



SpeakingOut News

August / September
2012

SpeakingOut

against Child Sexual Abuse, Inc.

[A 501(c)(3) Non-Profit Organization]

“Speak up for those who cannot speak for themselves...”
Proverbs 31:8

Upcoming...
September 11th - Patriot Day
September 22nd - Autumn Begins
October 8th - Columbus Day

Coming Soon to TN...
“A Safe Place” Workshop
[CSA Awareness/Prevention]

Child Sexual Abuse Awareness & Prevention

We also Touch on Healing!

SpeakingOut on Behalf Of
All Children who have ever been (Child & Adult Survivors), are being or will be sexually abused.

Primary Purpose
Raise Awareness on Child Sexual Abuse in an effort to Aid in the Prevention of this Horrific Crime

Vision
Raise Awareness all Across America

Primary Focus
On the Home (Parents & Grandparents)
“Child Safety begins at Home”

Other Focal Points
Churches, Daycares/Caregivers, Schools, Healthcare Professionals & Anyone who works with/around Children

Available For
Speaking Engagements
CSA Awareness/Prevention Workshop called “A Safe Place”
Information Table Set Up

Presented From
A Parent’s Perspective and in some areas, a Survivor’s Perspective

America... A Safe Place for Children!

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SpeakingOut Measures Success By...

If SpeakingOut helps One Child (Prevention), it has been worth our efforts.
What if that 1 Child were Your Child?



If SpeakingOut helps One Adult Survivor (Healing) of Childhood Sexual Abuse, that also has been worth our efforts.

Schools & CSA Prevention/Intervention



Recently, someone posted a link on SpeakingOut's Facebook page that caught my eye. The article is called "The Role of Schools in Sexual Abuse Prevention and Intervention. ERIC Digest Series Number 61" and can be found at <http://www.ericdigests.org/pre-9219/sexual.htm>. Although an old article, I found some of the information quite helpful and should be read by all Teachers and School Personnel. For example... "The school is the one social institution outside the family with which nearly all children have consistent, ongoing contact. Therefore, it is particularly well-suited for identifying endangered children, including those who are being sexually maltreated."

There is a section in the article called "What Are Some Potential Indicators of Child Sexual Abuse?". It reads "Specific signs that MAY indicate sexual abuse include regressive behaviors such as thumb-sucking, enuresis (bed wetting), and nightmares; sleep disturbances; persistent, inappropriate sexual play with self, peers, or toys; knowledge of sexual behavior (often evident in drawings) that is advanced for the child's age; poor peer relationships; overly compliant behavior; acting-out behavior such as delinquency or aggression (often seen in children who attempted to get help but received none); pseudo-mature behavior; school-related difficulties including an inability to concentrate, faltering school performance, reluctance to change clothes for gym class or to participate in physical activities, and arriving at school early or staying late; running away from home; suicidal thoughts or attempts; and sexual promiscuity or avoidance of relationships (Deborah Tharinger and Ellen Vevier 1987)." More information can be found by viewing the full article.



Attention Teachers / School Personnel, unfortunately we live in a society where it is imperative for the safety of children (Kindergarten - 12th Grade) that each one of us is trained on the crime of child sexual abuse, to include what to look for. Please do not hesitate to contact SpeakingOut for assistance. We are more than happy to partner with you, provide information, training, etc.....for children's sake! ~Susan Suafoa-Dinino, President/Founder, SpeakingOut against Child Sexual Abuse, Inc.; www.speakingout-csa.com

"Effective Victim Interviewing" (Recent Webinar)

On August 9th, Samantha Stewart of SpeakingOut attended a Free Webinar on "Effective Victim Interviewing" by EVAWI (End Violence Against Women International). Joanne Archambault is the Executive Director of EVAWI at www.evawintl.org. Read what Samantha has to say after attending the webinar...



"I had the pleasure of attending the "Effective Victim Interviewing" training webinar by EVAWI. They had an immense amount of information helpful to the individuals who work in law enforcement and the court systems to assist victims of assault through their traumatic experiences. They acknowledge numerous procedures and techniques that can be revised and improved to better aid with the processes that an individual experiences when disclosing their trauma.

What I found to be very interesting is how individuals who experience trauma are susceptible to a temporary amnesia. Because of this temporary amnesia, it is important that both the interviewing officer and the victim take in considerations for their timelines, memory, and effects it might have on the process.

Joanne Archambault discussed these timelines and how the officer(s) and victim(s) should approach the interview to gather the most preeminent information with the least distressing impact on the victim as possible. Before the first sleep period, a person will only be able to recall general characteristics. After the first sleep period, the individual's ability to remember the event(s) will increase from 50%-90%. An individual's ability to completely remember will not occur until after the second sleep period.

Adult and young adult survivors often contact SpeakingOut with their stories and experiences. We attended this webinar to acquire any information that would be helpful in assisting us to continuously support those survivors across the U.S., and learn new information for those yet to come forward. Overall, this training included constructive tools in which we can utilize within SpeakingOut in the fight to prevent, protect, and support victims of abuse."

Samantha Stewart, Officer / Secretary, SpeakingOut against Child Sexual Abuse, Inc.

SpeakingOut & LaunchPoint (Knoxville, TN)

LaunchPoint

(A Program of Knox Area Rescue Ministries)

“LaunchPoint is a four-week program designed to help homeless men and women begin a new life journey. Ultimately, LaunchPoint is about restoring hope - reconnecting the individual to the dreams that he or she once had but were lost when the individual's life path went off track. During the four-week period, a class of 20 participants begin discovering God's plan and purpose for their lives, develop their own life plan with realistic goals, and learn to implement their life plan in manageable steps.” *(Source of Information: <http://www.karm.org/index.php/Join-Us/launchpoint.html>)*

In June, SpeakingOut was contacted by Clark Stevens, Ph.D., the LaunchPoint Director at KARM. He informed me of this new program. We set up a meeting to discuss how SpeakingOut may be of assistance to the participants of the LaunchPoint program. Mr. Stevens also informed me that of the men and women who had come through the program to date, more than half had reported histories of trauma with childhood sexual abuse as the primary trauma. Mr. Stevens and I both agreed that it may be helpful for participants to know that there are people out there fighting against this crime; on their behalf. Because many of these now adults were probably never helped or even believed if they disclosed, we decided it might help to share with them what SpeakingOut is out there encouraging every day...that it is the adult's responsibility to be aware of this crime against innocent children, that it is the adult's responsibility to do all we can to help prevent this from happening to children, that it is the adult's responsibility to know the signs & symptoms to look for, etc... Mr. Stevens & I then discussed the message we wanted SpeakingOut to try to convey... What a “protective parent” would do in caring for a child, and what a “protective parent” would do in caring for the child within themselves. Basically, the thought process was that by learning a new way to protect children from sexual predators, maybe these individuals would learn how to better care for themselves in situations that are potentially dangerous.

On August 9th, SpeakingOut presented to the LaunchPoint group. The participants were very interactive, as well as open about their feelings toward the crime of child sexual abuse. We discussed why children don't tell; some of the contributing factors in what may cause someone to violate a child; the importance of parents opening up the communication line between them & their child/children; how crucial it is for any adult, especially a Parent, to believe their child if/when they disclose what someone may be doing to them; etc... The time spent with this wonderful group of kind and caring individuals went by very quickly.

**SpeakingOut
on behalf of all
children who
have ever been
(child & adult
survivors), are
being or will
be sexually
abused.**

“Thank you, Susan, for your kind and compassionate approach to addressing childhood trauma. Your honest, straight forward approach allowed many participants in our program to break their bondage to secrecy as they revealed painful life experiences with each other. At the end of our four week program, many individuals stated your conversation with them made a lasting impact on their lives. I look forward to your continued participation with our program.” ~*Clark Stevens, Ph.D., LaunchPoint Director, Knox Area Rescue Ministries*

On behalf of all of us at SpeakingOut, thank you Mr. Stevens for inviting SpeakingOut to get involved in the recovery & restoration process for those in need. We appreciate not only what the LaunchPoint program is all about, but what KARM (Knox Area Rescue Ministries) does every day to serve the homeless in the community. We too look forward to future involvement in the LaunchPoint Program. ~*Susan Suafoa-Dinino, President/Founder, SpeakingOut against Child Sexual Abuse, Inc.*

SpeakingOut & Serenity Shelter (Knoxville, TN)

Serenity Shelter

(A Program of Knox Area Rescue Ministries)

“Serenity Shelter for women provides Biblically-based recovery services, case management, individual and group counseling, spiritual support, crisis intervention, life skills classes, community-based mentoring, and refuge from abusive relationships for women who are seeking help.” (*Source of Information: <http://www.karm.org/index.php/What-We-Do/recovery.html/>*)

At the end of June, SpeakingOut met with the Serenity Shelter Program Director, Barbara Davis. We brainstormed on how we felt SpeakingOut may be able to best assist the women who participate in this Residential Recovery Program. What I learned is that Serenity Shelter is a biblically-based, long-term recovery program for women facing various life situations, many who have suffered various types of abuse throughout their lives with much of that being of a sexual nature. I also learned that many of these ladies are Mothers & several are Grandmothers.

Barbara and I wanted to look at the idea of starting a new class at Serenity Shelter where SpeakingOut would meet with these ladies weekly; on an ongoing basis. So on **August 10th**, I sat down with the group, told them who I am, told them about SpeakingOut and where it came from, and gave them a brief overview on what SpeakingOut does. When asked if they felt they may benefit from starting a new class, I was welcomed with open arms. That day, as a group we decided to call our new class “SpeakingOut”.

We’ve held 4 classes so far and have discussed the following...

- Week 1: My Personal Experiences with the Crime of CSA / Overview on SpeakingOut & What We Do
- Week 2: Message to Survivors
- Week 3: Truth & Reality of Child Sexual Abuse / The Statistics
- Weeks 4: What Child Sexual Abuse Is
- ◆ Next Group Session: Signs & Symptoms of the Sexually Abused Child.

During each class to date, the ladies have been very interactive, sharing their experiences openly and asking questions in an effort to gain a better understanding on the crime of child sexual abuse. We are having very productive discussions on not only the crime itself, but on what each one of us can do to help prevent this crime from happening to other children.

“SpeakingOut against Child Sexual Abuse, Inc. has recently partnered with Knox Area Rescue Ministries’ Serenity Shelter. Serenity Shelter is a program that provides restoration and recovery to women with various life struggles. SpeakingOut’s President, Susan Suafoa-Dinino is providing a weekly group session with the ladies of Serenity to educate and inform regarding the facts and myths surrounding Child Sexual Abuse and to process some of the personal struggles faced by some of the women at Serenity surrounding sexual abuse. The ladies of Serenity have welcomed Susan into their home and their lives and are eager and willing to learn.” ~*Barbara Davis, Program Director, Serenity Shelter*

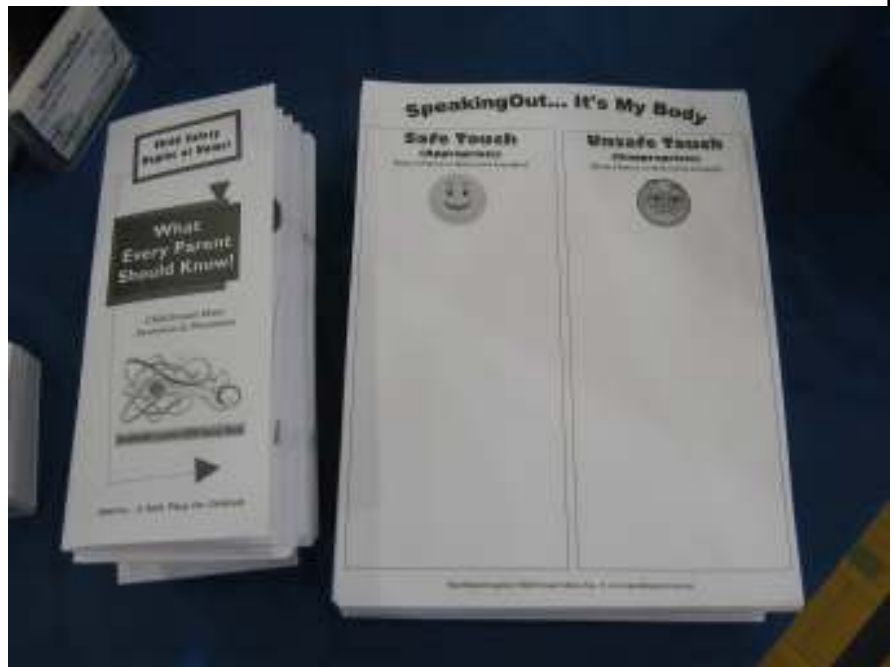
Thank you Barbara for inviting us to facilitate a SpeakingOut class at Serenity Shelter of Knox Area Rescue Ministries...falls right in line with our Mission...Child Sexual Abuse Awareness & Prevention...we also touch on Healing! The ladies have been very kind and open to what each one of us can do to aid in the prevention of this crime for other children. ~*Susan Suafoa-Dinino, President/Founder, SpeakingOut against Child Sexual Abuse, Inc.*

***Coming together as Leaders
in our Homes, our Churches & the Community
to address the issue of Child Sexual Abuse in America!***

Back-to-School Health Fair (Knoxville, TN)

In August of last year, SpeakingOut participated in the 1st Back-to-School Healthy Kids Rock event in which we were able to raise awareness on the crime of Child Sexual Abuse for over 800 families by simply handing out information & talking to people.

On August 11th, SpeakingOut participated in the 2nd Back-to-School Healthy Kids Rock Health Fair. This year, attendance greatly increased to approximately 1200 families attending the Health Fair. We handed out Children's Activity Sheets to the kids, and brochures to Parents/Grandparents/Caregivers. The goal was to encourage Parents to sit down & talk to their children about Child Sexual Abuse... ultimately opening up the communication line on this very sensitive topic. And the purpose of that is to do all we can to help prevent such violations from happening to the children we care about.



We would like to thank Sherra Robinson, RDA-Outreach Director of Western Heights Dental for inviting SpeakingOut to participate again this year. We appreciate you & what a Health Fair like Healthy Kids Rock does for children & families in the community. Thank You!

~SpeakingOut against Child Sexual Abuse, Inc.~

Picture to the Left...

All Volunteers for this Event were family members of Susan Suafoa-Dinino, President/Founder of SpeakingOut... Kevin Dinino (Son), Anthony Suafoa (Son) & Brittany Suafoa (Daughter-in-Law). Thank You for your help during this very busy event!

Picture to the Right...

Susan Suafoa-Dinino, President/Founder of SpeakingOut & Grandson, Malachi!



Employee Health & Safety Fair (Oak Ridge, TN)

On August 15th, SpeakingOut participated in the ORAU (Oak Ridge Associated Universities) Health & Safety Fair for their employees. This was SpeakingOut's first time to participate in this event. ORAU's theme for this year's fair was "Be prepared, protect your health and safety". It was a wonderful opportunity for SpeakingOut to raise awareness on the crime of child sexual abuse in an effort for the parents & grandparents of ORAU to open up the communication line between them and their children and grandchildren about this crime...the goal being PREVENTION! We were able to hand out brochures to the employees, as well as a children's activity sheet that could potentially open discussion on Safe/Unsafe Touches & Appropriate/Inappropriate. The UT LIFESTAR helicopter made an appearance during the event. SpeakingOut's theme for our Info Table...Child Safety Begins at Home!



Thank you ORAU for inviting SpeakingOut to participate in the 2012 ORAU Health & Safety Fair. We look forward to participating again next year!

I would also like to thank the SpeakingOut Event Volunteers for the day. You are appreciated!


- ◆ **Kevin Dinino** (Event Volunteer)
- ◆ **Anthony Suafoa** (Event Volunteer & Outreach Coordinator-Twitter for SpeakingOut)
- ◆ **Brittany Suafoa** (Event Volunteer)

*~Susan Suafoa-Dinino,
President/Founder of SpeakingOut~*



Sponsor of this Month's Newsletter

A mothers path of healing through the hell of sexual child abuse, which changed her life forever and how she became a survivor



I was born and raised in a small East Texas town deep in the heart of the Piney Woods. Understanding Simple Truths was created in order to share what I have learned on my journey of this life.

There have been many blessings, but also many heartaches. When you walk through a hell created by choices of others, there lies many lessons to learn.


Hidden within each one of us is an awareness just waiting to be found. When this awareness is awakened it can bring many changes to your life.

This book is my story of a mothers pain and how I began to heal. The healing is a life long process. It is not about forgetting, but about finding true healing in the face of adversity.

Becoming a voice for the children who have survived sexual child abuse is my way of releasing my pain through advocating prevention.

We cannot change the past, but we can make a difference in the future of generations to come.

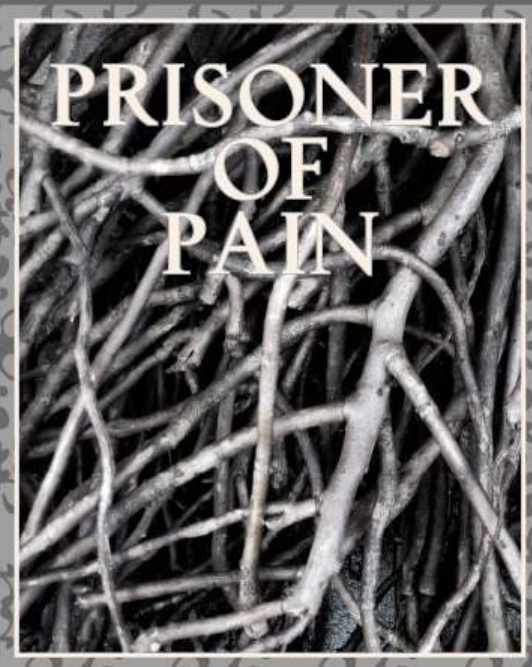
"Save a life, save a heart, most importantly, you may save a mind."



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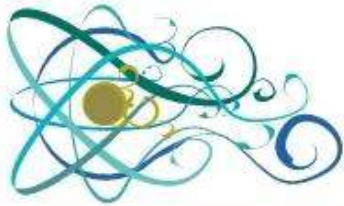
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SpeakingOut

against Child Sexual Abuse, Inc.
[A 501(c)(3) Non-Profit Organization]

Susan Suafoa-Dinino
(President/Founder)



SpeakingOut against Child Sexual Abuse

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Board Members

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Newest Member of SpeakingOut Team

Outreach Coordinator - Twitter

Anthony Suafoa

Honolulu, HI



“Since the beginning, I have been an observer of SpeakingOut against Child Sexual Abuse. From humble beginnings, with only a desire to help others, to now a community of supporters, survivors, & concerned citizens. I truly believe that silence is the ultimate weapon used against us. After all, a prayer to the Almighty, is simply to call out to your Heavenly Father with whatever may be in your heart. Every time this crime enters into a life, pain follows for all involved. So, I add my voice to those who have gone before & invite all who read this to come and join us; with whatever reason you are here. Fear is a constant. But to truly move forward, faith is required. Faith in Jesus Christ. I am 24 & live in Honolulu, HI. I am a husband, father, & a survivor of child sexual abuse. I testify that healing is possible & prevention is critical. So we work, as if everything depends on us & pray because everything depends on God. SPREAD THE WORD!!!!”