

# STOP VIOLENCE

**EVENT MATERIALS**

# EVENT TIPS

A great way to start the event is to play the "Statistic Loop" that is provided on the event DVD that was sent when you paid your licensing fee. This video will automatically play on a repeated loop until you press the menu button on your DVD player. What a great way to have the audience begin learning and understanding the crisis and increasing numbers of abusive relationships.

As the event starts, have someone from your organization give a small introduction. Possibly talk a little about your organization, about the film, thanking everyone for taking the time to join in this advocacy event. It is also recommended you mention that the film is very emotional and if people need to leave or talk to someone there are people on hand who are at the event to help. Possibly even point out to the audience who they can specifically go and talk to if needed.

A great way to close your event after the film is to engage the audience in a 20-30 minute discussion, Q&A session, as well as "red flag" activity to help facilitate further impact and change.

- \* After the film, a great way to engage your audience is to show one of the two "Video Messages from Brenda Clubine" that are included on your event DVD. This provides an incredible impact for the audience to connect with Brenda and help bring about a message of advocacy and urgency that they begin the steps to get involved and make a difference.
- \* Invite local advocates and experts to be part of a panel discussion. After the film, introduce each person with a mini-bio. Have each participant answer the questions on the next page, or research your own questions for discussion. You can then open up to the audience for an Q&A session with the panel members.
- \* Bring a local survivor, who has gone through a local program, to come and speak about her journey from victim to survivor. With the idea, that she could have been in the women of *Sin by Silence*'s shoes if that program was not in place.
- \* After the film, lead an open discussion with a time for reflection. Ask people how they felt about the stories they just heard. Let people speak from their hearts and share on an emotional level.
- \* Engage in the "red flag" activity by passing out tangible red flags (instructions on the last page of this pdf) Ask people to speak about the personal warning signs they have experienced in their own lives. Pass around markers so people can write their signs on their flag to take home as a reminder of the event and change needed. (see "What's Your Red Flag?" video on our YouTube channel at <http://www.YouTube.com/SinBySilenceDoc>)

# STOP THE VIOLENCE

# DISCUSSION TOPICS

- 1) Explain more about the reality of abuse. It is a lot more than just physical violence.
  - \* Verbal, emotional, psychological, sexual, financial, etc.
- 2) The film states that women trying to flee their abusive relationships are at 75% increased risk of being hurt or killed. Explain how it is not that easy for a woman to leave.
- 3) What do you say or do to help someone in an abusive relationship?
  - \* *"10 Ways to Help a Friend" handout on page 5 of this pdf is a great reference*
- 4) The responses to domestic violence has definitely changed since the women of Convicted Women Against Abuse were experiencing violence. Today, there seems to be an even new struggle, during these economic times with budget cuts, hotline calls and statistics rising. What has been happening in the domestic violence movement in your area? How are local organizations responding?
- 5) What is currently happening in your state with the domestic violence crisis?
  - \* *Budget cuts?*
  - \* *Statistics rising?*
  - \* *Legislation?*
- 6) Have there been any recent domestic violence homicides in your area?
- 7) How can others begin to make a difference and get involved?
  - \* *Ask people to make a monetary donation to partnering event organizations*
  - \* *Let people know where they can donate clothes and supplies to their local shelter*
  - \* *Let people know if there is a need for volunteers*
  - \* *Remind people to provide their information on the "Sign-In Sheet" (page 7 of this pdf) so that you can directly contact them about further actions/need in your community*
  - \* *We would love for you to return a copy of this list after the event. You can email this to [Brianna@QuietLittlePlace.com](mailto:Brianna@QuietLittlePlace.com) so we can keep people informed about the film.*
  - \* *Let people know to join Sin by Silence on Facebook at [facebook.com/sinbysilence](https://facebook.com/sinbysilence)*

STOP  VIOLENCE



# WRITE TO THE WOMEN OF CWAA

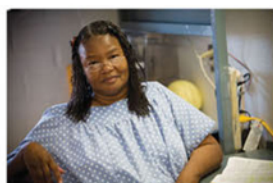
The Convicted Women Against Abuse need your support, encouragement and words of inspiration after hearing their stories in *Sin by Silence*. Also, if you are able, include some stamps in your letter and make sure to write "stamps enclosed" on the envelope. Most inmates only make 10 cents per hour at their jobs, so stamps are greatly appreciated...and will help the women be able to write you back!



**Glenda Crosley** passed away on July 13, 2013 from a brief battle with pancreatic cancer. With the recent passage of the Sin by Silence laws, there were many people working hard to see possible freedom during 2014 for this survivor. We find solace in the fact that her story will carry on through *Sin by Silence* for generations to come.



**Glenda Virgil** was released from prison on Jun 25, 2013. Send her a message that we can pass along to her at [Virgil@SinBySilence.com](mailto:Virgil@SinBySilence.com)



**LAVELMA BYRD**  
CIW, W54191, LA246L  
PO Box 8100  
Corona, CA 92878-8100



**ROSEMARY DYER**  
CIW, W30483, MA08L  
PO Box 8100  
Corona, CA 92878-8100



**JOANNE MARCHETTI**  
CIW, W36662, MB 122U  
PO Box 8100  
Corona, CA 92878-8100

Send a message to all the women of CWAA through the current Chairperson...



**SUSAN BUSTAMANTE**  
CIW, W27953, MA35U  
PO Box 8100  
Corona, CA 92880-9508

*Sin by Silence*

Stay connected with Sin by Silence at [Facebook.com/SinBySilence](https://www.facebook.com/SinBySilence)



# 10 WAYS TO HELP A FRIEND

provided by  
**Sin by Silence**

## **#1 SPEAK: "I'm really worried about you."**

The simplest solution to domestic violence is not being silent. Don't be afraid to let your friend know that you are concerned for their safety. Don't get discouraged if they refuse or ignore your concerns. Help your friend talk about the violence they are experiencing. Voicing your concerns might help them recognize that what they are experiencing is not a healthy relationship and that they deserve better.

## **#2 ACKNOWLEDGE: "You deserve so much more."**

Acknowledge that your friend is in a very difficult and dangerous situation. Let your friend know that the abuse is not their fault, they should not feel ashamed, they are not alone, and that you are there to help and support.

## **#3 LISTEN: "I'm just a phone call away."**

Once your friend feels comfortable to talk about what they are going through, make sure to listen! It is very difficult for victims to find the strength to not only acknowledge but also vocalize their reality. Be supportive. Let them know that you are always available to help whenever they may need it. What they need most is someone who they can trust and feel safe with.

## **#4 ENCOURAGE: "You are an amazing person."**

Compliment, support and be a cheerleader for your friend. Encourage their confidence. Encourage them to participate in activities outside of the relationship with friends and family. Encourage their independence and desires to stand on their own two feet.

## **#5 PLAN: "Everything is replaceable."**

Help him or her to develop a safety plan. Contact a local shelter, lawyer's office, start saving some funds and clothing. Arrange a special signal, with a neighbor or a friend, to call 911 if there is immediate danger. Put together important documents including passports, birth certificates, social security cards, insurance papers, work permits or green cards, ownership documents, checkbooks and bank account information. If there are children involved then make sure to include a favorite toy that will help comfort them.

## **#6 DOCUMENT: "Just in case, we've just got to be prepared."**

Document your friend's abuse by taking photos of bruises and injuries. Obtain copies of medical records. Save any threatening voicemails or e-mails. Write down each incident in your own notebook or journal. If legal action is taken, all of these items will be extremely important to help your friend prove the abuse she endured.

## **#7 SUPPORT: "I know of a person that can help."**

Encourage him or her to talk with others who can provide professional help and guidance. Call a local domestic violence agency that can help provide resources, shelter, counseling and support groups. Offer to go accompany and support your friend in building their new life. If they have to go to the police, court, or lawyer's office offer to go along even if only for moral support. It will be a long journey to recovery and healing, so be prepared to support them in any way possible.

## **#8 RESPECT: "I will always be here for you."**

Do not judge, but respect your friend's decisions. You cannot make the decision for them. It is sometimes hard to understand, but there are many reasons why victims stay in abusive relationships. He or she may leave and return to the relationship many times. Do not criticize any decisions made or try to guilt them into leaving.

## **#9 REMEMBER**

Helping a victim of domestic violence is a long process! You will get frustrated and feel like you aren't making a difference, but you are! It is crucial that you support him or her no matter what their decisions may be, and that you help them find a way to safety and peace when they are ready. If nothing more, you are planting the seeds for future conversations and support when they finally do gain the courage to leave.

## **#10 VOLUNTEER**

There are incredible resources available at your local domestic violence organizations, counseling programs and shelters. Search within your local area to find an organization that's a fit for you.



# EARLY WARNING SIGNS

A recent study in the American Journal of Public Health found that 55% of young people, ages 18-24 years, have suffered physical partner violence. Most of the women in *Sin by Silence* entered into their abusive relationships at age 18. The higher prevalence of partner violence among young adults calls for critical intervention. Once a young person has gotten involved in an abusive relationship, it becomes very difficult to get out.

Talk about the warning signs and help stop the violence before it goes too far.

## **EXTREME JEALOUSY**

Everyone gets jealous sometimes; the key word is "extreme." Both males and females can become extremely jealous. Signs of extreme jealousy are when your partner gets mad when you talk to other people, have close friends, or express warm feelings for anyone else. The jealous person may withdraw, sulk, or become angry and abusive.

## **POSSESSIVENESS**

This becomes a dangerous sign when someone treats you as if you are an object they own. The possessive person will not want you to share your time or give any attention to anyone else.

## **CONTROLLING ATTITUDE**

A controlling attitude is when one partner makes all the decisions for the other. Your views, desires, thoughts and needs are not important or considered "stupid" or "dumb." Often the controlling partner tries to tell the other how to dress, who to talk to, and where to go.

## **LOW SELF-ESTEEM**

People with low self-esteem don't care about themselves to know that they deserve better.

## **UNPREDICTABLE MOOD SWINGS**

Nobody stays in the same mood all the time, but a dramatic shift from emotion to emotion, jealousy to anger, to being sweet and charming is a dangerous sign.

## **ALCOHOL AND DRUG USE**

Many of the reported violent episodes in relationships are carried out when one or both partners have been drinking or doing drugs. Alcohol and drugs do lower a person's self-control, but are not direct causes of violence.

## **EXPLOSIVE ANGER**

Be careful of people who seem to get very angry over small things. These people may hit walls, yell, call names or actually threaten others with violence.

provided by  
**Sin by Silence**

# Sin<sup>by</sup>Silence

## EVENT SIGN-IN SHEET

Sign up to receive updates and news about the film and event organizations.

**NAME**

**EMAIL**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# RED FLAG INSTRUCTIONS

## Materials

- Red fabric that does not fray when cut
- Wooden Dowels ( you can get them at Michaels in packs of 20)
- Scissors
- Hot glue gun

## Instructions

- Cut the fabric - 4 1/2 by 6 inches for the 12 inch dowels
- Glue the dowel and place the cut piece of fabric on to the dowel. Leave 1/4 of an in of the fabric hanging on one side.
- Take that 1/4 inch and wrap it around the other side of the dowel.
- Let the glue dry and that is it!

1 yard of fabric will make about 100 flags.

