



APRIL NEWSLETTER

Board of Directors “Walk a Mile In Her Shoes” —April 10th, Coast and Inland

Chair, Steve Conway

Vice Chair, Michelle Deering

Secretary, Pat Meek

Treasurer, Sally Webster

Charley Meyers

Justin Briggs

Missy Nelson

Staff

Leadership:

Dina Polkinghorne

Judy Albert

Diana Douglas-Brown

Pat Champion

Coast

Carol Grass

Cheryl Dupre

Bonnie McCampbell

Diana Sallinen

Paula Perelstein

Inland:

Ana Araiza

Carissa Johnson

Debbie Ramirez

Kathy Asher

Lia Holbrook

Linda Davidson

Maria Aguilar

Porter Dinehart

Victoria Plattner

In recognition of April as National Sexual Assault Awareness Month, please join us at **10am, Saturday, April 10th** for this year’s **Walk-A-Mile In Her Shoes: A Men’s March to End Sexual Violence**. The march in Ukiah will begin at the inland office—564 South Dora St., while the activities in Fort Bragg begin at Town Hall—363 N. Main St. The purpose of the event is to raise awareness about ending sexual violence in our community and to raise some much needed funding for Project Sanctuary. From flowery flip-flops to sky high platforms, we provide styles to fit men who will symbolically walk in a woman’s



footsteps. Participants raise donations for this brief walk-a-thon to help fund rape crisis services. Although this is a Men’s

March, we encourage women and children of all ages to walk. The more the merrier!

There Are Several Ways You Can Participate

- Organize a team and collect pledges
- Collect pledges as an individual
- Sponsor a team (\$100 minimum)
- Do nothing, just join in & march. To register, please call 462-9196 or 961-1507, or visit us at www.projectsanctuary.org

Schwarzenegger repeats ‘09—cuts 100% of domestic violence funding again

Last year Governor Schwarzenegger and the “Big 5”, a budget committee made up of the five most powerful lawmakers in California, created a balanced-budget proposal that cut domestic violence funding by 20%. 94 shelter/agencies throughout the state prepared for the cuts and had contingency budgets in place that recognized the loss of the 20% in DV revenue. The proposed budget that the Governor and the “Big 5” created included an off-shore oil leasing plan as a means to raise revenues. When the draft budget went to the entire State legislation for final passage, the oil leasing plan was removed from the budget and a deficit budget was sent up to the Governor for final approval. **Then the unthinkable happened.** In order to balance the budget the Governor had to cut more spending and he eliminated not 20%, but 100% of the state domestic violence funding. Many programs in the state were reduced, but very few were eliminated 100%.

For Project Sanctuary it meant a loss in programs and major staff cut-backs and lay-offs. After a few months a bill was introduced, and passed, to restore a portion of the funding but just for one year.

Last month the Governor introduced his budget proposal for the next fiscal year and once again he did not put one penny of funding aside for domestic violence.

Both myself and Program Director Judy Albert met in Sacramento in March with representatives Chesbro and Wiggins to discuss our funding situation. We returned home with assurances from both members that they support permanent funding for domestic violence, but as of this writing no bill has been introduced that addresses permanent funding restoration.

Emergency shelters are not quality of life programs—they are emergency service providers that exist solely to give victims of violence a safe landing when there is literally **no where else to go**. The law of California is clear—if you are a battered spouse or partner and have children, your children could be removed from your home if they are continually exposed to violence. Without funding for domestic violence, there could be no place for these victims to flee to. During last year’s funding hiccup 6 shelters closed their doors, one never reopened.

In the next few months we will be busy advocating for funding restoration and will need the assistance of our supporters to make our voices heard. Please check the project sanctuary website for action alerts or send an email to projsanc@projectsanctuary.org to be put on our action alert email list. Thank you for your ongoing support—DP

Male Sexual Victimization—Myths and Facts

As part of National Sexual Assault Awareness Month this April, we thought it would be a good opportunity to publish some myths and facts about male sexual victimization.

Myth #1 - Boys and men can't be victims. This myth, instilled through masculine gender socialization and sometimes referred to as the "macho image," declares that males, even young boys, are not supposed to be victims or even vulnerable. We learn very early that males should be able to protect themselves. In truth, boys are children - weaker and more vulnerable than their perpetrators - who cannot really fight back. Why? The perpetrator has greater size, strength, and knowledge. This power is exercised from a position of authority, using resources such as money or other bribes, or outright threats - whatever advantage can be taken to use a child for sexual purposes.

Myth #2 - Most sexual abuse of boys is perpetrated by homosexual males. Pedophiles who molest boys are not expressing a homosexual orientation any more than pedophiles who molest girls are practicing heterosexual behaviors. While many child molesters have gender and/or age preferences, of those who seek out boys, the vast majority are not homosexual. They are pedophiles.

Myth #3 - If a boy experiences sexual arousal from abuse, this means he was a willing participant or enjoyed it. In reality, males can respond physically to stimulation even in traumatic or painful sexual situations. Many adult survivors feel guilt and shame because they experienced physical arousal while being abused. It does not mean that the child wanted the experience or understood what it meant at the time.

Myth #4 - Boys are less traumatized by the abuse experience than girls. While some studies have found males to be less negatively affected, more studies show that long term effects are quite damaging for either sex. Males may be more damaged by society's refusal or reluctance to accept their victimization, and by their resultant belief that they must "tough it out" in silence.

Myth #5 - Boys abused by males are or will become homosexual. While there are different theories about how the sexual orientation develops, experts in the human sexuality field do not believe that premature sexual experiences play a significant role in late adolescent or

adult sexual orientation. It is unlikely that someone can make another person a homosexual or heterosexual. Sexual orientation is a complex issue and there is no single answer or theory that explains why someone identifies himself as homosexual, heterosexual or bisexual. Whether perpetrated by older males or females, boys' or girls' premature sexual experiences are damaging in many ways, including confusion about one's sexual identity and orientation.

Myth #6 - If the perpetrator is female, the boy or adolescent should consider himself fortunate to have been initiated into heterosexual activity. In reality, premature or coerced sex, whether by a mother, aunt, older sister, baby-sitter or other female in a position of power over a boy, causes confusion at best, and rage, depression or other problems in more negative circumstances. To be used as a sexual object by a more powerful person, male or female, is always abusive and often damaging.

Believing these myths is dangerous and damaging.

- So long as society believes these myths, and teaches them to children from their earliest years, sexually abused males will be unlikely to get the recognition and help they need.
- So long as society believes these myths, sexually abused males will be more likely join the minority of survivors who perpetuate this suffering by abusing others.
- So long as boys or men who have been sexually abused believe these myths, they will feel ashamed and angry.
- And so long as sexually abused males believe these myths they reinforce the power of another devastating myth that all abused children struggle with: that it was their fault. It is never the fault of the child in a sexual situation - though perpetrators can be quite skilled at getting their victims to believe these myths and take on responsibility that is always and only their own.

• **For any male who has been sexually abused, becoming free of these myths is an essential part of the recovery process.** If you are a male or female survivor of sexual assault and/or molest, free counseling is available at Project Sanctuary.

(source—www.malesurvivor.org)

In her own words—new coast services director introduces herself

I can proudly say without ego that I am my own success story. Seven years ago, after leaving an emotionally abusive relationship with my ex husband and taking a low paying receptionist position in Fort Bragg, I knew something was terribly wrong about the choices I was making in my life.

I knew about Project Sanctuary and one day I got the courage to walk in and ask if I could get some counseling. I was thrilled to find out that the services were free.

After meeting with a woman named Collette, I knew I would keep coming back until I healed the wounded child within that needed to learn about safe relationships and clear boundaries. I was a client for almost a year and it turned my life around completely.

At the end of the year, I had learned that my childhood had violated every boundary that is normal to a healthy child and that I deserved all the safe love the world had to offer. I realized that I had a choice in my own happiness and in the direction I wanted to steer my life. I finally understood that I deserved to feel empowered.

I asked my employer for the title of Assistant Office Manager and my boss laughed at me. The old

me would have shuffled back to my desk but I was empowered and I said, "Hey, I'm serious! I am doing the work, I deserve the title." He stopped laughing, looked at me and said yes. One year later, after the Office Manager quit, I stepped up to the plate professionally and sang my own praises and accomplishments. He gave me the job and in doing so essentially the reigns to run his business. I had gone from receptionist to Office Manager in my first two years!

After a full seven years with the company I realized that I had mastered my job, gained valuable management experience and had become a powerful woman. It was time to move on, time to find something truly valuable to do with my level of dedication. It was at this pivotal moment in my life that I saw the ad in the newspaper for Coast Services Director for Project Sanctuary. I decided that working with and empowering others as I had been was exactly what I wanted to do with my life. That is the intent I brought to my interview, empowered and ready.

I wish to give my most sincere thank you to Project Sanctuary for seeing the untapped strength in me – for helping me find out who I am and for being there for our community—Diana Douglas-Brown

Sheeee's Baaaack!



Two years ago in this very column we announced the retirement of Coast Program Assistant, **Bonnie McCampbell**. One big sailing trip and a couple of years later, Bonnie has returned from her adventures and rejoined our staff on a temporary basis. Bonnie began her association with PS back in 1995 as a volunteer. Welcome back Bonnie!

Board News

The Project Sanctuary Board of Directors has gone through some major changes this year, most notably was the retirement of two long-term members, **Anne Boyes** and **Paul Conrado**. Boyes, who served on the Board for over ten years, is enjoying her retirement from her long career as a school administrator and traveling quite a bit to see family in Redding. Director Conrado, who has long been an active member of the local community, left PS after many years of service to take on new responsibilities with the Mendocino College Foundation board. In addition, **Mark Puthuff**, Police Chief for the City of Fort Bragg, left the Board after completing his term. Thank you so much to all of you for all your dedication and service to PS!

PS Staffer receives award

Congratulations to Coast Legal Advocate, **Cheryl Dupre**, for being named a recipient of the Ruby Award for Women Helping Women! This award acknowledges women who are working to improve the lives of women and girls. Thanks also to **Soroptimists International of Fort Bragg** for nominating her.

Are you on FaceBook? Project Sanctuary has its own FaceBook page. Become a "fan" and get all the latest news and action alert updates. Just log on to FB and do a search for Project Sanctuary.

If you would like to receive our newsletter electronically instead of in the mail, please email Maria and let her know at maria@projectsanctuary.org.



Project Sanctuary

www.projectsanctuary.org

UKIAH:

PO Box 450 / 564 S. Dora St. Ukiah 95482
Phone—707.462.9196 Fax—707.462.5869
Crisis Line—707.463.HELP

FORT BRAGG:

461 N. Franklin St., FB, 95437
Phone—707.961.1507 Fax—707.961.1539
Crisis Line—707.964.HELP

Nonprofit Org.
US Postage
PAID
Permit # 499
Ukiah, CA 95482

Return Service Requested

April is

Sexual Assault Awareness Month

Project Sanctuary offers...

24 HOUR CRISIS LINE

Immediate, supportive information and services to victim, families and concerned friends. Collect calls are always accepted. 1 800 575-HELP

SAFE SHELTER

Project Sanctuary offers women and their children a safe and supportive environment to leave an abusive relationship and a starting place to restructure their lives. Counselors and in-shelter support groups are provided. Children get help as well with on-site family therapy. Men needing shelter are also supported.

COUNSELING

Project Sanctuary provides no cost, one-to-one counseling for anyone who has experienced sexual abuse or violence in their lives no matter how long ago the assault occurred.

SUPPORT GROUPS

Project Sanctuary offers support groups for those who would like the support of others in a safe and positive environment. Groups include: "Women's Empowerment," "Anger Management," and "Adult Survivors of Sexual Molestation."

LEGAL SERVICES

Project Sanctuary's legal advocates provide assistance with domestic violence restraining orders and sexual harassment, as well as advocacy and support in court for victims of domestic violence and sexual assault.

PREVENTION EDUCATION

Project Sanctuary offers a sensitive, age-appropriate curriculum designed for students from pre-kindergarten through college. The program addresses safety, healthy dating relationships and who to ask for help and how.

COMMUNITY EDUCATION

Project Sanctuary staff provide information and presentations about domestic violence and sexual abuse for community members and organizations.

TRANSITIONAL HOUSING

Transitional housing is available for up to a year for a limited number of clients. This program provides support to victims who are transitioning to a life free of violence, allowing the time and shelter to work towards being independent.