INSIDE THIS ISSUE:

How to talk to your children about Sexual Abuse

29th Annual Duck Race

Take A Seat - The Staggering Statistics Surrounding Abuse in the United States
Donation Needs

Shelter Donations
- Pajamas
- Umbrellas
- Full-size Condiments for our Food Pantry: ketchup, mustard, BBQ sauce
- Cooking Supplies: nonstick cooking spray, vegetable/canola oil, parchment paper
- Ziploc bags
- Cleaning Supplies: Clorox wipes, bleach-free multi-surface spray, Lysol disinfectant spray, Febreze, Static Guard, sponges
- Clear Rubbermaid/Sterilite storage bins with lids
- Canned fruit
- Coffee, powdered creamer, and packets of sugar
- Bottled water
- Crystal Lite
- Full-size hand sanitizer

If you are interested in donating to The Center or have questions regarding donations, contact Jamie Dowell at 309-691-0551 or jdowell@centerforpreventionofabuse.org.

Volunteer Opportunities

Duck Race Volunteers
Duck Sellers, Sales Captains, Duck Teams, and Quackies - night and weekend opportunities available beginning in June through August

Donations & Pantry Assistants
Mondays, Tuesdays, and Wednesdays for one hour between 10 am and 3 pm

Medical Advocates
On-Call overnight shifts - requires The Center’s 63.5 hour Direct Service agency training

Questions? Please contact Jamie at 691-0551 ext. 242 or jdowell@centerforpreventionofabuse.org

Take a Seat

Every 60 seconds in this country – every single minute – 20 of our friends, neighbors, colleagues, and fellow human beings are victims of abuse at the hands of an intimate partner. That equals almost 29,000 people each day. Let’s think about what that looks like.

Carver Arena at the Peoria Civic Center seats about 12,000 people. Dozer Park, where the Peoria Chiefs play baseball, seats around 7,000. If we filled every single seat in those two sizeable venues, we would still be roughly 10,000 seats short for everyone who is abused in the U.S. over a 24-hour period. Soldier Field in Chicago, which seats roughly 74,000, would be filled to capacity with all the domestic abuse victims from a 2 ½ day time span. These visuals are staggering, and the need for quality care for survivors is plain as day.

The Center for Prevention of Abuse has been entrusted for more than four decades in Central Illinois to come to the aid of those who want to live free from violence and abuse. We are your rape crisis center, your emergency shelters; we are the people you call about elder abuse and abuse of adults living with disabilities. We are also the organization who teaches Prevention Education to your children, yet we also teach those who are the abusers about personal accountability and healthy relationships. The Center for Prevention of Abuse is the only agency in the entire State of Illinois that houses all of these services, and more, under one roof, taking a holistic approach to helping all people who come to us looking for peace.

We continue to work unceasingly to lessen the need for all those seats and the idea of filling stadiums. In recent weeks we asked the community to “Be the Bridge” for The Center, helping bridge the funding gap that is widening each day because of the state budget crisis. The waters we are crossing are murky and uncertain with no end to the budget impasse in sight. Our goal is to remain rock solid, continuing our work and remaining client-centered during this time of stagnant state government. With your help, and with the help of others in our community, we will persist. We may even flourish. #iamthebridge

In Peace,
Carol Merna
Executive Director
8 Tips for Talking to Your Child About Sexual Abuse
By Lauren Auer, Sexual Assault Therapist

From a young age, we teach children to look both ways before crossing the street and not to talk to strangers. Many kids report that their parents never directly talk to them about sexual abuse, and that if the child does receive any information it generally comes from peers or through brief presentations at school. According to the CDC, 1 in every 3 girls and 1 in every 6 boys will be sexually abused before the age of 18 (2005). Many victims will not report the abuse because of fear, confusion, and shame. While these statistics are staggering, they are not report the abuse because of fear, confusion, and shame. Help them understand the difference between safe and unsafe by giving them examples of times it is appropriate for their private parts to have been seen or touched such as a parent changing a diaper, or a doctor examining a hurt private area. Let them know that even a loved one or a doctor should only see or touch their private parts if they are keeping them safe, clean, or healthy. Even loved ones and medical professionals can be abusive, so empower them to speak up if they feel it is unsafe. This includes talking about non-touch abuse such as being shown pornography, being photographed, or a person making a child give others unsafe touches.

1- Start age appropriate conversations from a young age. Even a two year old is able to understand when talking about which parts of their bodies are private. Use bath time or other opportunities to explain which parts are private.

2- Language is everything. Call private parts by their anatomical names (i.e. penis, vagina, breasts, etc.) While calling private parts cutesy names may be more comfortable, it can really complicate things if a child is trying to disclose to someone who does not know the name they call their private parts. I once worked with a child that had tried to disclose several times about a peer touching her “cookies” at school. Several teachers thought she was referring to her daily snack time and did not take her complaints seriously for a long time.

3- Speak from a calm, casual, and loving tone. This sets the stage that the body is okay to talk about with trusted adults. Children can sense our anxiety, and approaching these topics as if they are embarrassing or uncomfortable may make them think it is not okay to talk about, or that a disclosure may be ignored.

4- Use “safe vs. unsafe” touches rather than “good vs. bad” and give examples. A child typically does not like a doctor giving them a shot and may label that as a “bad touch.” In addition, due to our natural biology, many sexual touches can feel fun and “good” to a child, even if it is abusive. Help them understand the difference between safe and unsafe by giving them examples of times it is appropriate for their private parts to have been seen or touched such as a parent changing a diaper, or a doctor examining a hurt private area. Let them know that even a loved one or a doctor should only see or touch their private parts if they are keeping them safe, clean, or healthy. Even loved ones and medical professionals can be abusive, so empower them to speak up if they feel it is unsafe. This includes talking about non-touch abuse such as being shown pornography, being photographed, or a person making a child give others unsafe touches.

5- Identify safe people. Help children identify who they can talk to if they feel unsafe. It is important to identify several people including non-relatives that they can talk to. 93% of sexual abuse is performed by someone the victim knows and trusts and about 23% of child sexual abuse is perpetrated by individuals under the age of 18 (US Department of Justice, 2009), which is why it is important to identify many safe people.

6- Encourage them to tell and keep telling. Abusers will often groom their victims to not tell by making them feel responsible (treating them special or bribing them), or make them feel like they may get a negative response when telling (threatening them, or telling them no one will believe them). Assure your child that they will not be in trouble for telling and if they are not believed, they should continue to tell until they are believed.

7- Give kids control over their bodies. It is important to help your child feel like they can make choices about their own bodies as long as they are remaining safe, healthy, and clean. This helps them understand consent and takes away the idea that you must obey if an adult is telling you what to do with your body. Do not force a child to give relatives or friends hugs or kisses. Instead, give them options. For example- “do you want to give Uncle Joe a fist bump or a hug before we go? Or do you just want to say see you later?”

8- Keep talking. Continue to have open, age-appropriate conversations about abuse and sexuality as your child grows. Remember to keep a loving, calm, and causal tone that assures your child it is okay to talk about these things and they should not be ashamed. Let them know the door is always open to any questions and that they will be met without judgement.


BE A SUPER HERO!

Looking for a new team building activity? Interested in some friendly competition? Want to support a local nonprofit?

Create your own Duck Race sales team! Compete to sell the most entries for the 29th annual Duck Race benefiting the Center for Prevention of Abuse! The top three teams will win prizes!

For more information visit duckracepedoria.com or contact Celsy Martindale at 309-691-0551 or cmartindale@centerforpreventionofabuse.org.

Get Involved with a...

Provide a monetary donation or a family friendly activity for Duck Race Day and get your name and logo displayed in your activity area!

Race Day Sponsorship

For more information contact Celsy Martindale at 309-691-0551 or cmartindale@centerforpreventionofabuse.org
A new law requires domestic violence training for some cosmetologists

Hairdressers and barbers will soon be required to take a one-time, one-hour course on domestic violence. The Center for Prevention of Abuse’s Carol Merna says these professionals are in the position to spot abuse. “They might see bumps on the scalp, that sort of thing, bruising on the neck,” explains Merna, The Center’s Executive Director. Merna says the training teaches them to recognize signs of abuse and how to help their customers. “They can learn the signs and then what they can do to provide resources to their client,” she explained. “They are often times closer to their clients than a lot of people, even good friends,” Merna said. “It’s still being flushed out by the Illinois Department of Professional Regulation right now, but we hope to play a role here at The Center. We would love to be able to provide training locally.”

Long Term Care Ombudsmen

We welcomed all of our Long Term Care Ombudsmen back to The Center’s main campus in Peoria. They recently moved from East Peoria and we are so excited to see them all more regularly! They work hard to make sure their clients are getting the best care in long-term care facilities throughout Central Illinois.

Family Violence Intervention Project

Our Family Violence Intervention Project staff hosted an open house recently to show off their new office! FVIP is a program to help perpetrators unlearn their abusive behaviors. Nearly 70% of the people that complete the 26-week course do not re-offend.

New Law to Help Child Sexual Abuse Survivors

On March 7, 2017, Illinois Senate Bill 189 unanimously passed through the Criminal Law Committee and will be voted on by the full Illinois Senate. The bill gives victims of child sex abuse an unlimited amount of time to seek justice for the crimes committed against them. This legislation would be a tremendous asset to clients of all ages served by The Center for Prevention of Abuse. Locally, we thank State Senator Dave Koehler for co-sponsoring. “Children who suffer sexual assault and abuse often spend a lifetime trying to recover from the violations they have experienced,” Illinois Attorney General Lisa Madigan said. “There should be no limitation on the pursuit of justice for felony sex crimes committed against children. We must ensure survivors are able to come forward in their own time and receive the support they need and deserve.”

Duck Race Volunteer of the Year

We think Joan’s Trophy & Plaque did a fantastic job on our new Duck Race Volunteer Award! We were able to honor a longtime volunteer, Nelda Lalicker, while also giving out the award to two very deserving people in 2016. We can’t wait to see what this year’s Duck Race will bring!

Love Is...

Our Prevention Educators had their students and staff write down their definitions of love in honor of Teen Dating Violence Awareness Month. We definitely enjoyed reading the individual responses!
Several 8th grade students from Peoria Academy held a food drive for The Center! Their generous donation really came in handy after the holiday season. You guys rock!

Students from Washington Gifted Middle School’s Destination Imagination team visited The Center to drop off a monetary and toy donation. They also showed staff members their skit for the Destination Imagination competition. It was awesome!

Students from SEAPCO Academy presented Center Associate Executive Director Joyce DeRenzy with a check from a fundraiser they did for Valentine’s Day. Students paid a quarter to either buy another student a heart or a song and all of the money raised was donated to The Center. What an awesome fundraiser. We thank all of the students so much!

We’re so happy that these friends from the Peoria Civic Center dropped by with some donations. They even stuck around for a tour. We are so grateful for their friendship and generosity!

Big thank you to Katie Jones for delivering the much needed donations made possible by Action for a Better Tomorrow (ABT) Progressive Peoria. We are grateful for the generous support for The Center’s clients!

Thank you so much to all of our volunteers who helped represent The Center in the St. Patrick’s Day Parade this year. Also, thank you to Uftring Weston for donating a vehicle and driver to haul us around. What a fantastic time we had!

One stuffed vehicle = a large, wonderful donation for The Center! Erie Insurance collected toilet paper and paper towels for us, and we couldn’t be more grateful. Thanks to Amanda for dropping them off. We heard more employees wanted to come, but as you can see the car was already full!

Thank you Lisa, Julie, and the Senior Care Network Board of Directors for choosing The Center’s Adult Protective Services department as a recipient of a $500 Kroger gift card. We appreciate you thinking of us and will definitely put the card to great use!

Carrie, Raechelle, Regan, and Patty from Down to Earth Bellydance volunteered their time to help clean the shelter kitchen! The ladies also generously donated proceeds from their annual fundraiser to The Center. You are appreciated.

We are grateful for the ladies from Star of Hope Church Ministry! They donated a bin full of items, served a delicious spaghetti lunch to our residential clients and staff, and helped clean our Children’s Room.
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Ameren Illinois
to The Center a grant to be used for
Prevention Education.

Rotary Club of North Peoria
awarded The Center a grant for the
Keeping My Body
Safe curriculum used by
the Prevention Education
Department.

Peoria Medical Society & Alliance
awarded a grant to The Center to
be used for clothing packets for
victims of Sexual Assault.

The CPJ Opportunity Grant was
awarded to The Center for the
purchase of two washing machines for
the Peoria Shelter.

The Morton Community
Foundation awarded a grant to
The Center for bulletproof
windows and wall reinforcements at
The Center’s entrance.

THANK YOU!

Advent Lutheran Church
Ashley Alewalt
Amazon Smile
Sharon and John Amdall
Ralph Amen
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American Association of University
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Ashaitha Emeth & Rabbi Robert Feinberg
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