

EMPOWERMENT

THE NEWSLETTER OF FEAR 2 FREEDOM

MARCH 2020



F2F UPDATES

The 2020 Spring semester has already been a busy time for Fear 2 Freedom (F2F).

We kicked off the Northern Virginia Champions Circle with a bang in February at an event in Oakton. The Champions Circle is a group of women dedicated to supporting F2F's work in their local community. If you would like more information, please email me at tricia@fear2freedom.org or Kristin Ritchey, our Director of Development, at kristin@fear2freedom.org.

Because of recommendations from the CDC, we have postponed the Champions Luncheon in Arlington. Stay tuned for more updates from our speaker, Christen Shefchunas and F2F.

We are also expanding our outreach and social media efforts with the Change Champions, a social media ambassadorship program. We welcome you to join us. Check out our website for more details!

Finally, on a more bittersweet note, we have to bid farewell to Muriel Millar, our Chief Operating Officer, who retired in February. Muriel, thank you so much for your five years of service!

Save the Date



Champions Luncheon
9.29.20 | Arlington, VA

Please enjoy this edition of **EmpowerMEnt**, the newsletter of **Fear 2 Freedom!**

iCARE KIT ANNIVERSARY

In March 2020, we will celebrate the one year anniversary of the iCare Kit. This Kit was designed for any survivor of sexual violence at any point in their journey toward healing (as opposed to our AfterCare Kits, which are for survivors who get the physical evidence recovery kit (P.E.R.K.) exam.) iCare Kits provide survivors with tangible reminders that they are not alone.

Each iCare Kit contains a journal and pen for adults or a coloring book and crayons for children, a resource card, a stress ball, tissues, a Freedom Bear, and a handwritten note from the person who assembled the F2F Kit.

Since their creation, we have assembled and distributed nearly 1,800 iCare Kits; that's 1,800 people that we were able to show support and encourage their healing. With the help of people like you, we can work to make sure that every survivor of sexual violence has the opportunity to receive a physical symbol of compassion and know that they are not alone. .

If you know a survivor who could benefit from an iCare Kit, they are for sale for \$15 on our website at www.fear2freedom.org/f2f-store. This is a simple gesture of support that can encourage any survivor to continue their healing process.



JANUARY 2020 AT F2F

In the first few weeks of 2020, we at F2F have begun our work on a high note. We hosted Hour 2 Empower events with Norfolk State University's Housing & Residence Life and Diversity Initiatives, as well as the College of William & Mary Athletics. Between these two events, students packed more than 400 AfterCare and iCare Kits for survivors of sexual violence in the Hampton Roads area. With the help of more than 350 students, we raised awareness about sexual violence and drug facilitated sexual assault, as well as supported survivors. To learn more about drug-facilitated sexual assault, read our article below.



DRUG-FACILITATED SEXUAL ASSAULT

Spring means Spring Break. For many college students, this can include partying and drug/alcohol use. We want to give you some tips about safe alcohol use and how you can reduce the occurrence of drug-facilitated sexual assault.

Drug-facilitated sexual assault refers to drugs or alcohol compromising someone's ability to consent to sexual activity. Consumption of the drugs and/or alcohol may be intentional or unintentional. It doesn't matter if someone willingly partook in drugs or alcohol; if they are incapacitated, they cannot consent to sexual activity.

Here are some warning signs that someone may have been drugged:

- Sudden dizziness, disorientation, or blurred vision
- Difficulties staying conscious
- Nausea
- Feeling abnormally drunk for the amount of alcohol consumed
- Suddenly feeling hot or cold

If you or someone you know is experiencing these symptoms, get help immediately. Drugs can affect people differently, or there may be drug interactions that could cause serious danger.

Here are some precautionary tips for partygoers:

- Check in with your friends
- Have a plan to leave
- Keep an eye on your drink
- Don't accept drinks from people you don't trust
- Check in with yourself
- Trust your instincts
- Know your tolerance for alcohol

Be careful, watch out for one another, and have a fun and safe Spring Break!

COMMUNITY PARTNER SPOTLIGHT



This month's community partner spotlight is the Cleveland Clinic. We have worked with the Cleveland Clinic to distribute nearly 900 AfterCare and iCare Kits for survivors of sexual violence. The Cleveland Clinic healthcare system has one of the leading forensic nursing programs in the country.

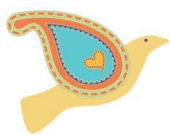
Forensic nurses are the cornerstone of the physical evidence recovery kit (P.E.R.K.) exam process. They are trained to provide specialized care for victims, focusing on their holistic well-being.

The Cleveland Clinic Forensic Nursing program said this about AfterCare Kits, "When sexual assault survivors come in to the ED [emergency department], our forensic nurses quickly respond and want to provide every resource possible to help make the patients hospital visits as smooth as possible. Often, our nurses have to collect the clothing the patient came in with for evidence, and these bags are a great resource to hand out to our patients. As a forensic nurse, it is a great feeling to be able to hand a survivor a bag full of clean clothes, grooming supplies, and items to help with mental distress. The bears that are included in the bags are a great tool to help promote healing. Our forensic nurses love caring for patients and appreciate these bags to help benefit patients."



The Cleveland Clinic Forensic Nursing Program

We are so glad that our AfterCare and iCare Kits will be able to help forensic nurses provide care to their patients. We look forward to continuing our partnership with the Cleveland Clinic healthcare system.



FEAR 2 FREEDOM™

VOLUNTEER FOCUS



This month's featured volunteer is Brianna Ogoke, who has been volunteering with F2F for over a year. Brianna's dedication and sincere spirit set her apart as an exemplary volunteer.

When asked what she loves about volunteering at F2F, Brianna said "my favorite part...is knowing that the work that I am doing is bringing love and care to sexual assault survivors." In her (infrequent) spare time, Brianna enjoys watching TV shows with her roommates.

F2F FOCUS



Our F2F Focus is Kristin Ritchey, Director of Development. Kristin joined the F2F Team in November 2019 and has already had a huge impact on our donor communication and outreach. She is heavily

involved in the Champions Circle and other fundraising efforts. When she isn't at work, Kristin can be found cooking, at a barre studio, or exploring Hampton Roads with her friends and family.

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**GOT A KNACK FOR DESIGN?
We're extending our deadline!**

Fear 2 Freedom is looking for supporters to help us design a new button for Sexual Assault Awareness Month, coming in April 2020. We're extending the deadline for the Button Designing Competition! Submit your design ideas to getinvolved@fear2freedom.org.



EMPOWERMENT STORY: NORFOLK STATE UNIVERSITY STUDENTS

Impact of the Hour 2 Empower service-learning event on student attendees:

"This event was exactly what it needed to be. Keep up the amazing work. This info was needed, thank you."

"I learned so much and I'm grateful to be part of the change!"



We want to hear from you!
Connect with us @fear2freedom

If you are a survivor willing to share your story and inspire others, please contact us at getinvolved@fear2freedom.org.

Are you interested in learning more about F2F, donation options, upcoming events, hosting a table at the Champions Luncheon, how to purchase F2F merchandise, or anything else at F2F? Visit our website at www.fear2freedom.org!