

EMPOWERED VOICE

SPRING 2024

QUARTERLY NEWSLETTER

Teen Dating Violence Prevention Needs Adults

When we discuss our prevention curriculum, we often talk about the teen participants in our program. **But adults are also essential actors if we want to end teen dating violence.** From identifying potential signs of abuse to encouraging bodily autonomy, our social change program helps parents

and educators know how they too can prevent dating violence from happening. **In this issue of Empowered Voice, we wanted to highlight all of the ways partners like you enable our prevention work that makes the kids and teens in our community safer and happier!**

Nurturing Consent From Infancy to Adulthood

In April, we held a highly attended Community Chat titled “Nurturing Consent from Infancy to Adulthood.” We talked about how to teach consent to your child from infancy to adulthood, talking about each age’s learning needs and answering specific questions. **Some of these guidelines included:**

- Provide options for your child to pick what activities, clothing, or foods they’d like
- Expressing natural limits for when things need to end, begin, etc.
- Invest in repair when you do something that upsets or hurts your child’s feelings

Parents, social service providers, and educators attended, with many more indicating interest in future events! We will definitely be facilitating more discussions like these, so stay tuned.

Community Chat: Nurturing Consent from Infancy to Adulthood

EXPRESS NATURAL LIMITS

- We need to leave the playground in 5 minutes
 - choose one more thing to do
- Bed time is 8pm, otherwise you will be tired and grumpy

NATURAL CONSEQUENCES

- We don't have time to do that now
- “I need a minute to calm down.”
 - Feeling frustrated or angry is an opportunity to demonstrate self-regulation, not a punishment



ENDING DOMESTIC VIOLENCE



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4 year -
10 years

Thank you for investing in essential consent education!

Training the Trainers to End Teen Dating Violence



When we do our prevention work in schools, it's not just students that we connect with. Because we know

that systemic violence enables domestic violence, we can't leave education to just the students. We also invest in what we call training the trainer, or working with service providers in schools who train teachers and other school staff about students' mental health and safety.

This spring, we facilitated a cohort of about 10 Seattle and Highline Public School staff members. These included prevention educators, school social workers, and counselors. We held three 2-hour sessions, including topics of dating values, sexual harassment vs. flirting, and how to set healthy boundaries. By facilitating trainings like these, we lessen the burden on students to recognize potential dating violence. The more awareness at a school, the more teachers, school staff, and students alike can work together to make the school community safer for everyone.

Thank you for investing in healthy relationship education for EVERYONE!

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

Follow us online to learn more here!

- newbegin.org
- facebook.com/newbeginningsendingdv
- instagram.com/newbeginningsendingdv

Investing in Future Prevention Educators

Our Social Change team also works with interns from the University of Washington Masters of Social Work program any chance we can! Throughout the school year, our interns are a part of our Social Change team and do things like co-facilitate our Healthy Relationships curriculum, build connections with organizations that serve youth in the Seattle area, and represent New Beginnings at a variety of community events.

We started our social change intern program 8 years ago, after our Program Director Hilary Bowker graduated from the MSW program. UW MSW interns need to fulfill a year-long program by teaching prevention classes and being an active part of our New Beginnings community.

Hilary and the rest of the Social Change team are so excited to work with the MSW interns because they are able to share their passions and learn their varied backgrounds, educations and experiences. In addition to working in the prevention classroom,

interns can also create educational materials, answer calls on the DVHopeline, and/or facilitate a support group.

Thank you to community members like you for supporting the careers of future prevention educators!

One project two Social Change interns created last year was our Parent Guide to Healthy Teen Relationships. In the guide, there are tons of tips on how to support your child, exercises to do with your teen, how to spot relationship red flags, statistics, and much, much more.



For more information or to download the guide for yourself, you can go to bit.ly/teenparentguide or scan the QR code here!

What is adultism?

Adultism is the power that adults have over children and teens. It can impact how we view and treat young people, like assuming adults always know best and that young people do not.

How does it relate to dating abuse?

Adults may unintentionally model and normalize controlling behaviors, such as invading privacy, disregarding boundaries, and dismissing feelings or experiences.

"You're too young to understand."
"Because I said so."
"It's just a phase. You'll change your mind."
"Stop being so dramatic."

THE ABCS OF HEALTHY RELATIONSHIPS!

a **ACCOUNTABILITY**
BE RECEPTIVE TO FEEDBACK. REPAIR HARM AND MAKE CHANGES.
'I'M SORRY FOR SAYING THAT. WHAT CAN I SAY DIFFERENTLY NEXT TIME?'

b **BOUNDARIES**
BE FIRM & CLEAR. PRACTICE STATING YOUR NEEDS AND LIMITS.
'I NEED TO BE ALONE FOR 10 MINUTES'

c **CONSENT**
WHEN MAKING DECISIONS, ENSURE THAT AGREEMENT IS FREELY GIVEN, REVERSIBLE, INFORMED, ENTHUSIASTIC AND SPECIFIC
'CAN I GIVE YOU A HUG?'

These are example pages from our Parent Guide created by two Social Change interns last year. Just a couple in 30+ pages of content!

Empowering Teens This Summer

Are you or is someone you know 12-18 years old and invested in activism, peer education, and healthy relationships?

If so, join us in Seattle for a summer long gathering of youth who share your passion for social justice. We'll have workshops related to relationships, activism, and community, and you'll come away with the ability to:

- strengthen healthy relationship skills,
- discuss how our culture impacts power and expectations in relationships,
- identify red and green flag behaviors,
- and refine presentation skills and gain confidence in facilitation!

Each session you attend, you'll get a free lunch and a gift card! Exact location shared upon registration.

Questions? Email Victoria at Vorcutt@newbegin.org for more information!

Thank you for being a part of building community for teens!





Learn How To Make Our Community Safer for Everyone

Party Animals at Home Safe!

While some students in Seattle may have gone on big trips or vacations with their families, not every kid has the flexibility or means to do so. It can make some of our younger participants feel sad or insecure to know that they won't be doing as much with their vacation as some of their peers. So this Spring Break, the survivor and youth and family advocates at Home Safe held a big party to make the children who live there feel special and celebrated. Our advocates decorated the building from floor to ceiling in fun animal-themed decorations, culminating in delicious food, gift baskets, and even a mini petting zoo! Events like these are essential for the well-being of our participants. We are so grateful for our advocates who make sure our survivors know how much we care for and support them.

Thank you for being part of bringing joy to our community's youngest survivors!



As a supporter of New Beginnings, we know how invested you are in survivors and ending domestic violence. So we wanted to share an opportunity we have in July for you to learn more about what domestic violence

looks like, what societal and personal factors contribute to it, and how you can support those going through cycles of harm. **Anyone can join, including interested volunteers, social service providers (attorneys, housing org staff, etc.), and community members.**

Our 20-Hour Training is a combination of group and self-paced learning, which is perfect for those who want to learn in a cohort while managing their own time. This training is free for volunteers, a suggested \$50-200 for community members, and \$200 for social service professionals. Go to tinyurl.com/JulyDVTraining to fill out an interest form by July 7th or email Community Engagement Manager Neba at nzaidi@newbegin.org for more information!

DOMESTIC VIOLENCE SUMMER TRAINING SERIES

GROUP LEARNING

5:30-7:30PM WED JULY 10TH

5:30-7PM WED JULY 17TH, 24TH, 31ST

SELF-PACED LEARNING

4.5 HRS BETWEEN GROUP SESSIONS

HOPE NETWORK

Sustaining Our Work Together

We know that the work of ending domestic violence will not be over in a matter of weeks or months. But community partners who invest monthly in New Beginnings make sure that we have funding consistently throughout the year, no matter what. If you join our



Hope Network, you help to create greater financial stability, supporting survivors and making our community safer for us all. Email Molly at mlewis@newbegin.org with any questions or scan the QR code here to sign up!

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.