



SpeakingOut News

July 2012

SpeakingOut

against Child Sexual Abuse, Inc.

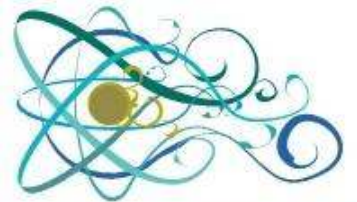
[A 501(c)(3) Non-Profit Organization]

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

ATTENTION PARENTS...
Use the Sandusky crimes against innocent boys as an opportunity to raise awareness with your own children...to open up the communication line about sexual abuse. The purpose... **PREVENTION!**

Inside this Issue:

Important Message from a Male Survivor	2
Get Your FREE SpeakingOut T-Shirt	3
Survivors... Opportunity for SpeakingOut	3
Seeking Volunteers (Knoxville, TN)	4
H.S. Documentary on Sexual Violence	4
New to SpeakingOut's Team	5
Sponsor of this Month's Newsletter	6
Become a SpeakingOut News Sponsor	6
It's Bad Enough Children are Violated...	7



SpeakingOut against Child Sexual Abuse

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!

A Global Call to Action!

The Innocence Revolution: A Global Day to End Child Sexual Abuse
 April 14, 2013
theinnocencerevolution.blogspot.com

SpeakingOut recently ran across information on Linked In about this very important & much-needed global effort for all organizations, government agencies, states, countries & individuals from all walks of life to make a united stand against the crime of Child Sexual Abuse. We have already made contact with those heading up this global effort to inform them that they can count SpeakingOut in. Join Us! To get involved, send email to theinnocencerevolution@gmail.com. Let’s join together to make the world a safer place for children of all ages...across the globe!

Important Message from a Male Survivor



Photographed in New York City on June 2nd by Grace Brown @ <http://projectunbreakable.tumblr.com>

The poster reads:

1 in 6 males are sexually abused before age 18 - far more than are at risk for diabetes (1 in 10) or heart disease (1 in 8).

At 8 I became a statistic - at 30 I became a survivor. (Most male survivors take at least 20 years to begin healing - if they ever do)

For 22 years I lived in silence. Now I want the world to know - what happened to me can happen to anyone. Both the abuse and the healing.

www.malesurvivor.org // @malesurvivorORG on Twitter

"For every 100 friends you have on Facebook, 15-20 (at least) are survivors of sexual abuse."

"What a difference a few days can make.

Today the media is focused on the US Supreme Court decision upholding much the Affordable Care Act. Just a few days earlier, attention was focused on two Pennsylvania court cases. While those decisions might not have same constitutional importance as today's decision, they could prove to be just as influential in the years ahead.

Focus has understandably shifted away from the events of last Friday. But for a great number of people, the impact of the Sandusky and Lynn trials and verdicts continues to resonate in powerful, and sometimes negative, ways. Both trials thrust the issue of sexual abuse into the national spotlight like never before. And yet, now it would be understandable if some people got the impression that what happened last week didn't matter at all. But the fact is, there are many people who are continuing to emotionally process what happened, and will do so for some time to come.

I'm not going to lie, the last couple of weeks have been tough for me. Hearing some of the most graphic testimony in the courtroom and then repeated in the news day after day was triggering for me. I tried to keep busy and tell myself that I was doing "okay". But for the past week, there have been signs: I've been more easily irritated by trivial things. I've been fatigued and it is hard to concentrate at times. Perhaps most worrying, I want to be alone. For the past few days, I've been envious of the collection of carved turtles on my shelf. When I'm overwhelmed I want pull into my shell.

My wife, friends, and colleagues have all been asking me if I'm "okay." It's funny, for a long time I had no idea what "okay" meant. It wouldn't even register that people were expressing concern about me. Survivors learn to ignore their pain. Boys in particular are expected to be tough, unemotional, and never, **ever** talk about our feelings.

So why am I telling you about how I feel? Because I have learned that I ignore the warning signs at my peril. As I've made progress in my own healing I have learned that hiding from my pain is not "okay". Neither is pulling into a shell, and pushing away those who care about me. If my wife and friends are getting worried, it's important to be able to hear that and not minimize their concerns.

It's "okay" to speak about what I'm feeling. I deserve to be heard. If I am hurt, I am worthy of the love and care of others who can help me.

It's "okay" to speak because when I do, it can help other people who might also be struggling.

It's "okay" to speak because it is only when we hear the voices of those who are hurting that we can start the healing process.

Healing is not a process that makes the pain go away. Healing is what allows us to process the pain. Being alive means that sometimes we will feel pain. And yet many people still think it is better to suffer in silence. They don't understand that silence actually magnifies pain. Silence also creates the secrecy abuse requires to flourish.

I am doing better. As each day passes, I process a little more of what I saw at the trial, and I feel a little more connected again. I have not pulled into my shell, and I am spending time with people who love and care about me. I hope that you are able to do that as well. If you find yourself struggling, I encourage you to try and find a safe person to connect with, even if it's just for a few moments. If you don't feel comfortable doing that, then take a look at the discussion forums on MaleSurvivor's website.

For now, all the talking heads are focused on framing the Supreme Court's decision health care. Tomorrow our national attention will shift to the next controversy. But I think it is important we don't let ourselves forget too quickly the main lesson from the Sandusky and Lynn trials: When it is "okay" for victims to speak, we help stop abuse from happening and begin a healing process that helps us all." ~**Christopher M. Anderson, MaleSurvivor, Executive Director, www.malesurvivor.org (6/28/12)**

MaleSurvivor is the leading not-for-profit organization committed to preventing, healing, and eliminating all forms of sexual victimization of boys and men through support, treatment, research, education, advocacy, and activism.

Get Your FREE SpeakingOut T-Shirt

Effective July 13th - August 15th ...

**Receive a FREE SpeakingOut T-Shirt
for any \$30 Donation in support of our cause.**



SpeakingOut T-Shirt
Size Choices: S, M, L, XL, XXL

Just our way of saying “Thank You” for your Support! Plus you will be helping us raise awareness by wearing your SpeakingOut T-Shirt...all throughout the year.

Let’s work together to bring the crime of Child Sexual Abuse top of mind all across America; not just when we find out about people like Sandusky of Penn State, but every day...all year long. Every One Child Matters. Just one child being raped, molested and/or exploited is one child too many. What if that One Child were YOUR Child?

Receive your Free SpeakingOut T-Shirt 2-3 weeks after SpeakingOut receives your gift of \$30. That’s only \$1 a Day for 1 Month. But to SpeakingOut, that’s much-needed funding that will assist us in continually moving forward with our Mission & Vision...Child Sexual Abuse Awareness & Prevention...all Across America! At SpeakingOut, we are working diligently for children of all ages (birth to 17 years of age). Please join us in our efforts in 2012.

Donate Online at www.speakingout-csa.com (PayPal Donate Button) or Mail your Check/Money Order to SpeakingOut, P.O. Box 5826, Oak Ridge, TN 37831. Please specify size of T-Shirt.

Survivors...Opportunity for SpeakingOut

Calling All (Non-Offending) Adult Survivors of Childhood Sexual Abuse

If you are a Non-Offending Survivor of Childhood Sexual Abuse, whether male or female, and at least 18 years of age, you are invited to utilize our organization to “Have Your Voice Heard by SpeakingOut against Child Sexual Abuse”.
Here’s how it works...

HOW TO SUBMIT...

- Send email to Susan Suafoa-Dinino, President/Founder of SpeakingOut at susansd@speakingout-csa.com
- Subject of Email... A Survivor is SpeakingOut
- Type Your Message
- Include...
 - First Name or Anonymous (required)
 - Last Name (optional)
 - City & State (required)
- Attach...
 - Picture of Yourself at the age your abuse began (optional)
 - Current Picture of Yourself (optional)

HOW SPEAKINGOUT WILL UTILIZE YOUR INFORMATION...

1. Featured in at least one issue of SpeakingOut News (monthly eNewsletter). Depending on the length of your submission, we may be able to post your information in its entirety or at a minimum, mention your information and refer the public to your information in our website.
2. Featured in our website by going to www.speakingout-csa.com under “Testimonials” & then “Survivors are SpeakingOut”.
3. Mention with a Link to your information in our website on our social networking sites... Facebook, Twitter and Linked In.

This is YOUR Opportunity (or another opportunity) for SpeakingOut against the Crime of Child Sexual Abuse!

Seeking Volunteers (Knoxville, TN)

In August 2011, SpeakingOut participated in the 1st 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. This year, attendance is expected to dramatically increase. SpeakingOut will be setting up an Information Table for Adults, handing out Children's Activity Sheets to the kids, and handing out brochures to Parents/Grandparents/Caregivers. The goal is 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. In addition, we plan to set up Bean Bag Toss for the kids.

We are currently seeking Volunteers to assist Susan Suafoa-Dinino, President/Founder of SpeakingOut, throughout the day. Whether you can volunteer for 1 hour, 2 hours 1/2 day or all day, please contact us today to sign up as a SpeakingOut Volunteer. We Need Your Help!

To Sign Up to Volunteer, Send Email to susansd@speakingout-csa.com or Call 865-230-8600 by July 31st!

Set Up
(7:30 - 8:30pm)
Need 1 Volunteer

Event
(9am - 4pm)
Need 3 Volunteers
at all times

Breakdown
(4 - 6pm)
Need 1 Volunteer

Western Heights Dental

2nd BACK-to-SCHOOL HEALTHY KIDS ROCK

HEALTH FAIR at
NORTHWEST MIDDLE SCHOOL
5301 PLEASANT RIDGE RD
SATURDAY
AUGUST 11, 2012
9AM-5PM

- FREE DENTAL CLEANINGS
Courtesy of RAM (Remote Area Medical)
(9A.M. - 3P.M., parent must be PRESENT)
- FREE FOOD AND REFRESHMENTS
- FREE HAIRCUTS (Parent must be PRESENT)
- LIVE ENTERTAINMENT
- BOUNCE HOUSE
- GIVEAWAYS & PRIZES
- GAMES & ACTIVITIES
- RESOURCES FOR FAMILIES
- FREE BACKPACKS AND SCHOOL SUPPLIES
(WHILE SUPPLIES LAST)

H.S. Documentary on Sexual Violence

Recently, a High School Student from Indianapolis, IN contacted us to see if we would be willing to be interviewed for a school project she is working on... **Documentary on Sexual Violence**. We were most certainly interested in being one of the groups to be included in such an important school project as one on the topic of Sexual Violence. SpeakingOut will have access to this documentary in the very near future and will make it available to you as well. We are so proud of this 10th Grade Student for taking on this very sensitive topic.

New to SpeakingOut's Team

Officer / Secretary Samantha Stewart

Resides in the U.S.



"Finding the SpeakingOut organization started a new chapter in my life. I am very passionate about finding ways to assist individuals who are affected by this trauma, and aid in the prevention in this crime. This abuse is accompanied by silence, silence that we must verbalize. By educating people about this issue and spreading awareness, we can make an impact on those individuals able to prevent these situations and allow children to have a safe and happy environment. Childhood passes so quickly already, it should never be stolen and crushed by perpetrators. Let's give parents, family members, friends, teachers, recreational leaders, community members, and all others the opportunity and tools to protect the children of America. Children are entitled to their innocence and peace- we need to be on the front lines to ensure their entitlements. As a survivor I am committed to sharing my story and spreading this awareness to help others, and I am honored to be a part of this organization and its cause. I may have not had a voice for many years in my life, but now I do, and it is loud."

Director / Board of Directors

Jon Holdam

of Slidell, LA

**No Picture
Available at
this time...
Coming Soon**

"The majority of us listen to stories of child sexual abuse with disgust, anger, or loathing. We wonder how this crime is allowed to happen in our neighborhoods. Then we go on with our lives and forget all about it until the next time it is reported on the news, internet, or radio. There are, approximately, over 80,000 confirmed cases of child sexual abuse reported yearly. Even more children are the victims of unreported abuse. This abuse is happening every few minutes all across our great country.

After receiving the SpeakingOut newsletter, I was amazed at the success Susan has had in giving a voice to the survivors of child sexual abuse. My amazement grew, as I remained in contact with Susan, to learn how one person, who is driven to succeed, and give voice to this despicable crime, can personally build up an organization that is of such help to so many. I am not a victim of child sexual abuse. In fact, I was blessed with having a wonderful childhood. We are all aware that there are those who are less fortunate than ourselves, that countless children fall victim to abusers, but we remain blinkered and do little, if anything, to help. Communicating with Susan was a moment of enlightenment and forced me to seriously examine my beliefs and ask how I could make a difference, as Susan has, in the lives of so many.

It is with great humility that I have accepted the position of Director, on the Board of Directors, of SpeakingOut. I hope that, during my time here, I will be able to assist in expanding the outreach of SpeakingOut and ensuring that victims, of all ages, are given a voice along with the support, and encouragement, to be heard."

Captain Jon Holdam is a Military Veteran and currently the Operations Commander & Commander of the Emergency Response Team at the Interim LSU Public Hospital Police Department in New Orleans, LA.

Outreach Coordinator - Twitter

Anthony Suafoa

of Honolulu, HI

**Anthony is brand new to SpeakingOut's Team, as of July 12th.
Look for what he has to say in next month's issue of SpeakingOut News!**

Sponsor of this Month's Newsletter

SAVE THE DATE

MaleSurvivor

13th International Conference:



A World of Healing

November 15 - 18, 2012

Co-Sponsored by
John Jay College of Criminal Justice

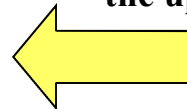
10th Avenue at 58th Street, New York City

Information pertaining to the conference
will be posted on the MaleSurvivor website at

www.malesurvivor.org

IVAT (Institute on Violence, Abuse and Trauma) , co-host for
Continuing Education credits

We are proud to announce that
SpeakingOut against Child Sexual
Abuse, Inc. is an Affiliate Sponsor of
the upcoming MaleSurvivor
13th International
Conference.



Become a SpeakingOut News Sponsor

Advertise in SpeakingOut News for only \$10....

Advertise Your Agency, Company, Event,
Book, etc...

For a \$10 donation, you can become a Sponsor
of one month's issue of SpeakingOut News.
This in turn allows you the opportunity to place
an ad in our newsletter. Advertise one time,
monthly or periodically... you decide.

SpeakingOut News is generally distributed by
the end of each month, or within the 1st couple
of weeks of that month's issue. Your Donation
& Ad must be received by the 25th of the month.
Approval of your ad is required & must be obtained
from SpeakingOut prior to placement.

*Email your Ad today to request
approval & become a
SpeakingOut News Sponsor.*

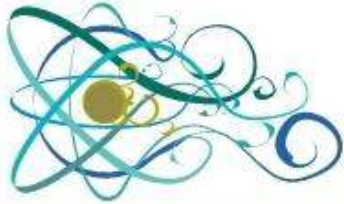
Ad placement in SpeakingOut News (monthly
eNewsletter) does not necessarily constitute
endorsement of advertised information, products
or services by SpeakingOut against Child
Sexual Abuse, Inc. (aka SpeakingOut).

Becoming a SpeakingOut News Sponsor
simply means newsletter sponsorship in
exchange for ad placement.

SpeakingOut

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

Susan Suafoa-Dinino
(President/Founder)



SpeakingOut against Child Sexual Abuse

Contact #:
865-230-8600

Email:
susansd@speakingout-csa.com

Mailing Address:
P.O. Box 5826
Oak Ridge, TN 37831

America...

A Safe Place for Children!

To access all previous Issues of SpeakingOut News, visit our Website (Home Page).

Visit Our Website...

www.speakingout-csa.com

Follow Us on Twitter
Join Us on Facebook
Connect with Us on Linked In

To find us on Twitter, Facebook & Linked In,
visit our Website's Home Page and
click on the desired link.

It's Bad Enough Children are Violated...

But Did You Know?

- A large % of Children who are being violated will remain silent about their abuse.
- For the Children who do disclose, many are not being believed by their loves ones or others.
- Only a small % of Child Sexual Abuse cases are ever reported.
- And the majority of reported cases will never see a courtroom.
- Far too many cases of Child Sexual Abuse wind up in Family Court; rather than Criminal Court. Child Sexual Abuse (Rape, Molestation, Incest & Exploitation) is NOT a family matter... It is a Crime!
- In far too many cases, the Reporting (Non-Offending) Parent is persecuted and in some cases prosecuted for speaking up and trying to protect their child.
- More often than anyone would like to believe, Children are being taken from the Reporting (Non-Offending) Parent and custody is being given to the Abusive Parent.
- Many times, the Abuser is protected and the child continues to suffer. This leaves the Child in the position where they may be violated repeatedly; sometimes over the course of many years.
- It is estimated that 95% of Children who are sexually abused know the person abusing them, and in far too many cases, loves and trusts that person.
- The majority of those who violate innocent children tend to average multiple Child Victims.
- Justice May Never Come for the Child who has been sexually abused.
- First and Foremost, the most innocent of all Victims... Children... are Suffering!

JUST A FEW OF THE REASONS THAT PREVENTION IS SO IMPORTANT!
Every One Child Matters... What if that One Child were YOUR Child?