



EMPOWERMENT

THE NEWSLETTER OF FEAR 2 FREEDOM

FEBRUARY 2022

MESSAGE FROM THE CEO

I don't know about you, but I am so glad it's February! The city of Newport News (where F2F is headquartered) endured a huge surge of the COVID-19 Omicron variant in January. It seemed like everyone was sick, including yours truly. That's not how most of us pictured starting out the New Year! Since many universities delayed on-campus openings and events, F2F programs were canceled or rescheduled. Our partners were short staffed and we were short staffed. It seemed hard to get things done.



Navigating uncertainty is never easy in the best of times, but amidst a global pandemic that keeps dragging on (and on) we are challenged to keep on going, to keep at our mission. The good news? On February 10th the F2F team was invited out to the impressive Chesapeake campus of Tidewater Community College for our interactive Hour 2 Empower program. According to event organizer Jaedda Hall, it was TCC's Student Resources first in-person event in 2 years. As more in-person events come back online, F2F is ready to put this New Year's inauspicious start behind us & thrive again.

Because really, we have so much to celebrate! Since 2011 when Rosemary Tribble founded F2F, we have distributed over 28,000 AfterCare Kits to survivors of sexual assault & educated more than 24,000 students & communities to Be The Change - to combat sexual violence in all its forms. Here's to keeping at our mission!!

Virginia Woodward

LOOKING BACK WITH ROSEMARY TRIBBLE

During our recent Facebook Live interview, Rosemary looked back at F2F's beginnings:

"I was asked 'What if you didn't have to be so afraid, and what if you could help someone else not be so afraid?' I felt this was for me. I talked to Paul, my husband and he agreed it was time to open up to help others wounded by abuse and also to educate others about this issue.

Silence is the greatest enemy of healing.

I started this non-profit to help people move from fear to freedom, to bring dignity and hope to those abused, and to empower students and communities to combat sexual violence.

Bringing healing to those torn by abuse became my purpose."

- Rosemary Tribble, 2/9/2022



SHARING SOME LOVE...

For Our Champions Circle

We would be completely amiss if we didn't take this opportunity to honor and celebrate our F2F Champions.

This unstoppable and fierce group of women embody compassion, dedication and advocacy for survivors of sexual violence. With circles in Northern Virginia and on the Peninsula, our F2F Champions provide much needed awareness, fundraising, and "friendraising" support for our mission. Our F2F Champions have helped us not only sustain, but thrive!

When the pandemic pushed everything into uncertainty, you stepped forward with unwavering support. You encouraged us as we adapted our sexual violence prevention programs to meet college and university virtual learning needs. You shared our social media, newsletters and blogs to let everyone know F2F was still here and stronger than ever. You stood by us as we changed our entire plan and format for our 10th Anniversary Gala to meet ever changing COVID-19 safety protocols. You continuously inspire us with your ideas, skills and creativity. To say we are forever grateful is a huge understatement.

THANK YOU for being our Champions!



FOR OUR MONTHLY DONORS

As we welcomed the new year, we said goodbye to our 10 for 10 Program and hello to two new monthly giving platforms - Power of 10 and Pillars of Change. Members of both past and current giving circles generated over \$2,300 in financial support to F2F so far this fiscal year. The generous support of our monthly donors continues to empower us to help sexual violence survivors move from fear to freedom as they embark on their healing journeys. THANK YOU for supporting our mission and investing in F2F!



FOR OUR VOLUNTEERS

Huge shout out to our amazing Interns & Volunteers! Over the past six months, you have volunteered an impressive 936 hours to F2F. Your collective efforts helped F2F package and distribute over 900 AfterCare Kits and 300 iCare Kits to sexual assault survivors and community partners serving survivors of sexual violence. Even in the midst of a pandemic, you continue to show up and support. THANK YOU for sharing your time and talents to help us further our mission!

TEEN DATING VIOLENCE

Teen Dating Violence Awareness Month

Many adults don't like to think about the teens & young adults in their lives dating at all, much less that they may experience violence in these relationships. Ignoring the reality that many youth experience intimate partner violence (IPV) won't make it go away. Instead we need to recognize, learn, & communicate about this issue. This Teen Dating Violence Awareness Month, commit yourself to doing this. The youth in our lives deserve our support in this, even if it makes us a bit uncomfortable to do so.

Starting conversations

Regularly communicating about relationships with teens & young adults can help them identify healthy behaviors to look for in partners, as well as recognize when unhealthy behaviors are present. Approaching this topic can be intimidating for many of us. So to help take the edge off, here are examples of ways you can incorporate these themes into your regular conversations:

Building Self-Esteem

- "What are 3 things that you really like about yourself?"
- "Why do you think it is important to show respect for yourself?"
- "What are some ways you can practice doing this?"

Promoting Healthy Relationships

- "The way they [real life example] was really [healthy relationship quality]."
- "What does it mean to you to be a good partner to someone else?"
- "What qualities are important to you in a dating partner?"

Discussing Unhealthy Relationships

- "This scene made me feel concerned about [tv/movie character's] relationship. How did you feel about it?"
- "What makes a relationship unhealthy?"
- "What does respect look like in a relationship?"

Recognizing Controlling Behavior

- "Sometimes a dating partner may ask someone to stop: doing things they enjoy or hanging out with people they care about. What do you think about that?"
- "What could you do in a situation where you feel controlled?"

Discussing Excessive Communication

- "Do you think someone can call or text their partner too much?"
- "Does the amount or the content of the messages determine what crosses the line for you?"
- "What can you do if you feel overwhelmed by calls or texts?"

Addressing Privacy Issues

- "How would you feel if your partner was constantly checking your social media or cell phone to see who you talk to?"
- "Why might that make you uncomfortable?"
- "What could you do to address this with them?"

Setting Personal Boundaries

- "Sometimes people do or say things that cross our personal boundaries. How can you communicate your boundaries?"
- "What could you do in a situation when you feel uncomfortable, pressured, or threatened?"

1 in 3 u.s. teens *



will experience physical, sexual, or emotional abuse by someone they are in a relationship with

<https://www.lovesrespect.org/get-involved/tdvam/>

43% of college women



report experiencing violent and abusive dating behaviors

<https://www.lovesrespect.org/get-involved/tdvam/>

If you or someone you know is a teen or young adult experiencing IPV, you can call Love Is Respect's confidential hotline at 866-331-9474 for support.

COMMUNITY PARTNER SPOTLIGHT

Tidewater Community College

On February 10th TCC hosted a hybrid Hour 2 Empower program on Intimate Partner Violence. Students from TCC's 4 campuses turned up virtually and in-person to pack 100 F2F Kits that will support survivors of sexual & intimate partner violence on their healing journeys.

A big thank you to Langley for Families Foundation for their sponsorship of the F2F Kits for this event, to our staff and volunteers who prepped for and coordinated this program, and the TCC community who proved that they're committed to "Be The Change" by participating in this powerful program



WELCOME SPRING 2022 INTERNS!

The Spring 2022 semester has begun and F2F is excited to welcome our interns! Charlie Yang from William & Mary, and Nick Jerome from CNU have joined our team to help us continue our mission of empowering students and supporting survivors. Every semester, F2F accomplishes what we do in the community with the tremendous dedication and hard work of our interns.

Welcome Charlie and Nick!



SAVE THE DATE

Fear 2 Freedom Gala

SATURDAY | MARCH 19, 2022 | 6:00PM

Join us at F2F's 10th Anniversary Gala celebration and concert featuring musical guest Morgan James.

SAAM

APRIL 2022

Sexual Assault Awareness Month is almost here. Be sure to regularly check our social media and website to stay informed on ways you can get involved this April.

Give Local 757

TUESDAY | MAY 10, 2022

Peninsula Community Foundation's annual 24-hour giving day is coming up in May. Stay tuned for how you can support F2F during this local philanthropy day.

