



NEBRASKA COALITION
TO END SEXUAL AND DOMESTIC VIOLENCE

Special Edition
March 2016

Nebraska Coalition to End Sexual & Domestic Violence

NSAC 2015

The Coalition Sends Eight Advocates to NSAC 2015

The Coalition sent eight advocates to attend the 2015 National Sexual Assault Conference in sunny Los Angeles, California last August. Check out what went down...

Inside this issue:

Beal	2
Brennan	4
Lichtenberg	5
Lock	7
Maloley	9
Page	11
Sherman	12
Whitmire	13
Resources	15

The National Sexual Assault Conference (NSAC) is a three-day conference that offers advanced training opportunities for victim advocates and other professionals working to prevent sexual violence, provide critical intervention services, and support those who have experienced sexual violence.

This year's conference theme, "Inspired by Progress, United by Purpose," focused on providing cutting-edge information, effective and relevant practices, and content that incorporates culturally appropriate programs and services to underserved communities to change the conditions that promote sexual violence.

The Coalition selected eight advocates to travel to sunny Los Angeles, California and attend NSAC 2015 under Preventive Health and Health Services dollars. These eight advocates attended the Prevention Track of the conference and reported back to the Coalition on their experience.

Kudos to the advocates (listed at left) who applied and won the opportunity to attend NSAC 2015. Now read what they had to say about NSAC 2015 in this special edition newsletter.

Kudos!

Morgan Beal,
Voices of Hope, Lincoln

Dana Brennan,
Sandhills Crisis Intervention Program, Ogallala

Stacey Lichtenberg,
The Bridge, Fremont

Christina Lock,
Hope Crisis Center, Fairbury

Tanya Maloley,
The S.A.F.E. Center, Kearney

Holly Page,
Heartland Family Service, Papillion

Carol Sherman,
Sandhills Crisis Intervention Program, Ogallala

Gretchen Whitmire,
The S.A.F.E. Center, Kearney



Coalition staff and network advocates are inspired by progress and united by purpose at NSAC 2015.

Twenty Advocates from Nebraska Attend NSAC 2015

Twenty advocates attended NSAC 2015. That is the most the network has sent yet! The other 12 advocates who attended were:

Sarah Amack
The DOVES Program, Gering

Kathleen Bauer,
Sandhills Crisis Intervention Program, Ogallala

Melissa Bruha,
SASA Crisis Center, Hastings

Kati Caniglia,
Heartland Family Service, Papillion

Shelly DeBuhr, *Voices of Hope, Lincoln*

Cari Emerson,
Hope Crisis Center, Fairbury

Lynne Lange,
Nebraska Coalition

Leaghia Lynch,
Sandhills Crisis Intervention Program, Ogallala

Michelle Miller,
Nebraska Coalition

Justine O'Neill Hedlund,
Women's Center for Advancement, Omaha

Madeline Walker,
Women's Center for Advancement, Omaha

Michelle Zinke,
Nebraska Coalition

Didn't go? That's okay! The Coalition will incorporate the information into future training and capacity building efforts.

You can also visit www.preventconnect.org to download materials.

Mark your calendars for NSAC 2016 in Washington, D.C., August 31st—September 2nd. The Coalition will send another eight advocates to attend the prevention track of this conference as well. The Coalition will share additional detail as the date gets closer.

“...awareness is essential and sets the ground work for prevention, but it is not enough to eliminate relationship and sexual violence.”

How to Turn Sexual Assault Awareness Month into Year Round Prevention by Morgan Beal

My favorite breakout session that I attended at the National Sexual Assault Conference was entitled *Be the Solution: How to Turn Sexual Assault Awareness Month into Year Round Prevention*. This session discussed

using the momentum of Sexual Assault Awareness Month by integrating prevention programming year round, something that I always strive for at Voices of Hope.

This session outlined the distinct differences

of awareness versus prevention. Awareness focuses on breaking the silence centered on violence against women and provides an overview of the problem. Presenters emphasized that awareness is essential

(Continued on page 3)

How to Turn Sexual Assault Awareness Month into Year Round Prevention *by Morgan Beal (continued)*

(Continued from page 2)

and sets the ground work for prevention, but it is not enough to eliminate relationship and sexual violence. Prevention, on the other hand, is about making change, saturated messaging, and promoting alternatives, and it ultimately focuses on building healthier communities by concentrating on preventing perpetration and creating active bystanders.

The presenters challenged session participants to focus on the marketing, branding, and creation of a tagline for their call to action. When creating a tagline for your campaign, ask yourself: What are you excited about? What are your “pros”? What is the opposite of sexual violence? What do you want to promote? For example, the presenters shared

their campaign using speech bubbles with the tagline: “I’m anti-sexual violence and pro _____” and used social media to give the campaign momentum. This reminds me of the social media campaign #IAmAVoice that Voices of Hope is currently conducting. We wanted to promote a positive message and engage bystanders.

Presenters also shared the *Be the Solution Game & Discussion Guide* as an interactive prevention tool that uses health promotion and protective factors, supports healthy development, and creates community norms free from violence. The discussion guide incorporates eight topics including consent, friends, boundaries, dating, tough stuff, hopes and beliefs, sex, and respect. Each topic

provides a list of questions, role plays, and activities. For example, the boundaries section includes questions like: How would you define boundaries? What types of boundaries do you set for yourself? How do you communicate your boundaries with others? There is a role play scenario to demonstrate “space bubbles” and an activity that asks participants to draw a boundary map. This guide is helpful in planning lessons around each topic or simply using some of the questions as an ice-breaker activity, which I have already utilized in some of my presentations. This discussion guide has also been modified for children with different topics (e.g., dreams, choices, self-esteem, etc.) and there is a Spanish version available online.



Morgan Beal (right) and Shelly DeBuhr (left), both from Voices of Hope in Lincoln, Nebraska, at NSAC 2015.

Visit Voices of Hope’s website at www.voicesofhope.lincoln.org/get-involved/iamavoice.html to learn more about their #IAmAVoice campaign.

Applying What I Learned at the National Sexual Assault Conference by Dana Brennan



Dana Brennan (right) and coworkers from the Sandhills Crisis Intervention Program in Ogallala, Nebraska, at NSAC 2015.

“Many social problems intersect. Often, many of the same risks and protection factors that apply to sexual violence also apply to those social issues.”

I am forever grateful for the opportunity to attend the 2015 National Sexual Assault Conference in Los Angeles, California. Not only did I get to attend workshops led by the nation’s latest leaders, but I got to meet advocates, therapists, nurses, researchers, and state coalition members from all over the country.

There were three sessions that really stood out to me: *Shared Risk and Protection: From Violence and Beyond*, *Supporting Parents to Promote Sexual Health and Safety at Home and in the Community*, and *What Do I Do With All This Text? Skill-Building to Demystify Qualitative Analysis*.

I have already begun to use the strategies I learned about in the *Shared Risk and Protection* workshop in regular systems advocacy within our

community. Because of this particular workshop, I better understand how to present our movement of ending sexual violence to other community agencies, even if they are not directly involved with preventing and ending it. Many social problems intersect. Often, many of the same risks and protection factors that apply to sexual violence also apply to those social issues. Thus, it is in our best interest to work together. To date, I have already used an activity from this training in our local CRT group called *Netty Spaghetti*. It further solidified our team’s resolve to work together and provided a tangible activity that demonstrates the importance of working together.

In *Supporting Parents to Promote Sexual Health and Safety at Home and in the*

Community, I learned that a large component of preventing child sexual abuse is supporting parents in promoting sexual health and safety. Ultimately, this comes down to teaching medically-accurate, age-appropriate sex education. We need to support parents in teaching their children the medical terms for their body parts and the difference between privacy and secrecy. It also includes helping parents to teach their children about boundaries and reviewing those boundaries each year as the children get older and enter into different developmental stages.

Finally, I was very interested in learning more about qualitative analysis. At first glance, *What Do I Do With All This Text? Skill-Building to Demystify Qualitative*

Applying What I Learned at the National Sexual Assault Conference *by Dana Brennan (continued)*

(Continued from page 4)

Analysis seemed intimidating. However, the presenter, Janet Rosenzweig, was very entertaining and engaging. She simplified the concepts.

Rosenzweig was able to demonstrate how you don't have to be a seasoned researcher to gain powerful information from your community by helping

us to create and code our own mock studies. I think this will be very helpful in studying the attitudes of our communities towards relationship violence, as well as the effectiveness of our program in working with clients. I look forward to applying this knowledge!

Throughout the conference, I enjoyed networking and getting

to know people who shared the same passion. They shared their life experiences and perspectives, what they do, and how their particular programs work. While we were in L.A., we met and got to know a number of advocates from Nebraska. This has created more collaboration between sister programs in assisting clients as well as sharing ideas!

“ I better understand how to present our movement of ending sexual violence to other community agencies, even if they are not directly involved with preventing and ending it.”

It's Hard to Know Where to Start... *by Stacey Lichtenberg*

The 2015 National Sexual Assault Conference in Los Angeles, California had so many highlights it is hard to know where to start, so I will just tell you about three of my favorite breakout sessions and how I relate them to my prevention work at The Bridge.

I found the workshop *Applying Social Norm*

Theory to Prevention of Gender Based Violence in Middle Schools fascinating because I do a lot of work in different middle schools and I am always trying to find new ways of engaging youth in a way that they will actually retain and practice the information given to them. As a society, we are so focused on negative behavior and

messaging. So much so that we literally start to believe that everyone is engaging in destructive or dangerous behavior because that's all we focus on. Then there is always that go-to tactic of scared straight. That is when we show youth what happens to your brain if you do drugs, what happens when you drink and drive, what

(Continued on page 6)



Stacey Lichtenberg (right) from The Bridge in Fremont, Nebraska, and Sarah Amack (left) from The DOVES Program in Gering, Nebraska, at NSAC 2015.

It's Hard to Know Where to Start... by Stacey Lichtenberg (continued)



Jackson Katz at NSAC 2015.

“Instead of focusing on the negative behavior we need to affirm and enhance positive behavior and norms...”

(Continued from page 5)

happens or could happen to you if you are in an abusive relationship, or what could happen to you if you drink or do drugs and someone wants to take advantage of you in a vulnerable state.

What this workshop reminded me was that the problem with “health terrorism” is that it unintentionally reinforces the problem by fostering the misperception and that it does not speak to the majority of your audience who are doing the “right thing.” Instead of focusing on the negative behavior, we need to affirm and enhance positive behavior and norms by highlighting all of the individuals who want to or try to do the right thing and take a stand against interpersonal violence. I now implement the information I gained in this workshop to engage positive, healthy bystanders by

having open conversations and reflecting on positive behavior instead of focusing on all things negative.

As we all know there is a whole world of issues created around the use or misuse of social media and that’s why I chose to go to *Lessons from the Dark Side: Sexual Predators and Cyberstalkers—Red Flags and Reasonable Precautions*. This workshop was really fascinating. One of the main points the presenters focused on was that a profile is worth a thousand words, which can help when determining potential perpetrators by looking for red flags.

Focus: What captures the user’s attention? What are their interests and how do they focus on themselves and others?

Lifestyle: How do they spend their time? What are their hobbies/interests?

Association: What sort of company do they keep? What organizations do they belong to?

Goals: What are their priorities? Are their ambitions selfish or selfless?

I came back and started implementing this information into my presentations with students so they have the tools and confidence to feel safe online. Instead of “scaring” them about the dangers of perpetrators online, I engage them in a proactive way so they can continue to share what they have learned with their friends and other students.

Finally, we all know how much Jackson Katz motivates you when you hear him present, no matter how

(Continued on page 7)

It's Hard to Know Where to Start... by Stacey Lichtenberg (continued)

(Continued from page 6)

many times you have heard or seen him, so I will wrap this up by letting you know that he did not disappoint. He talked about starting discussions about leadership and what that means to you. When you talk about leadership you are talking about something positive. You are opening the door to permission and acceptance by discussing what you think being a leader means and what kind of responsibility comes with this role. We need to let people, especially men, know that there are other men out there who are good; who are not abusive, sexist, or degrading. Social anxiety that men experience calling other men out keeps good men silent and—just like the workshop I attended about negative messaging reinforcing negative behavior—the same theory applies when we present that there are no good men out there because we are primarily focusing on the men with negative behaviors towards violence against women. I decided to bring back a renewed sense of expectation and that good leaders are not based upon gender, race, or social status, but based upon their treatment and attitudes towards gender, race, and social status. Almost like there is no other standard worth focusing on or talking about.

“We need to let people, especially men, know that there are other men out there who are good; who are not abusive, sexist, or degrading.”

National Sexual Assault Conference 2015 by Christina Lock

Summer's ending and September is here! The best part about this was heading to sunny Los Angeles, California to attend the National Sexual Assault Conference for the first time. Day one began in the Westin Bonaventure Ballroom with a view of over 1,000 amazing advocates and activists sitting around many tables, ready to start the day. I was so excited about experiencing my first conference and loading up on great prevention strategies that I didn't even expect the impactful speech by Kamilah Willingham (Program and Outreach Director of California Women's Law Center) during the opening plenary. The words from Kamilah were nothing short of inspiring and truly showed how far we have come in the sexual assault movement. Some of her encouraging



Christina Lock (left) and Cari Emerson (right) from the Hope Crisis Center in Fairbury, Nebraska, at NSAC 2015.

(Continued on page 8)

National Sexual Assault Conference 2015 by Christina Lock (continued)

“It was humbling to see Kamilah (Willingham) look into the crowd and express the importance that ‘there is strength in numbers.’”

“Much like soda companies, sexual assault prevention and awareness needs to present a message that is clear, positive, and interactive.”

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words stuck with me; “Right now the work of incredible activists have landed us with an insanely politically fortunate moment. People who have been sexually assaulted more and more are speaking out about their experiences. What’s amazing about this moment is that the world seems to actually be listening.” It was great to hear the promising words of this outspoken advocate and activist who is dedicated to gender equality, social justice, and human rights. It was a humbling to see Kamilah look into the crowd and express the importance that “there is strength in numbers.”

Along with hearing from some great speakers, I attended a number of great workshops as well. These were focused on prevention strategies in communities and schools. I was able to

take away a lot of insightful information during my first workshop, *Be The Solution: How to Turn Sexual Assault Awareness Month into Year Round Prevention*. I learned a lot of noteworthy tools for our program to use when shifting the focus from awareness to lasting prevention for our communities. It’s important to know what the right amount of prevention dosage should be within our own communities and how to get the people to pick up on our message. Much like soda companies, sexual assault prevention and awareness needs to present a message that is clear, positive, and interactive.

Though my focus was on bringing home some impactful prevention strategies to our community, I was also able to learn about more specific sexual assault topics

and attended two other great workshops; *Core Concepts for Child Sexual Abuse Prevention* and *Supporting Parents to Promote Sexual Health Safety At Home and In the Community*. Both of these workshops provided essential information for sexual abuse prevention and encouraged healthy sexuality education for young children. Research shows that there are higher rates of sexual assault found among women who received inadequate sex education and that we need to be getting the information to students, both male and female, a lot sooner than their teen years. I was able to take away some helpful information from the *Core Concepts* workshop to use in future presentations, including the *10 Core Concepts for Child Sexual Abuse*

(Continued on page 9)

National Sexual Assault Conference 2015 by Christina Lock (continued)

(Continued from page 8)

Prevention from the Wisconsin Coalition Against Sexual Assault. In the *Supporting Sexual Health* workshop, I was intrigued as Janet Rosenzweig (PHD and Vice President of Prevent Child Abuse America), discussed the importance of sex education and talking about it with your

children. Though it may be a hard topic because of our own boundaries and discomfort, it is important that healthy perceptions of sexuality are learned early on to prevent sexual abuse.

Over the course of three days, I was able to walk away with an abundance of information and

inspiration to keep me working hard in this movement and to continue our sexual assault prevention efforts at Hope Crisis Center. I am forever grateful to be *Inspired by Progress and United by Purpose* and for my opportunity to attend NSAC 2015. I look forward to experiencing it again in the future!

“Though it may be a hard topic because of our own boundaries and discomfort, it is important that healthy perceptions of sexuality are learned early on to prevent sexual abuse.”

Hopes to Try Out New Ideas in Our Community by Tanya Maloley

This year I was fortunate enough to be a scholarship recipient to attend the National Sexual Assault Conference in Los Angeles, California. This was my first time attending this conference so I was really eager to learn a lot about sexual assault and how we can prevent it. Through this scholarship, I attended workshops geared towards prevention.

One of the workshops

I attended was called *Be the Solution: How to Turn Sexual Assault Awareness Month into Year Round Prevention*, presented by the Washington Coalition of Sexual Assault Programs. In this workshop, they showed attendees some ideas on what they have done to raise awareness on sexual assault. Some ideas were having people play bystander BINGO, handing out megaphones to have people be loud rather

than silent, and of course their game titled *Be the Solution*. This game is geared toward teens and they have a special version for children. This game is meant to have a group of kids get together and talk about issues that range from sex to dating to respect. Since they had given out the discussion guide I have been able to use it a couple of times with adults to

(Continued on page 10)



Tanya Maloley (left) and Gretchen Whitmire (right), both from The S.A.F.E. Center in Kearney, Nebraska, at NSAC 2015.

Hopes to Try Out New Ideas in Our Community by Tanya Maloley (continued)

(Continued from page 9)

“...hopefully we can get our foot in the door at schools and play this game with kids.”

get their opinions on the game and if they think it would be beneficial to use it at schools. The two times I used it, participants had nothing but great things to say, so hopefully we can get our foot in the door at schools and play this game with kids.

Not only would playing *Be the Solution* be a great way to reach out to schools, but talking with the coaches could be an effective way to educate youth. While at the conference I attended a workshop called *Coaching Boys into Men*. This is a program in which once a week coaches talk to their players about respect, consent, etc. I thought it was interesting that the speaker said it has to be the coach that talks to the players and not someone from an agency. It would mean more coming from the coach since most

athletes look up to their coaches. I truly hope that one day we can implement this into our athletic programs because I do believe that we need to reach out to those when they are young.

Another workshop I attended was *Developing Bystander Training for Bars Around the College Campuses*. This workshop was presented by the Arizona Safer Bars Alliance and the presenter talked about their program and how we can apply something similar into our communities. Their program is a training for bar staff and owners on how to spot and respond to sexually-aggressive behaviors that they might see while working. It would be great to start doing this training in our community since we do have a university and that is the prime age when sexual

assaults occur.

Being at this conference I was able to bring back a lot of educational materials and ideas that we can use at our agency. It was also great connecting with other advocates from Nebraska and seeing how they do certain things at their agencies. I would definitely recommend this conference to anyone in this field. I believe that with these new ideas we can touch even more lives, whether that's face-to-face with clients, teaching on bystander intervention, or raising awareness on sexual assault.

“...it has to be the coach that talks to the players and not someone from an agency. It would mean more coming from the coach since most athletes look up to their coaches.”

Knowing Your Community by Holly Page

At the conference I attended *Not Another Training in a Box: Supporting Community-Based Primary Prevention Strategies*. The session was about successes and challenges that the Maine, Missouri, and Washington state coalitions had implementing community based prevention programs. The overarching theme was to know your community and tailor your programs to suit those needs. Our program was fortunate to have another person from our organization join me at the conference. We both attended this session and started brainstorming for our specific community.

We have had some resistance in our community to bringing this information to the schools because of the myth that our community is safer because we are not

part of Omaha. Our program knows that this is a myth. Some Bellevue schools are aware and taking action, but we have not had a good welcome from Papillion/LaVista schools. Therefore, because of the information that we were learning about, we came to the conclusion that we should start taking advantage of our “low lying fruit” instead of just focusing our efforts on the school system.

We have numerous church groups that are great supporters of our work. Those churches all have youth groups that we could potentially tap into. While it might also be difficult to reach this population as well, we at least have the connections and have a platform to start.

I also attended *What Communities Have to Say: Using Focus*

Groups for Sexual Violence Prevention Planning. It was a good session; however, I am unsure how to start the discussion in my community. I really liked the concept and the benefits the session offered—our program will just have to determine how to start this process. We can start by focusing on our primary populations in our community. It was a good session that opened my eyes to this concept in general. I had never really heard of conducting focus groups to get a better understanding of what the community feels are its problems, instead of just thinking that this is what we offer because it is a problem for you. It is a great way to get buy in from the community. I am hopeful we will start to implement some of this into our program.



Holly Page (right) and Kati Caniglia (left), both from Heartland Family Service in Papillion, Nebraska, at NSAC 2015.

“I had never really heard of conducting focus groups to get a better understanding of what the community feels are its problems, instead of just thinking that this is what we offer because it is a problem for you. It is a great way to get buy in from the community...”

Working Together to Create Change *by Carol Sherman*



Carol Sherman (third from right) and coworkers from the Sandhills Crisis Intervention Program in Ogallala, Nebraska, at NSAC 2015.

“...students and communities can work together to prevent sexual harassment and bullying in their communities, by working together and respecting each other.”

I was thrilled to attend the 2015 National Sexual Assault Conference in Los Angeles, California. Attending the conference gave me the opportunity to collaborate with other professionals to continue to work together to create change. The breakout sessions that I attended all pertained to prevention.

One of the workshops that inspired me the most was *Community Mobilization Strategies Making Community Level Change*. Rebecca Milliman shared the story of how she had written a three year grant for a community development project. The school that she chose was Two Rivers School. It is a small school in Snouqalmie, Washington. The community believed this school is where the “bad kids, drop outs, lazy students, and drug and alcohol

problems” from other communities attended school. Rebecca defined her community and recruited stakeholders such as educators, school board members, parents, and students. The students at this school recognized some of the most common forms of sexual harassment and bullying in their school, and then created possible solutions, including bystander intervention. This workshop shows how students and communities can work together to prevent sexual harassment and bullying in their communities, by working together and respecting each other.

Another workshop in which I gained valuable information was *How to Turn Sexual Assault Awareness Month into Year Round Prevention*, presented by the Washington Coalition of Sexual

Assault Programs. They focused on healthy relationships, healthy coping skills, healthy sexuality, and resiliency in children and teens. One of the tools they use is the game *Be the Solution*. This game encourages kids to discuss topics about healthy relationships and boundaries.

The last workshop I attended was *Self-Care as a Revolutionary Act*. This workshop gave us some tools that can be used in self-care. They educated us on the effects of trauma on advocates, and how to be your own best advocate. This workshop went hand in hand with a Tai Chi class I attended that morning. Tai Chi is a form of exercise that decreases stress and a variety of other health conditions.

I truly enjoyed the plenary speakers. I was especially

Working Together to Create Change by Carol Sherman (continued)

motivated by Jackson Katz! He was amazing! Kamilah Willingham was also amazing, and I have

ordered the movie "The Hunting Ground." It was released December 1st.

Thank you so much for this awesome opportunity to attend this conference!!

Great Ideas to Bring Back to My Agency and Community by Gretchen Whitmire

I had the privilege of being selected to receive the scholarship to attend the National Sexual Assault conference in Los Angeles, California. As part of the scholarship, I was able to attend the prevention track. As a client advocate, this gave me an opportunity to focus on prevention instead of crisis work. As an advocate, being able to attend the conference was very important. It gave me some great ideas to bring back to my agency and the community. I was able to bring back three different ideas that I would like to implement: *Coaching Boys into Men, Be the*

Solution: How to Turn Sexual Assault Awareness Month into Year Round Prevention, and Developing Bystander Training for Bars. Each one of these prevention ideas contains unique ideas and could bring some positive change to our community.

Attending the *Coaching Boys into Men* session sparked interest right away. This program could reach boys at a younger age and give them the knowledge that they need before they attend college. Boys that are in sports have a level of trust and respect between themselves and their coaches. This gives the coaches an

opportunity to make a difference and connect with players. This program teaches boys about healthy relationships and has some hard topics of discussion. If someone that the boys respect and look up to presents this information to them, the boys will be more receptive to it. I am really looking forward to having discussions with my coworkers and the community about implementing this program in our schools.

I also had the opportunity to attend *Developing Bystander Intervention for Bars*. This program was about teaching bar



Gretchen Whitmire (right) and Tanya Maloley (left), both from The S.A.F.E. Center in Kearney, Nebraska, at NSAC 2015.

“As a client advocate, this gave me an opportunity to focus on prevention instead of crisis work.”

(Continued on page 14)

Great Ideas to Bring Back to My Agency and Community by Gretchen Whitmire (continued)

“...we could reach youth in a fun, energetic way by playing this game with them.”

“It is valuable as an advocate to continue to educate myself on new and trendy topics.”

(Continued from page 13)

staff to be able to recognize and intervene if they see something happening. Since we are a college town and have several bars, this could be a valuable training. This is a level of prevention that could be easily implemented and could help cut down on sexual assaults in bars. Every bar staff should be able to have this training and feel comfortable with stepping in and preventing something from happening. I am the facilitator of our local Sexual Assault Response Team (SART) and have had the opportunity to present this idea to the team. The team agreed that this program was a great idea and could be successful.

I attended the *Be the Solution: How to Turn Sexual Assault Awareness Month into Year Round Prevention* session

and really enjoyed it. The session gave me ideas on fun ways to talk about prevention. The games that were presented to us were an awesome way to interact with youth. We could implement this into many different areas of the work we do. I presented a game to our Community Response Team/SART team and played it with them to see what their thoughts might be. I received great feedback from the team. I feel that we could reach youth in a fun, energetic way by playing this game with them. It gets them thinking about healthy relationships and lifestyles. It also makes them think about hard topics of discussion. I am very excited to introduce this program to the community.

Overall, this conference was very beneficial. As an advocate it gave me some great ideas for

prevention. It is very valuable as an advocate to continue to educate myself on new and trendy topics. This conference was truly an amazing conference and I learned so much. I am very excited about the sessions I attended and ready to start making some way with prevention work. Thank you for the opportunity to attend the National Sexual Assault Conference.

Be the Solution Game and Discussion Guide

The *Be the Solution Game and Discussion Guide* is based on a series of questions, role plays, and activities that encourage youth to talk about healthy sexuality and relationships. The

game board is available in both English and Spanish. You can customize the game by picking and choosing the activities and topics that are most relevant to the young people with whom you are

working, or you can forego the game altogether and use the discussion guide on its own. Learn more and download materials at www.wcsap.org/discussion-guide-be-the-solution-game.

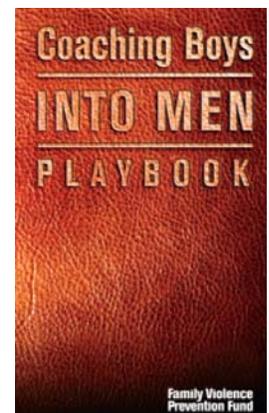


Coaching Boys Into Men

Coaching Boys Into Men (CBIM) equips coaches with tools to help athletes build healthy, respectful relationships. *CBIM* offers a brochure, website (www.futureswithoutvi

www.futureswithoutviolence.org/engaging-men/coaching-boys-into-men/), playbook, and coach's kit. If you are interested in implementing *CBIM* in your community, check out the tools and resources at

www.coachescorner.org/index.asp?page=4. The Coalition also has the *CBIM Coach's Kit* in its Lending Library and programs are more than welcome to check it out.

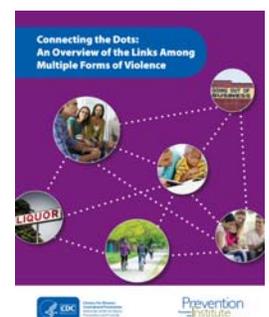


Connecting the Dots

A theme at the National Sexual Assault Conference and throughout this newsletter is that of community collaboration. Sexual violence shares some of the same risk and protective factors with

other types of violence. Given these links, preventing sexual violence will take a multi-faceted community wide approach. Check out the Centers for Disease and Control's *Connecting the Dots:*

An Overview of the Links Among Multiple Forms of Violence at www.cdc.gov/violenceprevention/pdf/connecting_the_dots-a.pdf for more information.





NEBRASKA COALITION

TO END SEXUAL AND DOMESTIC VIOLENCE

245 South 84th Street, Suite 200
Lincoln, NE 68510
www.nebraskacoalition.org

Mark Your Calendars

The National Sexual Assault Conference is a great conference to attend if you are looking for information on the latest developments and trends in sexual violence prevention. Not to mention that by going to NSAC you would have the awesome opportunity to network with other preventionists and advocates who are working to end sexual violence in communities across the country—just like you!

So mark your calendars for NSAC 2016 in Washington, D.C., August 31st—September 2nd, 2016. We hope to see you there.

And don't forget, the Coalition will send another eight advocates to attend the prevention track of this conference as well. Stay posted—we will share additional detail as the date gets closer.

