

Quick Notes

- Have you seen the SARA blog? You can also follow us on Twitter and Facebook and subscribe to our newsletter. Visit www.saracville.org.
- SARA recently partnered with the Greene County Sheriff's Department to offer self-defense training to women in Greene County. The class was a hit, with about 20 enthusiastic participants.
- SARA recently formed a partnership with Nelson County Public Schools to build sustainable prevention programs in each school.
- Need a training from SARA staff? We have made it easier to figure out what kind of training you would like and to schedule a workshop. Go to www.saracville.org and click on Community Education & Training to see our new training request form.



Hotline: 434-977-7273
 Office: 434-295-7273
 PO Box 1565
 Charlottesville, VA 22902

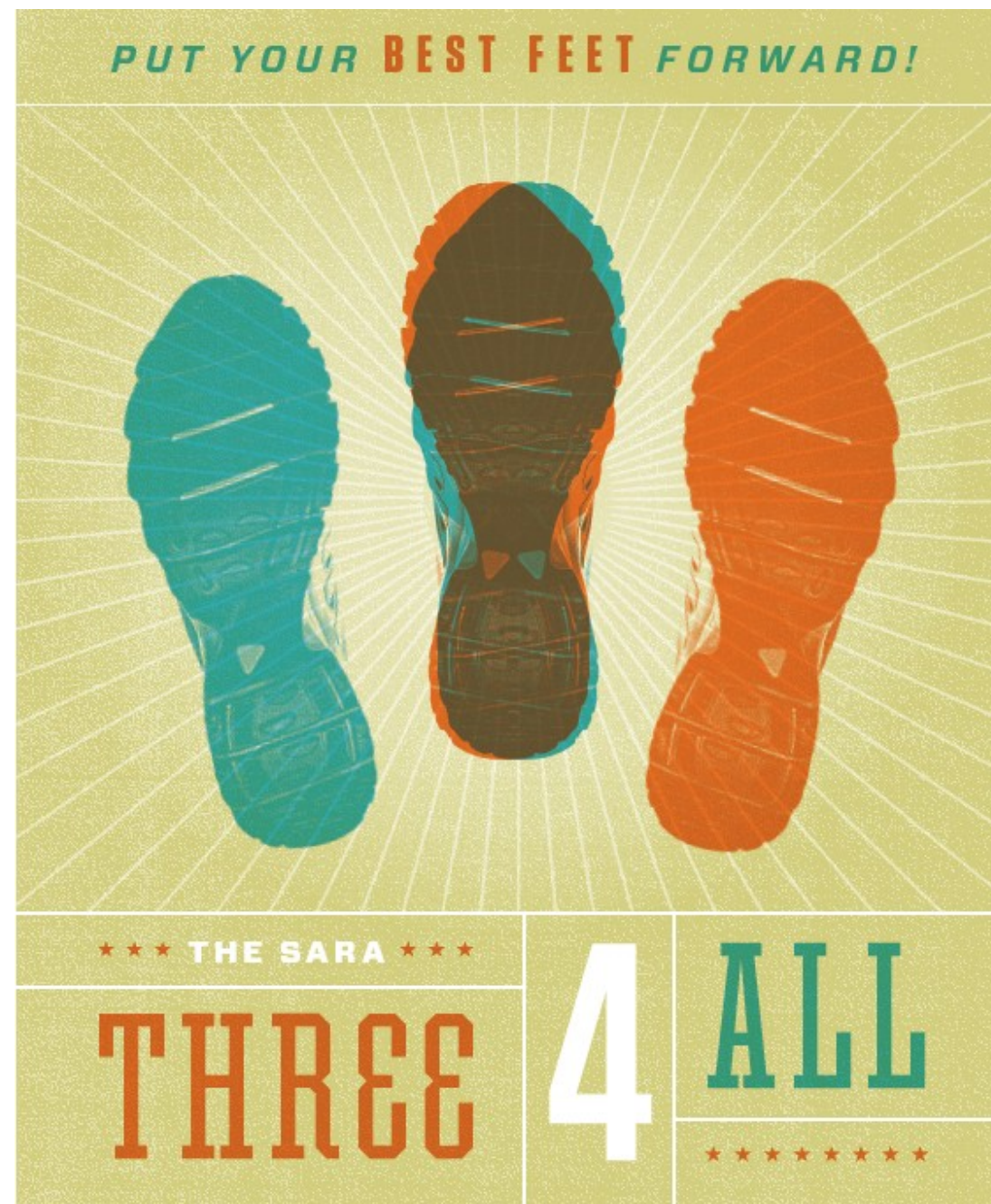
NON-PROFIT
 BULK RATE
 PERMIT #472
 CHARLOTTESVILLE, VA

Visit our website: www.saracville.org



SARA's mission is to eliminate sexual violence and its impact by providing education, advocacy, and support to women, men, and children. We serve residents of Charlottesville, and Albemarle, Nelson, Louisa, Fluvanna, and Greene Counties who have experienced any kind of sexual assault, abuse, harassment, or stalking. SARA also offers educational and prevention programming to engage people in the effort to create a community free of sexual violence.

Spring 2011



Sponsored by:



The fun will continue...

After the Three-for-All, join SARA volunteers, staff, and local performers and authors at Barnes & Noble for a bookfair benefiting SARA, hosted by students from Charlottesville High School. The day will feature children's activities, a video booth for making your own web PSAs, information for parents and educators, and readings from celebrated local authors. A portion of sales that day will be donated to SARA, so it's a great time to search for that perfect graduation or Mother's Day gift. Liz Securo will be reading from her new book, and Terry Allard will host story time for children.

Just bring the voucher on the left or say "Bookfair for SARA!" when you check out to have a donation made for SARA.

A full schedule is available at www.saracville.org.

APRIL 2ND 2011
 10:00 a.m. 'til noon
 at McGuffey Art Center (rain or shine)
 REGISTER AT ★★★★★★
WWW.SARACVILLE.ORG

JOIN US for the first annual SARA Three-for-All, the world's largest three-legged race! This fun, family-friendly event will encourage personal and community responsibility for ending sexual violence.



Barnes & Noble Bookfair

Charlottesville High School Book Fair benefiting SARA

Saturday, April 2, 9am-11pm

Barnes & Noble

Barracks Road Shopping Center

Bookfair ID 10425387

Please present this voucher prior to making your purchase. A percentage of the net sale will be contributed to your school/organization.*

*The purchase of gift cards, Barnes & Noble memberships, textbooks, video games, digital devices including nook™, purchases made at Cafés owned and operated by Starbucks and other items Barnes & Noble may exclude from time to time in its sole discretion are not included in bookfair totals. Institutional discounts may not be applied. See bn.com/bookfairs for more details and to shop online.



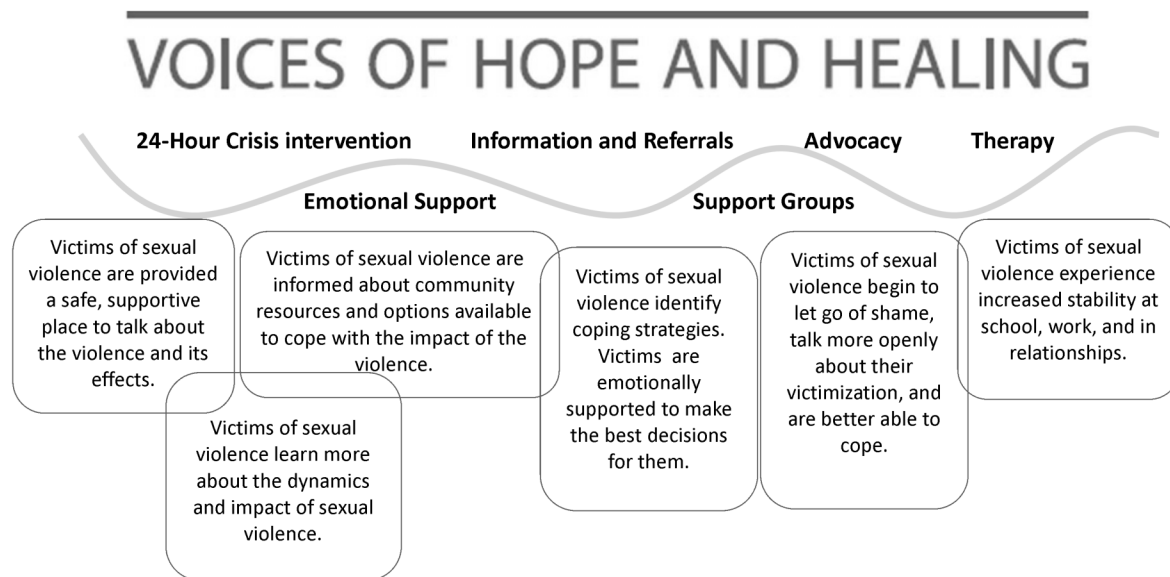
SARA's Continuum of Care for Survivors of Sexual Assault

SARA's direct services staff recently developed a model of care for our clients. Sarah Lewis, Clinical Director and Therapist explains why:

In our collaboration with other community organizations we began to see there were gaps and lag times for individuals and families in need of services directly resulting from sexual assault (either past or present). No one should have to wait, nor struggle silently because they cannot get an appointment.

Our new model is a continuum of care that allows us to meet the needs of clients who are in crisis and need immediate attention and those who are no longer in crisis and are ready to tackle difficult issues in therapy. We have a team of professionals available to help with crisis intervention, stabilization, and referral management as well as more intensive therapy. Our staff advocates are available to meet with clients in crisis at short notice, to help them deal with an immediate crisis and address needs such as safety planning. Our advocates serve as the first point of contact for a client. For many clients who are not ready or interested in delving into therapy, meeting with an advocate for emotional support and information is just what they need to help cope with the impact of their experience. When they are ready, our clients can then start therapy. Along the way, we offer support groups and therapeutic groups for men, women, teens, and children. Any past client who is struggling can come back to SARA to see an advocate any time.

We work with individuals, couples, and families who have been impacted in some way by sexual assault past or present. We work with all ages of men, women, and children in the hope of breaking down the barriers to treatment and wellness.



Faith Community Workshop Day for Child Abuse Prevention Month

In partnership with the Shelter for Help in Emergency, Foothills Child Advocacy Center, and Children, Youth, and Family Services, SARA is offering a day of workshops for clergy and other faith community leaders and staff during the last week in April. Topics we will cover include identifying at-risk children, handling disclosures, ministering to victims, incorporating prevention education into religious education programs, and developing policies to keep children safe. All clergy, congregational leaders, youth staff, childcare providers, religious education teachers, and anyone interested in creating a safer community are encouraged to attend this free event.

Check www.saracville.org for updates on final date and location. Questions? Call 434-295-7273 and ask for Jasmine Brock, Community Relations Coordinator.



Three-for-All Reception and Art Sale April 1st

5-7pm, Sage Moon Gallery at Siips
Wine & Champagne Bar, Charlottesville

The evening before the Three-for-All, SARA will host a First Friday reception and art sale downtown at Siips. Works by local artists on the theme of interdependence and a community free of sexual violence will be sold to benefit SARA's programs. The art will be displayed at Barnes & Noble during the two weeks prior to the sale.

Left: *Lean on Me*, Oil, 27.5" by 23"
Randy Sights Baskerville, Charlottesville, VA, \$400

Dear SARA,

My nephew was sexually assaulted by a family friend. I've heard about SARA, but I'm not sure if you can help him. Though we have all told him it's not his fault, I'm still worried about him. How can we keep this from happening to him again? How can I keep my own children safe?

—Worried Aunt

Dear Worried Aunt,

Your nephew is fortunate to have such a supportive and caring aunt. You and his family have taken the first and most important step in his healing process—you believe him. For children who have been sexually abused, we offer emotional support, safety planning, medical and legal accompaniment, therapy, and support groups. For families of victims, we help with strategies for dealing with the effects of the abuse, safety planning for the whole family, and case management. Since family members also suffer when a loved one is abused, we offer emotional support and therapy for them, too. If your nephew is going to Foothills Child Advocacy Center for a forensic interview, our Child Advocate will be there to offer support and services to the whole family.

It's great that you're thinking about the safety of your own children, too. SARA's prevention educators and outreach volunteers spend a lot of time in the community providing information on how to do just that. Some key things to remember.

- Support your children's need for privacy when dressing, bathing, and sleeping, and make sure everyone—family, friends, visitors—respects those boundaries too.
- Tell your children that it's ok to say "no" to an adult in order to protect their personal space. Explain to family members why you don't make your children give hugs or kisses if they don't want to.
- Teach your children the proper name for their body parts and encourage them to use them. Children need to understand their bodies and be able to communicate questions and concerns.
- Talk openly about good touches and inappropriate touches. For younger children, you will need to be very specific, asking them to tell you if anyone touches their genitals. Also, children need to know that they must respect other people's bodies, too. It's never ok to use manipulation or threats to touch someone else.

To make an appointment for your nephew at SARA, his parents can call our office at 434-295-7273 and ask for the Child Advocate. If you'd like to see a prevention education program in your local school or congregation, call our office and ask to speak to a prevention educator.