



The Center Line

Orange County Rape Crisis Center May 2010, Volume X, Issue 2

The Bystander Effect: Non-action in numbers

By Christine Hudelson, Rape Prevention Education Coordinator

Chances are if you are reading a publication like *The Center Line*, you are familiar with this recent case in Richmond, California: a 15-year old girl was gang raped outside of a high school homecoming dance and the media frenzy that followed focused not on the rape, but on a social phenomenon known as the "bystander effect."

In this case, the 15-year old was being raped by a number of boys and men. The people who surrounded the scene were alleged to have either watched and chose not to help or they stood by and joined in raping her as well. The *bystander effect* states that the chances of a person being assisted decreases as the number of potential helpers surrounding that person increases.

Early researcher and social scientist John Darley stated, "In social psychology the

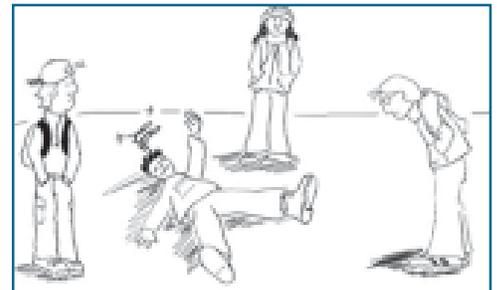
'bystander effect' is the surprising finding that the mere presence of other people inhibits our own helping behaviors in an emergency."

Countless social experiments have been conducted with hidden cameras and actors feigning helplessness to demonstrate the lack of help "we" provide to those who are in need when we are surrounded by other people who are also not helping. The research shows again and again that the more people who are there to witness the act, the less likely any one person is to intervene.

In following the bystander effect, at what point does our society as a whole become a collective bystander?

Statistics show that 1 in 4 women (1 in 8 for North Carolina women) will be the victim of either a rape or attempted rape/sexual assault at some point in her lifetime. However, what is usually focused on are the acute or post-assault details, not on ourselves and our cultural norms that often ignore or perpetuate sexual violence against women.

While our smaller, inner-circle communities might express outrage towards violence on a case by case basis, overall we live in a culture that is attracted to violence, especially sexual violence against women. This cultural trait is nothing new.



"Should I do something or should I walk away?" -- "Should I help him or leave it to someone else?" -- "Sorry, I just don't want to get involved."

We watch it on primetime, we dress it up and pose it in advertisements to help sell mundane objects, and we spend billions of dollars reorganizing it in every which way within the pornography industry.

After a while our acceptance of sexual violence against women becomes so normalized that when we hear of a case like Richmond, CA, our headlines read why didn't anyone help? **Not why did 20 teenagers rape a classmate.**

Perhaps a cultural shift away from violence against women seems too big of a problem for any one of us to change. Perhaps collectively we think it is more effective to be addressed on a governmental, judicial, Hollywood, or media-driven level.

Perhaps deep down we do believe the victim must have been in some way responsible for the actions of a perpetrator.

Continued on page 2

Inside this issue:

From the Director	2
Fundraising Events	3
Volunteer Spotlight	4
Latin@ Services	5
Supporting Women with Intellectual Disabilities	6
Community Education	7
Creative Workshops	8
April 2010 ~ SAAM	9
Social Media	10
Community Support	11
Staff Transitions	12

The mission of the Orange County Rape Crisis Center is to stop sexual violence and its impact through support, education and advocacy. The Rape Crisis Center envisions a just and equitable world free of sexual violence and all other forms of oppression.

Orange County Rape Crisis Center

Board of Directors

Adrienne Allison
Board President

Hayden Bosworth
Cathy Canzanella
Bryant Colson
Jennifer Galassi
Sharon Holmes-Thomas
Richard Kwok
Lucy McMillan
Valarie Schwartz
Florence Simán
Kendra Smith
Kristen Sullivan
Anne Wolfley

Advisory Council

Ned Brooks
Keith Cook
Nate Davis
Bob Epting
Sabrina Garcia
Paola Gehrig
Cindy Gudeman
Margaret Henderson
Corey Holliday
Verla Insko
Bill Keane
Brendan Moylan
Miriam Slifkin
Linnea Smith
Jean Templeton

Staff

Shamecca Bryant
Interim Executive Director

Alyson Culin
Karen Current
Merrybelle Guo
Christene Hudelson
Rachel Kinney
Alexis Kralic
Krista Park Berry
Stacey Rader

Center Line Editing:
Shamecca Bryant
Krista Park Berry

Center Line Design:
Krista Park Berry

From the Director

It's hard to believe that we are almost half way through 2010! During the past five months the Center has served nearly 200 clients through our crisis line, support group and therapy services. And, we just completed our community education programs for the school year with a new addition of pre-kindergarten Safe Touch programs throughout the County.

Our collaboration on the second annual Speaking the Forbidden Conference garnered 115 Spanish-speaking participants from throughout the state to learn about issues of sexual violence, domestic violence, personal health and well-being. The response from our Latin@ Services program encouraged us to extend our support by offering therapy in Spanish as well as a joint support group this summer with the Family Violence Prevention Center.

In April, we worked to *Paint the Town Teal*—creating our first ever month long education and fundraising initiative for Sexual Assault Awareness Month. The community response was phenomenal, with businesses posting information about our services and holding benefits in our honor.

In this issue of the Center Line, you will read about our work to expand services for women with intellectual disabilities and sexual violence prevention education for children with disabilities. You will also learn about our efforts to provide inspirational workshops for adult survivors and online safety training for parents and children.

Thank you to all of the staff, volunteers, board and community members who have reached out to support the Center. All of these accomplishments could not have happened without you. I look forward to what the remainder of 2010 brings for the Center.

Warm Regards,

Shamecca Bryant
Interim Executive Director

The Bystander Effect ~ continued from page 1

Perhaps it is just the excuse we need to stand by and watch fictional Law and Order Special Victims Unit at 10 o'clock and then switch to real life news about a gang rape at 11 o'clock, without seeing much of a connection. This is classic "bystander effect" thinking.

We must recognize that if the "bystander effect" does work as evidenced, the more we as a society grow larger and the more we collectively and individually passively accept sexual violence against women as normal, the less likely any one of us is to truly stand up and do anything about it.

Orange County Rape Crisis Center
24-Hour Crisis Line
1-866 WE LISTEN
 (1-866-935-4783)
 or 919-967-7273
 TTY: 919-338-0746
 Se habla español.
www.occcc.org

Board's Dollar-for-Dollar Helping Hand

Help the Center receive \$15,000 in matching funds! The Center's Board of Directors has offered a dollar-for-dollar match of up to \$15,000 until June 30, 2010. These funds are instrumental in funding our 24-hour crisis line, support groups, bilingual therapy and education prevention programs. Send in your donation today and help the Center receive a \$15,000 match. If you have any questions feel free to contact Shamecca Bryant, interim executive director at (919) 968-4647.

Triangle Giving for Community Education

The Center received a \$7,500 grant through the Willie B. and Bruce A. Hill Senior Charitable Fund of Triangle Community Foundation to fund a Community Education Assistant position. This position has allowed the Center to provide more elementary and middle school safety education programs throughout Orange County.

The Community Education Assistant works with both Community Education staff and volunteers to provide sexual assault awareness and prevention programs to 3rd, 4th, 5th and 7th grade students in the local public schools. Thank you again to the Triangle Community Foundation for your continued support in educating the community about sexual violence.

In February 2010, the Center also received a \$7,500 grant from the Strowd Roses Foundation to support our public school community education programs. This past year, we presented 656 community education programs reaching 10,346 individuals. Thank you to the Strowd Roses Foundation for their continued support.

Grow Your Giving Experience—HAVE FUN!

Ever heard of a shopping party? Wine & Cheese? Whether fundraising parties are a new concept to you or not, what is undeniable is that they are a fun tool to give back to organizations like ours that you care about.

As you consider making your donation to the Center this year, think about how quickly you can make that gift grow by having your friends and loved ones match it or use those funds as your budget to host a larger fundraising event.

Don't forget whether you raise \$200 or \$20,000 to feel good about giving back to an organization you care about. If you would like to plan a giving party for the Center contact Shamecca Bryant, interim executive director, at (919) 968-4647.

JEWELS FOR HOPE



Jewelry and other accessories were part of the Carolina Women and Business' first charity jewelry sale to benefit the Center this past February on UNC-CH's campus.

THE GREAT HUMAN RACE



Orange County Rape Crisis Center's team for the Great Human 5K Race in Durham on March 27th. This fundraising effort raised over \$3,000 for Center programs and services.

A Passionate Educator

By Krista Park Berry, Volunteer Management and Marketing Coordinator

Sonna Loewenthal's passion for most aspects of the women's movement fueled her motivation to become involved with the Rape Crisis Center.



Having spent most of her career in local government management, she had learned of the work of the Center through colleagues in law enforcement. Her interest in working with organizations helping to support and create the kind of society in which she wants to live led her to the Center in 2004.

At that time, she joined the Board of Directors and has served on both the Nominating and Personnel Committees during her tenure. She continues to serve on both of these Board committees today.

Sonna has also spent time teaching English as a Foreign Language while in the Peace Corps and sometime later, she began teaching English as a Second Language in local elementary schools in Durham, N.C.

Drawing from this experience in the classroom, she expanded her volunteer service roles and completed training as a Community Educator last fall.

Interim Executive Director Shamecca Bryant shared, "I have had the pleasure of knowing Sonna for three years and working with her in various capacities at the Center. We all appreciate the dedication and compassion she brings to the many roles she has served in at the Center."

Sonna is a remarkably dedicated community educator. Every month she has gone above and beyond her required volunteer commitment of 4 school

programs a month—one month she presented 18 programs!

She names the conversations with the children during classroom presentations as one of her favorite parts of volunteering and shared she is most proud of her work with the Community Education program.

Sonna has also gone to various community events providing education and outreach to several groups in our community. She is an extraordinary asset to our community education team.

"She has been a source of guidance as a Board member, a teacher and advocate in her role as a Community Educator, and a helping hand to the Center's day-to-day operations," stated Bryant.

When asked what she has learned from volunteering with the Center, Sonna explained that even if we can't eradicate sexual violence in our lifetimes, or maybe ever, we can still provide meaningful help to those who have experienced it.

"The more I work with the Center, the more I am struck by both the enormous need for our work and the extent to which the agency can make a difference in individual lives," Sonna shared. "I am truly grateful to have this opportunity to participate in the work of the Orange County Rape Crisis Center."

Outside of volunteering with the Center, Sonna enjoys spending time with family, traveling, hiking and reading.

Thank you for all your time and efforts at the organization, Sonna!

A Summer Wine Soiree

Join us at **bonne Soiree** for a tasting of fine summer wines. Sample the best wines to enjoy on a hot summer day in light reds, roses, and whites.

Date: Sunday, June 6, 2010

Time: 2:00 - 5:00pm

**Where: bonne Soiree
at The Courtyard
431 W. Franklin Street
Chapel Hill, NC 27514**

3 Cups will provide the opportunity to order your favorite wines to serve at your next summer soiree.

Cost: \$25 per person, in advance or at the door.

100% of proceeds will benefit the Orange County Rape Crisis Center!

To pre-order tickets:
Contact **bonne Soiree**
at (919) 928-8388 or

The Rape Crisis Center
at (919) 968-4647 or

Order online at <http://www.ocrcc.kintera.org/winetasting>

For more information,
email info@ocrcc.org

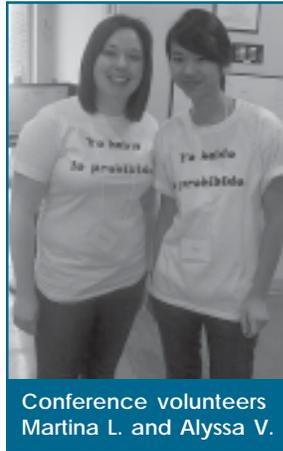
Center holds Prevention Workshops for Latin@s

By Carolina Alzuru, former Latina/o Services Coordinator

This past winter, the Center organized and held an educational workshop in Spanish for community members interested in learning more about sexual violence and its prevention. This was the first of its kind at the agency in any language.

Carolina Alzuru, former Latina/o Services Coordinator, developed the curriculum and presented information on topics including child sexual abuse prevention, rape culture, domestic violence and its impact, primary prevention and bystander intervention.

The workshop was held on four Saturdays in November and December. We were able to make it accessible to parents by providing free childcare on site. We had 15 participants, some of whom traveled as far



Conference volunteers
Martina L. and Alyssa V.

as Rocky Mount to take part in this unique opportunity.

Most participants said that they would take the information learned into their communities to let others know about the realities of sexual violence and ways they could make a difference.

Many of the workshop participants were also involved in Center's education efforts by attending the 2nd annual "Speaking the Forbidden: A Conference about Sexual Health, Mental Health and Human Rights" on April 10th. One workshop participant even assisted with the planning efforts of this conference!

Board member and conference volunteer Florence Simán stated, "The work of the

Center is invaluable since there are so few opportunities for Latin@s to come together in a safe space to discuss issues of sexual violence in our own language and using our own perspectives."

This full day conference in Spanish included workshops on domestic violence, sex education, finances, alcoholism, HIV prevention, social activism, the Census, health and physical well-being and sexual violence.

We hope to be able to offer other opportunities like these in the future for the community. It has proven to be a great way to get people involved in the anti-violence movement.

Thanks to Center volunteers Florence Siman, Jenny Galassi, and Robyn D. and to Lynne Walter of the North Carolina Coalition Against Sexual Assault for their assistance with these efforts!

Therapy Program Expands to Serve Spanish speakers

The Rape Crisis Center was excited to receive a 2009 Recovery Act grant through the N.C. Governor's Crime Commission to hire a new, part-time staff therapist. That position was filled when Karen Current, LCSW, was hired in February of this year.

Current's job includes providing therapy and support to clients who have traditionally been underserved by the Center, including survivors of sexual violence who are Spanish-speaking, homeless/transitional, and economically stressed.

Simultaneously, the community is greatly looking forward to the opening of a Carrboro branch of El Centro Hispano, the

Durham-based social services agency that last year served more than 10,000 individuals.

With their years of experience and extensive programming, El Centro Hispano hopes to fill gaps left by the closing of Carrboro's El Centro Latino this past winter.

"Latin@ survivors have much in common with anyone who's been sexually assaulted," Current stated, "but they may also have issues specific to immigrants."

Those issues may include past trauma during border-crossing, underlying anxiety caused by chronic childhood food

insecurity or economic stress, and changing gender roles in Latin America and North Carolina's Latin@ communities.

Current stated that she has been impressed with the strength of Rape Crisis Center's staff, board and volunteers.

"One staff person cannot make an agency accessible and accountable to new populations," she said. "But from what I've seen, the Center has opened many doors over the years, and is committed to eliminating barriers to service for those who have felt shut out."

Improving Services for Survivors with Intellectual Disabilities

By Karen Luken, *Project Director* and Pam Dickens, *Women's Health Coordinator*
(both authors work at the North Carolina Office on Disability and Health)

Did you know: an estimated 68% to 83% of women with intellectual and developmental disabilities will be sexually assaulted in their lifetime.

During the past year, the Orange County Rape Crisis Center has partnered with the University of North Carolina at Chapel Hill to improve sexual assault services for women with intellectual disabilities who are survivors of sexual assault.

The goal is to help sexual assault nurse examiners and Rape Crisis Center staff and volunteers communicate more effectively with women with intellectual and developmental disabilities.

The project is studying how women with mild intellectual and developmental disabilities (IDD) want to be asked about their disability, how to explain to a woman with IDD who needs to go to the hospital what will happen, and what rape crisis

centers can do to help women with IDD who have been sexually assaulted.

Some women with IDD are at increased risk of sexual assault due to a number of factors:

- physically less able to defend themselves or escape,
- communication barriers make it difficult to report abuse or seek services,
- dependent on others for personal care,
- may not know the words to describe the event or how to report the assault,
- may not have received sexual health education or sexual assault prevention information,
- not seen as a credible witness by the legal system, and
- taught to be obedient.

This project is being funded by the N.C. Governor's Crime Commission. Project

partners include the N.C. Office on Disability and Health, Center for Health Promotion and Disease Prevention, Injury Prevention Research Center, and women with intellectual and developmental disabilities.

Activities of the projects include developing communication strategies and visual resources that can be used by nurses during the sexual assault nurse examination and a needs assessment and training for Rape Crisis Center staff and volunteers.

The goal is to improve services to women with intellectual and developmental disabilities and to identify methods to better collect and organize information about how our agency is providing services to these women.

For more information, contact Rachel Kinney, Crisis Response Coordinator at rachel@ocrcc.org or (919) 968-4647.

Employment Opening at the Center

Client Services Director position opening

The Orange County Rape Crisis Center is seeking to fill the full-time position of Client Services Director. This position works closely with the Executive Director to determine programmatic needs and maintain agency operations while providing staff and programmatic management for the Center's Crisis Response, Latin@ Services, In-House Therapy and Support Group programs. The Client Services Director provides clinical support for the agency, staff and volunteers.

Candidates should have experience working with survivors of sexual violence, providing crisis intervention, and demonstrate cultural awareness, sensitivity and competency. Minimum requirements: Master's degree in Social Work or other related field three years' experience in sexual assault services, counseling or related field.

To apply: Send a cover letter, resume and three references to CSD Search Committee, OCRCC, P.O. Box 4722, Chapel Hill, NC, 27515 or by email to csdsearch@ocrcc.org.

Review of applications will continue until position is filled. Full job description can be downloaded here: [Client Services Director Position Description](#)

Safe Touches Only: A New Curriculum for Children with Developmental Disabilities

By Stacey Rader, Youth Education Specialist

One of the values guiding the work at the Rape Crisis Center is the commitment to meeting the needs of all members of our community regardless of race, socio-economic class, gender identity and expression, sexual orientation, religion, disability, age, language, national origin and immigration status.

This year, the Center has focused on increasing our educational outreach efforts and services to children with disabilities. Studies have shown that children with developmental disabilities are 2 to 5 times more likely to be sexually abused than children without disabilities (www.thearc.org).

Children with developmental disabilities also often have limited communication skills which can inhibit their ability to report sexual abuse. Our educational program aims to address the risk factors and unique needs of children with developmental disabilities in a nonthreatening and developmentally appropriate manner.

With input from special education teachers, parents of children with disabilities, and school counselors, we developed the *Safe Touches Only* curriculum specifically for students with developmental disabilities and autism.

Teacher evaluations from our pilot year of the program indicate our new *Safe Touches Only* program helps increase students' knowledge of personal safety and their ability to report inappropriate touches.



Our curriculum uses clear and basic language along with role plays, photographs and puppets to teach students the following concepts:

It is important to be safe and happy.

1. Safe touches are okay.
2. "Not safe" touches are not okay.
3. No one should touch the private parts of your body unless it is to help you.
4. If someone touches you in a way you do not like, you can 'Say No, Get Away and Tell Someone.'
5. It is never your fault if someone touches you in a way you do not like.
6. You never have to keep a secret that hurts you or makes you feel uncomfortable.
7. Asking permission is an important aspect of giving and receiving touches.

To ensure that skills are reinforced, we leave lesson plan ideas with teachers and send coloring books home to parents so personal safety information can be taught and practiced throughout the year.

During the 2009-2010 school year, the Rape Crisis Center provided 12 programs for students with disabilities in self-contained classrooms in both the Orange County Schools and Chapel Hill-Carrboro Schools, reaching 73 students.

We will also be providing the *Safe Touches Only* program to Pre-K Head Start self-contained classrooms and are hoping to expand our efforts further by increasing outreach to adults and older students with disabilities.

VOLUNTEERS NEEDED!

The next volunteer training class for Community Educators, Companions and Spanish-Speaking Advocates begins in early September.

Deadline for applications is Tuesday, August 31st.

For more information, training schedules and to complete an online application, please call (919) 968-4647 or visit the Center's website at <http://www.ocrcc.org/getinvolved>

Writing workshop explores Healing and Truth Telling

By Christene T., Rape Crisis Center volunteer

On March 21st, the Rape Crisis Center collaborated with local poet, long-time community activist, and an early Board of Directors member of Center, Jaki Shelton Green, to sponsor a writing workshop for women who had participated in a support group within the last three years.

The workshop was the idea of the co-facilitators of the Center's Horticultural Therapy (HT) support groups, Christene T. and Amy E. as a means of providing an opportunity for 'after care' to Center clients.

Amy and Christene met Jaki at the 2008 Center annual holiday auction and the three expressed a desire to work together in the future – this spring turned out to be the right time for each of them.

The workshop provided an outlet for the participants to tell their stories, tap into their own creativity and inner strength, and share their thoughts on trauma and healing.

Amy and Christene used horticultural therapy activities to explore themes of healing through contact with nature. Jaki demonstrated how writing can be an excavation tool to facilitate speaking power into one's truths.

The workshop culminated in the writing of a 'community poem' (see page 9) that was written by all in attendance. The three workshop co-facilitators read the poem at this year's Shout Out! Against Sexual Violence event during Sexual Assault Awareness month in April.



At the event, audience members were offered the opportunity to contribute written additions to the poem.

The facilitators are in the process of incorporating those suggestions to the poem; the final version of the poem will be posted on the Center's website in the near future.

Healing in the Cards: Hosting a SoulCollage® workshop

By Rachel Kinney, Crisis Response Coordinator



On November 15th Stephanie Ladd, a local therapist, led a SoulCollage® workshop at the Center with six participants.

SoulCollage® is an artistic and

psychological process that has participants create a deck of cards that examine different aspects of their lives and identities. Creating a deck is a lifetime process as each card can be born from an experience or emotion.

Believing that the cards can be helpful for healing with "emotional wounds after crisis or trauma," Ladd approached the Rape Crisis Center about doing a workshop.

Ladd explained that after trauma, survivors tend to go into themselves and that making collage cards help the survivors heal from the inside out by focusing on an outward component of healing.

"We can see ourselves more objectively and can work with our wounded parts in a way that is tangible and more concrete," she said.

Survivors are able to see, represent and interact with their strengths as well as the facets of themselves that could use healing. SoulCollage® is a process that can help anyone on their life journey and can grow and change along with the person.

The deck of cards is made up of four suits and each card represents a different facet of a person's identity and experience. Each card also has a visual and textual component.

The text for each card begins, "I am the one who" and can be completed in any way that fits the image or idea of the card. The deck can be used to represent a "visual journal" of someone's life or can serve the purpose of an intuition tool, similar to a Tarot deck.

Stephanie Ladd has been leading workshops for seven years and has found SoulCollage® to be helpful in her own life through different transitions and experiences.

For more information, visit Ladd's website at www.owlandcrow.saladd.com or email her at Stephanie@saladd.com.

SoulCollage® is a practice created by Seena B. Frost and is used in communities around the world. For more information, visit the project's website at www.soulcollage.com.

SAAM helps 'Paint the Town Teal'

By Alyson Culin, Community Education Assistant

The start of spring is always a busy time for the Center. With spring cleaning, the end of the school year, and — most importantly — Sexual Assault Awareness Month (SAAM), our offices shift into full gear.

This year's SAAM campaign was no different and we're grateful to the staff, volunteers and supporters who worked so tirelessly on outreach events and fundraisers for the Center.

We kicked off SAAM with Paint the Town Teal, a campaign to raise awareness of sexual violence in our community. As a gesture of solidarity, community partners in Chapel Hill, Carrboro and Hillsborough posted our signs and teal ribbons in store windows and alongside registers.

A number of local businesses hosted fundraisers including A Southern Season, Margaret's Cantina, Carolina Brewery, Ham's Restaurant, TCBY, Carrboro Yoga Company and Tomato Jake's.



Writing Workshop facilitators, local poet Jaki Shelton Green (left) and volunteers Amy E. and Christene T. (right), integrated pieces and experiences from the writing workshop into the closing exercise for this year's Shout Out event.

The Center also co-sponsored a full-day conference in Spanish called *Hablando lo Prohibido* or *Speaking the Forbidden*. The event included workshops on domestic and sexual violence, sex education, financial



Local author and Board member Valarie Schwartz (left) and UNC First Lady Patti Thorp were the celebrity scoopers for the TCBY fundraiser and social on April 20th during SAAM.

literacy, alcoholism, HIV prevention, social activism, health and physical well-being and the U.S. Census. More than 100 participants turned out for the conference!

And of course, SAAM wouldn't be complete without our annual Shout Out! Against Sexual Violence. The 2010 event marked our eighth year of speaking out against sexual violence through poetry, spoken word and artwork.

The Robert and Pearl Seymour Center in Chapel Hill created a safe and inviting space to offer personal thoughts and experiences related to sexual violence. A new addition to this year's event was the creation of our Shout Out! blog. Visit it online at: <http://shoutoutagainstviolence.wordpress.com/>

Thank you to everyone who helped make our 2010 campaign for Sexual Assault Awareness Month such a wonderful success. Be sure to visit our Facebook page to see pictures of SAAM events as well as information about future events.

As always, we welcome your feedback and suggestions on how we might continue to strengthen our community outreach. Want to be involved with SAAM 2011? Email info@ocrcc.org

Sowing Seeds of Healing

We are planting hope from our seeds of darkness.

Emerging into light from our past herstories of obedience, obligation, self-denial, self-rejection.

We are planting seeds of our choosing.

Our hands our digging through the dirt in search of the fertile soil preparing a special place for our new roots.

We are these roots.

Connected to the earth and one another.

We are planting wild, rare plants in our own voices.

Oh my sisters and my brothers come dig with us in search of the depths of our beings.

We are these tender roots reaching for water, nourishment and our new potential.

This piece is a community written poem by participants in the Rape Crisis Center's writing workshop held on March 21, 2010.

Visit VOICES

Voices is a space dedicated to helping break the silence and allows individuals impacted by sexual violence to give voice and tell their stories. The Rape Crisis Center is accepting written and artistic submissions for this project. For more information, email krista@ocrcc.org or visit <http://www.ocrcc.org/voices.html>

Social Media and Online Safety

By Alyson Culin, Community Education Assistant

Before you shut down your web browser, take a moment to explore the Rape Crisis Center's growing presence in social media!

You can become a fan of our [Facebook page](#), get notices from our [Twitter feed](#), or watch our new video on our very own [Youtube channel](#).

The Center's online presence is helping to raise awareness of the Center, our mission and the services we provide. It is also a fantastic way to get the word out about our upcoming events and programs.

Our online community is already growing and we are extraordinarily excited about helping all of our friends and supporters connect with one another.

Social media is designed to allow interaction and collaboration among users. Rather than the traditional one-way delivery of information, social media encourages a more organic approach to sharing and discussing material. When one user posts an idea or opinion, other users can post replies, comments, or new ideas of their own.

There has been a great deal of media attention during the past few years to the way young people use social media. Traditional news outlets have chronicled the explosive growth of Facebook, the time spent watching videos online, and the incredible use of Twitter to share everything from mundane gossip to breaking international news.

There has also been an understandable focus on the occasional abuse of new technology. Parents, teachers, and pundits have highlighted rare instances of harassment or child abuse on social networking sites, bringing attention to the critical need for education and supervision of young people using internet tools.

The majority of children and teenagers use social media in a positive way. But prudence demands that parents and teachers work to teach internet safety and privacy to all young people venturing out into the social media universe.

If you are concerned about the online safety of your child or teen, here are a few tips:

- 1) **Communicate.**
- 2) Have a conversation about internet safety to discuss the importance of keeping private information private, such as names, addresses, phone numbers, schools and even pictures.
- 3) Discuss your family's rules when it comes to using the internet. Two great rules are *'Don't post anything you wouldn't want the whole world to see'* and *'Treat others on the internet the same way you would treat them in person: with respect.'*
- 4) You may also have rules about the time of day they may use the internet, or the location of the computer. For example, it may be best for younger children to use computers in a communal space of your home, rather than in their own room.
- 5) Make sure your child knows you are a resource. You can provide information and advice if he or she needs it. If they see something questionable on the internet, they should know to tell an adult.

Remember, communication does not just mean talking; it means listening too.

You can find more great tips at [SafeKids.com](#). Check out their fantastic resources, such as their [cyberbullying tips](#), their [social web safety tips for teens](#), their [online safety quiz](#), and their [Family Contract for Internet Safety](#).

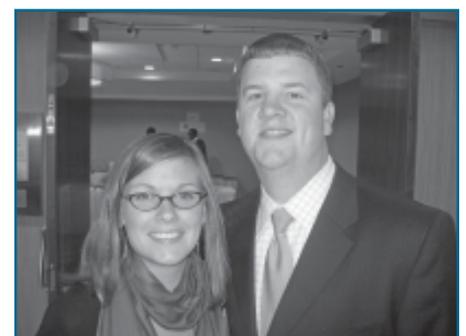
Help, Hope, and Healing 22nd Annual Holiday Auction November 8, 2009



Board of Directors President Adrienne Allison (left) and Interim Executive Director Shamecca Bryant.



Otis Jennings (left) and Claire Kimball.



Becca Edwards (left) and Joey Powell.

All photos courtesy of Andrea Griffith, Editor of Chapel Hill Magazine.

Thank you to the following businesses & individuals for your generous donations!

We are deeply appreciative of the trust our donors place in us to use their money wisely. Without your financial support the work we do would not be possible. Listed below are those who have given financial or in-kind donations to the Center between January 1, 2010 and May 31, 2010.

Although we make every effort to maintain the accuracy of this list oversights are possible. If you notice an error or absence of a name that should be on the list, please notify us and we will make corrections in the next newsletter.

Again, thank you for your continued support.

Corporate, Foundation and Organizational Donors

A Southern Season
Caribou Coffee
Carolina Women in Business
Carrboro Yoga Company
Chapel of the Cross
Church of Reconciliation
Church of St. Thomas More
Committee for Alcohol and Drug Free Teen and Teens
DPS - Central Office
Dream a Little
IBM Employee Services Center
Ipas
Maggie's Triangle Treats, LLC
TCBY Frozen Yogurt
Margaret's Cantina
MDC, Inc.
Montessori Community School
Olin T. Binkley Memorial Baptist Church
RTI International
Southern Coalition for Social Justice
Strowd Roses
The Stock Exchange, Inc.
Triangle Community Foundation Trust
United Methodist Women, UUMC
Volunteer Center of Durham, Inc.

John Becton and Nancy Tannenbaum
Donna Bell
Donna Bennick
Walter and Virginia Benson
Jordan Berkley
David and Linda Birnbaum
Christine Blackburn
Patricia and Bill Blau
Madeline and Gerry Globe
Susan Bolotin
Hayden Bosworth and Rebecca Essinger-Bosworth
Fred Bower
Lauren Bradley
Maria and Mark Brecher
Donald and Lolita Brockington
Linda Brooks
Shamecca Bryant and Waverly Jones
Cathy Canzanella
Erin Carlson
Christine and Al Carlson
James Casey
Tiffany Castellanos
Bob and Mary Cefalo
Jennifer Chafe
Robert Champion
Margaret Chandler
Barbara Holland Chapman and John Chapman
Robin Cohen
Valery Cohen
Winston Crisp
Alyson Culin and Eric Johnson
Kristopher Culin
Karen Current
Joseph Decosimo
John and Glenda Dinyari
Jo Anne Earp
Joan and Arlan East
Judith and William Eastman
Naomi Eckhaus
Mike and Jeanne Evers
Matthew Farrelly
Laurel Files
Erin Fornoff
Jeanne Freedman

Merna Galassi and John Paul Galassi Jr.
Jennifer Galassi
Oswald Ganley
Jim Garland
Pat Gingrich
Shelley Golden and Thomas Bodenheimer
Harriette Graham
Catherine Grodensky
Merrybelle Guo
Bill and Leesie Guthridge
Lucy Harber and John Tullo
Barbara Harris
John Headley
Margaret Henderson
Brenda and J.E. Hewitt
Debbie Hill
Jonathan Hilliard
Dick and Joan Hiskey
Grace Holton
Sylvia Hubbard
Daniel Hudgins and Ann McKown
Roxanna Hunt
William and Eleanor Ilgen
Dianne Jackson
Gregg and Angela Jarvies
Michelle Johnson and Jeff Herrick
Bill and Mary Joy Keane
Sage Keene
Tom and Katie Kelly
Kathryn Kiehle
Tom and Debbie Kinert
Amanda Kingsbury
Sherryl Kleinman
Lynn Knauff
Jennie Knowles
Melanie Kolkin
Alexis and Jason Kralic
Christina and RJ Kralic
Chris Lamb
David Lambert
Bob and Geri Laport
Jon LaScala
Dorothy Lavine

Ed and Jean LeCluyse
Caroline and Paul Lindsay
Marguerite and Robert Loddengaard
Sonna and Norman Loewenthal
Michael and Sally Lowery
Jeffrey Mahagan
Melissa and David Maloney
Julie and Jay Margolis
G. Michael Martz and Carole Martz
Selma Mayer
Lauren Maxwell
Joan Mc Cusker
Jennifer McGovern and Steven Unruhe
James Minter Jr.
Mark Mintz
Earl and Marlys Mitchell
Marjory Moe
James Morris
Brendan and Cindy Moylan
Joseph and Ann Carole Moylan
Ronna and William Nichamin
Eugene Oddone and Grace Couchman
Tema Okun
Michelle O'Neal
Fara and Joe Palumbo
William and Cissy Parham
James Pate
Roger and Faith Patterson
Barbara and Lee Pedersen
Eric Peterson
Alex Pichon
Ona Pickens
Melissa Polier
King and Hope Poor
George Powell
Dan and Deborah Pruitt
Sarah Pryor
Stacey and Bill Rader
Ann Rimmer
Sandra Rodriguez
Paula Rogenes
Annette Rogers
Lawrence and Arlene Rosenfeld

Jane Ross
Arthrell Sanders
Roy Schonberg and Cheryl Marcus
Fred and Sue Schroeder
Elias and Marjory Schwartz
Robert and Pearl Seymour
Stephen and Chantal Shafroth
Debbie Shaw
Sherri Shepard
Florence Siman
Naomi Slifkin
Miriam and Larry Slifkin
Mark Smith
Michael and Myra Smith
James Spivey
Jane and Adam Stein
Joy Stewart
Charles Story
Kristen Sullivan
Laura and Jonas Swartz
Mollie Sykes
Christene and Michael Tashjian
Colin Thomas, Jr.
Michael and Amy Tiemann
Carolyn Van Sant
Sally Van Wert
Ellen and Mitchell Virchick
Andrea Vizoso and Andrew Short
Judith and Warren Wegner
Katherine Wilkinson
Kathryn Williams
Ellen Williams
Erica Wise and Tom Hess
Heather Wissman
Jane Ellen Wolf and Ray Wolf
Jean Wolff
Anne Wolfley
Julia Wood
George Young Jr
Stacey Yusko

Individual Donors

Elin and George Abercrombie
Monty Adams
Amy Adams
Loralie Adams and Stewart Bible
Hannah Adams
Jack Allison and Sue Wilson
Guillermo Alzuru and Carolina Maria Acosta-Alzuru
John and Leigh Anderson
Alexzander Andresen
Brian and Delia Barrick
John and Elizabeth Barrow
Louisa Barry

New Staff Transitions ~ Welcome!

Shamecca Bryant steps in as Interim Executive Director! Shamecca Bryant, our current development director, is serving as the Center's Interim Executive Director. Shamecca has worked with many of you for almost three years, helping the Center to increase its fundraising efforts. For those of you who already know Shamecca please feel free to stop by and say hello. If you have not yet met her please feel free to stop by and introduce yourself or email her at shamecca@ocrcc.org.

The Center's 2009-2010 Johnston Intern, Rachel Kinney, is our new Crisis Response Coordinator! Rachel accepted the Crisis Response Coordinator position in January and is excited to be working with our Companion and Spanish-speaking Advocate volunteers. Before working at the Center, she graduated from Rice University in Houston, Texas. Having moved to Carrboro in August, she loves the tall pines and local coffee shops. Send a hello to Rachel at rachel@ocrcc.org.

Long-time CE Volunteer Alyson Culin is our Community Education Assistant! Alyson Culin will be serving in the role as Community Education Assistant through early June. She has volunteered many hours with the Center assisting with volunteer training, presenting in the classroom and on the Development

Committee. She is a long time advocate, former co-chair of UNC-CH's Project Dinah, and most recently is managing much of the social media efforts at the organization. Welcome Alyson or share ideas for Facebook and Twitter at alyson@ocrcc.org.

¡Bienvenidos! The Center welcomes Karen Current, LCSW, our new Bilingual Therapist to staff! Karen has worked clinically with Hispanic-Latin@ clients for 12 years and has experience treating mental health issues particular to immigrants, adolescents, prenatal/postpartum women, preschoolers and families. As the mother of three bicultural children, she has an interest in helping first, second and third generation immigrant families maintain and define their identities as they make North Carolina home. Send a welcome to Karen at karen@ocrcc.org.

Office Volunteer Merrybelle Guo fills the role of Administrative Services Coordinator! Merrybelle began in this support position in February and will continue in this role through the end of June. Prior to working with the agency, she supported staff and the Center as an office volunteer. Thank you, Merrybelle, for all the support and assistance you have provided staff since last fall! We appreciate it.



Orange County Rape Crisis Center

PO Box 4722, Chapel Hill, NC 27515

1506 E. Franklin Street, Suite 302, Chapel Hill, NC 27514

109 Millstone Drive, Suite B, Hillsborough, NC 27278



Nonprofit Org.
US Postage
Paid
Chapel Hill, NC
Permit #482

The Orange County Rape Crisis Center is striving to provide accessible, culturally competent, age-appropriate and empowerment-based services to the community. For more information about our programs and services, visit us online at <http://www.ocrcc.org>. Thank you for your continued support.