Thank you investing in our community in the past year! Whether by donating, attending events, or sharing posts on our social media, partners like you in our community helped us make 2021 a banner year.

In 2021, we served 403 survivors in our community, helped 43 families find long term and permanent housing, held 145 community trainings, answered 5,022 DVHopeline calls, and worked with over 170 students to prevent teen dating violence. These numbers are important, but it’s also essential to remember what each of these numbers represent:

• A survivor who was able to start their journey to safety.
• A teenager who learned the difference between flirting and harassment.
• A family that was able to find a safe place to call home.

Every participant in our programs is taking steps to remake their lives in the way they want. And each of them could not do that without investment from community members like you.

Thank you again for partnering with us however you have done so in the past year – we are so grateful to you!

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We’re Here, 24/7: Now Via Phone *and* Chat!

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An exciting feature of this Hopeline is that for the first time in our area, survivors can call or live chat a DVHopeline advocate to get the support they need. This means that when it is unsafe for a survivor to call, they now have the additional option of going on the DVHopeline website to talk with an advocate through a secure, confidential online chat portal. We are thrilled that we now have more ways to connect with survivors and provide support in the way they need it most!

For more information: www.dvhopeline.org

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Want more information on how to empower survivors and mobilize our community?

Follow us online to learn more here!

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Due to the sensitive nature of this material, all names and identifying details have been changed to protect the confidentiality of survivors; these blended stories represent the challenges and successes of many survivors who have used our programs. In addition, stock photography is used in most cases to further protect the ongoing safety of our current and past participants.

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Land Acknowledgement: We at New Beginnings acknowledge that the land we work and live on is territory of the Coast Salish, Skagit, Semiahmoo, Duwamish, Muckleshoot, and Snoqualmie peoples. We encourage you to go to www.realrentduwamish.org and https://native-land.ca to find out more information and begin to build your own relationships with the original stewards of the land you inhabit.
An Update on Our Executive Director

Susan Segall, our Executive Director since 2012, has announced her retirement in July of this year. We have so much to celebrate that we’ve accomplished together during her 10-year leadership of New Beginnings. We reimagined our housing programs to best serve survivors’ needs, expanded our legal advocacy team and financial assistance to support more survivors, grown our prevention work with youth in schools, added a TECC clinic to assist survivors facing technology abuse, launched DVHopeline, a centralized domestic violence hotline for King County, more than doubled our philanthropic income, and so much more! New Beginnings is a better and stronger organization due to Susan’s leadership and we are going to miss her so much!

Susan shared, “I am fortunate and honored to have played a part in our noble mission to end domestic violence. I deeply admire this community’s profound dedication to survivors, to social justice, and to imagining a better world. I am blessed to work with you, out staff team, community partners, board members and donors, and all those whose paths I’ve crossed over the past 10 years. I will cherish my time at New Beginnings for the rest of my life.”

We are working with Campbell & Company to conduct a search for our next Executive Director. Watch for updates in this newsletter and in our emails, we will be sure to keep you posted on what’s happening.

Expanding Community Prevention work with Teens

We’ve always been energized by our work teens in community-area schools on healthy relationships. Rather than simply “teaching” classes, we have 13 weeks with students to facilitate a course that resonates with them, building off of language, terms, and ideas that we establish as a group.

Since 2008, we’ve hosted Crushin’ It classes in middle schools in Seattle. The name Crushin’ It is a play on having crushes and forming relationships in a good, healthy, successful way. This curriculum gives young people the tools to question harmful stereotypes and norms, in the hopes of insuring teens form healthy romantic attachments built on love, respect, clear communication, and boundaries.

Last year, thanks to a 3-year grant from WA State Department of Social & Health Services and community partners like you, we were able to expand the number of middle schools we are working with from 3 to 7! Not only that, but we have a waiting list of other schools who want to offer this program to their students.

In 2022, we are building even deeper relationships with students by creating a pilot Teen Leadership Council at Robert Eagle Staff Middle School. This Council will shape how New Beginnings’ educators talk about relationships in the Eagle Staff community, learn about healthy relationships, and take an active role in shaping the culture at their school.

Responsibilities of the council will include:
- teaching peers how to prevent harm,
- creating content like art and events,
- and curate in-depth virtual projects.

Did you know?

1 out of 3 teens will experience dating abuse before they turn 18.

Why is teen dating violence so common? Many things contribute to dating abuse, but a few of the biggest factors are systems of power & oppression and gender stereotypes. We learn from an early age through societal norms, media, and other messages that some people have more value than others and that some groups in society deserve more power and privileges. So these ideas unsurprisingly show up in our personal relationships too.

Our teen educators put together some characteristics that are essential for healthy, happy and safe dating relationships. Introducing the Equality and Respect Wheel!

Throughout February, we will be sharing content about what the following qualities look, sound and feel like in relationships: Independence, Enjoyment, Trust & Safety, Honest Communication, Balance & Mutuality, Support, Accountability, Boundaries & Consent. Follow the new teen Instagram account for additional information on each piece of the Equality and Respect wheel!

We’re also starting a New Beginnings teen Instagram account, run both by students and New Beginnings staff! Follow along at @NBcrushinit, or go to teen.newbegin.org to see all of the wonderful resources we have for teens, parents, and folks who work with youth!

Know any students at Robert Eagle Staff who might be interested in joining the Teen Leadership Council? You can email Meesh Vergara at mvergara@newbegin.org for more information!
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