



# Spring 2019 NEWSLETTER

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## SEXUAL ASSAULT AWARENESS MONTH creating a culture of consent

Every April, Project Sanctuary joins rape crisis centers across the country and holds a month-long ‘Sexual Assault Awareness Month’ campaign. So what exactly does it mean to be aware of sexual assault? Do you, for example, know what the laws in California are around sexual assault? Let’s take a look at a few so you can gauge your awareness.

The California Age of **Consent** is 18 years old. In several other states it’s actually lower. The age of consent is the minimum age at which an individual is considered legally old enough to consent to participation in sexual activity. Minors aged 17 or younger in California are not legally able to consent to sexual activity, and such activity may result in prosecution for statutory rape.

Spousal rape, also known as marital rape, is **nonconsensual** sexual intercourse between spouses or domestic partners. It’s unique in that it falls under the umbrella of California rape laws and domestic violence law. There is no special leniency just because the offender was married to the victim. In California, spousal rape is punished the same way as a stranger rape. Activity that can lead to a spousal rape charge include things like engaging in sex with a spouse if they are passed out from drinking too much, or sex under duress when a citizen threatens a non US citizen spouse with divorce or getting a green card revoked if they don’t have sex with them.

Date rape is a term commonly used to describe **nonconsensual** sexual intercourse that takes place between people who are or were dating, or are voluntarily spending time together. While date rape sounds more casual than a typical California rape charge, the two are, in fact, one and the same.

Those are just a few of the sexual assault laws in California and you may have noticed that **the theme running through all these scenarios is consent.**

So what exactly does it mean to get consent in relation to sexual activity? We like this description from RAINN “...When you’re

*engaging in sexual activity, consent is about communication. And it should happen every time. Giving consent for one activity, one time, does not mean giving consent for increased or recurring sexual contact. For example, agreeing to kiss someone doesn’t give that person permission to remove your clothes. Having sex with someone in the past doesn’t give that person permission to have sex with you again in the future. You can withdraw consent at any point if you feel uncomfortable. It’s important to clearly communicate to your partner that you are no longer comfortable with this activity and wish to stop. The best way to ensure both parties are comfortable with any sexual activity is to talk about it” [www.rainn.org/articles/what-is-consent](http://www.rainn.org/articles/what-is-consent)*



Project Sanctuary is incorporating the idea of consent into many of our activities this April. We will be partnering with several bars and pubs in the county to promote consent and safety with **consent messaging on coasters**, and the **Angel Shot program** where bartenders receive special training to spot potential abuse. Several businesses and organizations throughout the County will have special **SAAM info on their countertops along with a basket of free consent and SAAM buttons** for community members to wear in April.

International **Denim Day** is April 24th. This is a special day in April to recognize a supreme court ruling in Italy that a rape victim’s assailant could not have gotten the victim’s tight jeans off without her participation and therefore his conviction was overturned. Italian women took to the streets by the thousands, including female government officials, wearing jeans in protest. Denim Day has become an international symbol of the anti victim-blaming movement. If you would like to host a Denim Day at your workplace it’s super easy. We can supply you with Denim Day buttons for your staff and everyone wears denim to work that day.

Please join us this April in our efforts to prevent sexual assault by visiting our webpage for a complete list of ways to engage in SAAM. **[www.projectsanctuary.org](http://www.projectsanctuary.org)**

## Prevention Corner

**P**roject Sanctuary is passionate about education and raising awareness on the issues of domestic violence and sexual assault and our prevention program is at the crux of this effort. Prevention has grown and blossomed over the years and I hope to share with you some of our ongoing campaigns and events that we are extremely proud of and excited about.

One of our main goals is to consult and assist Mendocino County schools in their efforts to comply with the latest law regarding sex education. The California Healthy Youth Act (CHYA), is a law that has a diverse list of requirements, many of which directly relate to the issues we work on at Project Sanctuary. We are so pleased to be able to provide free presentations to these schools to help them achieve their CHYA compliance goals. Through these presentations, we pass on the knowledge and skills students need to develop healthy attitudes concerning adolescent growth and development, body image, gender, sexual orientation, and relationships. We also cover human trafficking for the purpose of sexual exploitation, per CHYA. Parental approval is always required, and an opt-out option is provided as well.

Another California law that saw major changes this year was SB 1343 which requires business owners with **five** or more employees to provide sexual harassment training to their managers and employees, and a repeat course every two years. This is a change from the past when it

was 50 employees and only managers were required to take the training. We are providing this training to a number of local businesses and anticipate many more requests as the year goes on.

Beyond the direct education work we do, we are also spearheading community outreach campaigns for Sexual Assault Awareness Month in April and Domestic Violence Awareness Month in October. April will find us partnering with businesses across the county to display educational information and materials as well as doing PSAs for local radio and articles in local papers.

The Prevention team wishes to thank the community for being so open and receptive to us over the years and understanding the importance of the information we are trying to deliver and the message of safety we are trying to spread. If you have questions or are interested in a PS presentation at your organization, business, or school, please reach out. I'm at (707) 462-9196 or [travis@projectsanctuary.org](mailto:travis@projectsanctuary.org)

*- Travis Meeks*

*Prevention Education Coordinator*



**IT'S TIME ... TO TALK ABOUT IT!**  
Talk early, talk often. Prevent sexual violence.

## Upcoming Events

- APRIL IS SEXUAL ASSAULT AWARENESS MONTH (SAAM)—see page 1
- MARCH 27—PROCLAMATION OF SAAM SUPPORT, Willits City Council
- APRIL 3—SAAM OPEN HOUSE for safety net professionals - UKIAH COUNSELING CENTER,
- APRIL 8TH—PROCLAMATION OF SAAM SUPPORT, Fort Bragg City Council
- APRIL 12TH—SAAM OPEN HOUSE for general public—FORT BRAGG COUNSELING CENTER
- APRIL 24TH—DENIM DAY
- APRIL 25TH—"LUNA GALE" PREMIERE—MENDOCINO THEATER COMPANY W/ PS staff will participate in a "talk back session" following the play (the play has a SAAM-related theme)
- VISIT [www.projectsanctuary.org](http://www.projectsanctuary.org) FOR ALL THE SAAM DETAILS

Project Sanctuary is on FaceBook and be sure to follow us on twitter @p\_sanctuary



**"Sex is like boxing. If one of the parties didn't agree to participate, the other one is committing a crime."**

*~ John Oliver, on consent*

## Volunteers Needed to Work on Inland Crisis Line

Looking for a rewarding volunteer experience to give back to the community? We can help! Project Sanctuary is seeking adults to answer the inland crisis line. We provide all the training so you have all the tools you need to help survivors of domestic violence and sexual assault. It's a commitment for sure, but a rewarding one. The training is in the evenings over the course of 80 hours and upon successful completion, you'll

be a certified Domestic Violence and Sexual Assault Peer Counselor. We had a training scheduled for this Spring, but had to postpone it when a few recruits had to bow out so we'd really like to get it going this summer. Typically, volunteers cover the crisis line 1-2 nights a month. If you have questions or are interested, contact Mary at 462-9196 or [mary@projectsanctuary.org](mailto:mary@projectsanctuary.org).



## Special Thanks to These Community Members from PS Staff

Coast Transitional Housing Client Advocate and Prevention Education Presenter, Alexandra Corzano, would like to thank **Cecilia Jimenez**, a Social Worker for the Mendocino Unified School District. Cecilia has embraced Project Sanctuary's groups in support of young men. Cecilia touches the hearts of each student she interacts with and we feel lucky to call her a partner. Thank you Cecilia! Alexandra would also like to thank **Carla Leach**, Guidance Counselor at the Alt Ed campus in Fort Bragg. Previously at MCYP, Carla has committed herself to advocating and supporting youth in the coastal community. Carla is truly an inspiration and vessel of motivation to all those she encounters. Thank you, Carla!

Vicki Wellspring, Coast Volunteer Coordinator, would like to thank "above and beyond" volunteer **Magdalena Weinstein** for offering bilingual counseling to our clients and leading a 'somatic approach to healing trauma' group beginning in April. Thank you Magdalena! Vicki also sends thanks to volunteer **Susan Wade** for her many years providing coverage for the Coast office during staff meetings. We always feel good leaving the office in Susan's compassionate, competent hands, and her dedication to the agency helps us keep serving our clients to the best of our abilities. Thank you Susan!

Prevention Coordinator, Travis Meeks, would like to extend a thank you to **Jin Jr Shi**

of the Instilling Goodness & Developing Virtue School for graciously hosting him for a recent visit to their campus. The staff and students were extremely kind and thoughtful and Travis appreciated the opportunity.

Angela Grijalba-Mora, a Client Advocate at our Fort Bragg office, would like to thank **Mr. Triplett and Ms. Alexandra** of Fort Bragg High School for being in continual support of our teen activities on campus. We feel lucky to have such an encouraging school staff. Thank you!

Inland Volunteer Coordinator and Transitional Housing Client Advocate Mary Tindall, sends a shout out to hair stylist **Krissy Williamson**. For over two years Krissy has provided haircuts for any PS client in need. Thank you Krissy! Mary also sends her gratitude to all the inland volunteers for their ongoing dedication to survivors in our community.

Shelter Director Debra Ramirez sends HUGE thanks to **Mark Pardini** of Pardini Appliance for the recent donation of a replacement dishwasher at the safe house. Pardini Appliance has been a big supporter of PS for years. Thanks Mark! Debra also thanks the Mendocino College chapter of **Phi Beta Kappa** Sorority for all the Valentines Day treats for the kids in the shelter. The cupcakes were gobbled up with pleasure.



Please help us lessen our environmental footprint by requesting an electronic version of our newsletter. Call Juan at 462-9196, or email him at [juan@projectsanctuary.org](mailto:juan@projectsanctuary.org) to be added to the e-list.



## Project Sanctuary

[www.projectsanctuary.org](http://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  
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Domestic Violence and Sexual Assault Prevention and Support

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. (707) 463-HELP (inland Mendocino County) & (707) 964-HELP (coastal region of the County).

### SAFE SHELTER

Project Sanctuary offers survivors and their children a safe and supportive environment to leave an abusive relationship and a starting place to restructure their lives. A staffed residence in a confidential location offers sanctuary for people who are at risk of domestic violence. Shelter residents get help from staff to find housing, employment, education or legal and social services. Counselors and in-shelter support groups are provided.

### COUNSELING

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

### SUPPORT GROUPS

Project Sanctuary offers group counseling for those who would like the support of others in a safe and positive environment. Some groups therapy opportunities include: "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, in English and Spanish, about domestic violence and sexual abuse for community members and organizations.

### TRANSITIONAL HOUSING

Transitional housing is available 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.