR and various other interested parties to get opinions and suggestions for the project. As it stands now, we are in the process of raising funds through various local grants and foundations. We're hoping to be up and running at 1801 Vine Street as soon as possible.

New Domestic Violence and Sexual Violence Ordinance

Kathryn Fidler
Court Advocate

On October 23rd, 2008, the Philadelphia City Council passed a new ordinance called *Entitlement to Leave Due to Domestic or Sexual Violence*. Sponsored by City Council members Greenlee, Clarke and Green, this important new legislation supplements existing sections of The Philadelphia Code that deal with employment practices. The ordinance took effect on January 5th, 2009 and will remain in place for a year. All employers and businesses within the City of Philadelphia are affected, and the ordinance will be enforced by the Philadelphia Commission on Human Relations.

The *Entitlement to Leave Due to Domestic or Sexual Violence*

act mandates that employers must provide leave to employees who have suffered domestic or sexual violence themselves as well as employees caring for a family member who has suffered sexual or domestic violence. Criteria of domestic and sexual violence specifically covered by the act include physical or psychological injuries, stalking, sexual assault, marital or partner rape, and placing another person in fear of bodily injury, physical or sexual assault of a minor child, stalking of minor child, incest, date/acquaintance rape, and statutory sexual assault. Documentation of any of these injuries must be provided to the employer by the employee seeking leave, and should consist of a sworn statement by employee *along with* any of the following: a letter from agent or volunteer

from Victim Service Agency (including WOAR) or a letter from an attorney, clergy, medical or other professional, or a police or court record, or other corroborating evidence. WOAR staff has received the necessary training to assist our clients in obtaining the leave to which this act entitles them.

The duration of leave to which employees are entitled under this new legislation varies according to the size of the employer, with larger businesses required to grant up to 8 weeks of leave and smaller businesses to grant four weeks. All information provided by the employee to the employer pursuant to the ordinance must be kept confidential. More information about the ordinance is available at www.phila.gov/humanrelations.



Bringing Communities Together To End Sexual Violence

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Thank You to Our Funders!

Pennsylvania Coalition Against Rape, Violence Against Women Act (Campus Community Consortium Grant and STOP Grant), Pennsylvania Commission on Crime and Delinquency (VOCA), Community Behavioral Health, Philadelphia Department of Human Services, Philadelphia Department of Public Health-Division of Maternal Child and Family Health, Philadelphia Bar Foundation, Philadelphia's District Attorney's Office, Philadelphia School District, UPenn Center for the Treatment and Study of Anxiety, Verizon, Women's Way and our numerous individual donors for supporting us in our mission to eliminate sexual violence.

We could not do it without you!

Please join WOAR for our fourth annual *Take It All Back!* Saturday, April 25, 2009

Community Walk

Come walk with members from your community to take a stand against sexual violence. We will walk east on Market Street to the Visitor's Center.

Time:

Registration begins at 10:15 AM

Location:

Love Park
John F. Kennedy Blvd.
(between 15th & 16th Streets)

Walk starts at 11:00 A.M.



Speak Out

Join members of your community to speak out against sexual violence. Activities include learning about anti-violence organizations, survivor speakers, live music, raffles, and children's activities.

Time:

12:00 PM - 3:00 PM

Location:

Independence Visitor's Center
Independence Ballroom
6th and Market

Visit our website (www.woar.org) for a pledge sheet to help raise much-needed funding

Thank you for all your support!