

EMPOWERED VOICE

WINTER 2018

QUARTERLY NEWSLETTER

11-year-old Carla found her voice—thanks to you!

Carla moved into New Beginnings' housing with her mom and her brother after they fled an abusive relationship. Each move her family made involved changing schools, and she struggled to make new friends. *Carla also started to lose confidence in herself. She told our Youth and Family Advocate, "The girls don't like to play with me, and they make fun of my hair."*

Carla has started opening up to her mom, teacher, and our advocates, and she has learned how to speak up for herself.

During her stay at New Beginnings, Carla got to participate in several youth programs like field trips, and she spent some time with our volunteers on reading, making art projects, playing board games, sharing about her daily school activities, and learning to build safe and healthy relationships with staff and other residents. *She and her brother have made new friends, celebrated or attended birthdays, and shared lots of positive experiences with their new community.*

Carla has also struggled with reading—it made her very anxious. Early on in her time at New Beginnings, she mentioned wanting to be an advocate one day when she grows up, but then said she didn't think she



would ever be able to do that because she couldn't read well. But thanks to your support, Carla has grown in her reading skills, asking for more literacy resources and spending time with our volunteer librarian.

Most importantly, Carla has started opening up to her mom, teacher, and our advocates, and she has learned how to speak up for herself.

Carla now wants to become an artist or a teacher when she grows up.

Thank you for giving Carla a safe, welcoming space to gain confidence in herself!

You are empowering future generations!



Marcus learns about healthy relationships in Owing Up

Marcus, a popular 13-year-old, recently completed our prevention education group for middle school students. At the beginning of the semester, our Coordinator Hilary noticed how quickly Marcus shared with the group of boys who didn't know how to share openly.

He said that while people view him as tough and unafraid, he gets scared sometimes.

She explained, "I had students do an inside/outside activity where they write down things that people know or assume about them on the outside of a paper bag, and things that people may not know about them on the inside of the bag."

At first, most of the boys did not want to share anything from the inside of their bags. Marcus was the first to open up. **He said that while people view him as tough and unafraid, he gets scared sometimes.** This provided the opportunity for the group to talk about gender roles.



"The boys agreed that it is ridiculous that boys are expected to be strong and unafraid all the time."

Marcus helped to create a rapport that lasted throughout the semester, often leading conversations about gender roles, sexual harassment, consent, and healthy relationships.

Hilary remembered, "Marcus had struggled to understand the difference between sexual harassment and flirting and was genuinely eager to learn more."

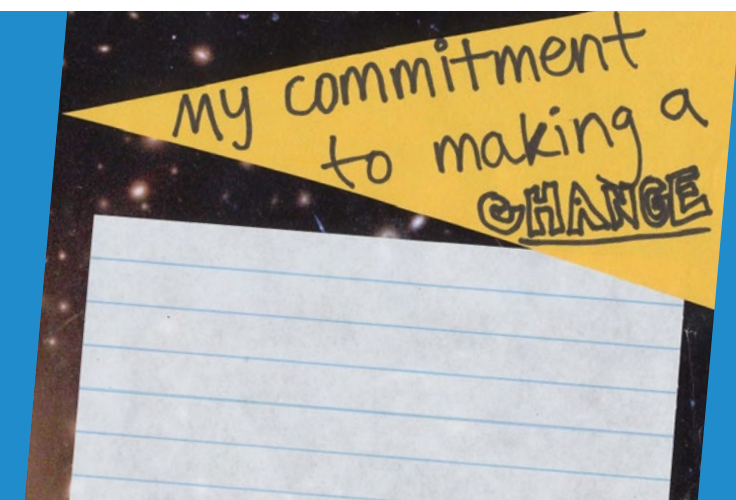
On our last day together, Marcus noted that because of group, he would **'think more before doing something that might make someone uncomfortable'** and that he has a better idea of what is and is not okay when interacting with a girl he is interested in dating."

Your support educated a group of boys who will soon grow into respectful men.

Make a Change

This page comes from a Zine that students use in Owing Up.

What change will you make today?



10 Tips for talking about healthy relationships with teens*

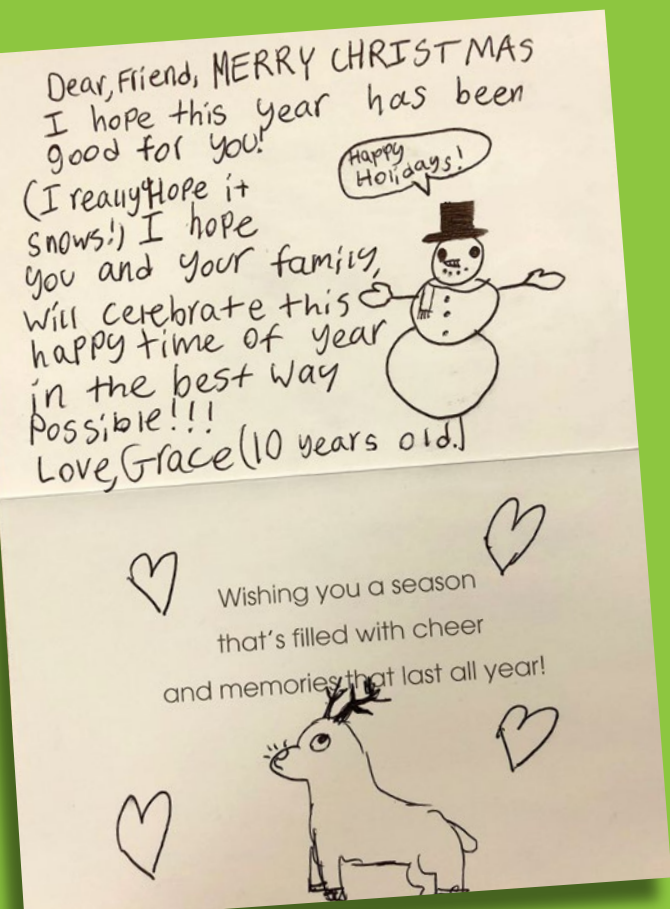
- 1 **Encourage open, honest, and thoughtful reflection.**
- 2 **Talk openly and respect differences of opinion.**
- 3 **Understand teen development.** Knowing what's "normal" is critical to helping you better understand and guide young people.
- 4 **Understand the pressure that teens face** by taking the time to listen to them and help them think through difficult situations.
- 5 **Take a clear stand** about the use of abusive or inappropriate language, controlling behavior, or any forms of violence.
- 6 **Make the most of teachable moments** from TV, movies, news, etc.
- 7 **Teach teens how to stand-up for friends** when he or she observes unhealthy treatment of his or her peers.
- 8 **Accentuate the positive** by talking about healthy development and relationships.
- 9 **Be an active participant in your young teen's life.** Explore ways to know more about your young teen's friends and interests.
- 10 **Be prepared to make mistakes.** But don't give up.

*From *Futures without Violence*

Did you know?

February is Teen Violence Awareness Month.

- ▶ **72% of 8th and 9th graders are in a dating relationship**
- ▶ **1 in 3 youth is a victim of intimate partner violence**



Grace shares holiday cheer with survivors in our program.

Coming together to share joy—and talk about happy, loving homes!

In December, families gathered at New Beginnings to decorate cookies, build little gingerbread cookie boxes, and—maybe most importantly—to talk about healthy relationships and feeling safe.



Terrell told his mom, “I feel safe in my room and like to hang out with my family.”

The children in the room (all age 5 except for Grace, age 10) talked to their parents about where they feel safe and what they like most about their home that makes them feel loved: mom and dad, favorite toys and blankets, and their rooms all made the list!

No matter the season, talking to your children about healthy relationships is important. We are so thankful for you and your dedication to building a violence-free generation.

IGNITE

.....A New Beginnings Cocktail Party.....

SAVE THE DATE

Friday, May 4, 2018

THE MUSEUM OF HISTORY AND INDUSTRY

Enjoy a champagne reception, games, heavy hors d'oeuvres, specialty cocktails, and a petite live auction.

For more information visit newbegin.org/ignite

Hope Network

Start the year off right by joining the Hope Network, our monthly giving club

Have you made your new year's resolution? Consider joining the Hope Network, our monthly giving club, and resolve to make a difference in the lives of survivors every month!

Want to learn more or sign up?

Visit our website at www.newbegin.or/get-invested or contact Kerry Dirk at 206-926-3033 or kdirk@newbegin.org

Due to the sensitive nature of this material, all names and identifying details have been changed to protect the confidentiality of survivors; these blended stories represent the challenges and successes of many survivors who have used our programs. In addition, stock photography is used in most cases to further protect the ongoing safety of our current and past participants.