UPCOMING EVENTS:

**Meet, Eat, And Learn**

This month: **Sexual Violence : Knowing the Perpetrator**
With speaker: Frank White M.A- Assistant Professor in Sociology

**Wednesday, April 4th**
**Noon-1pm**
**At the International Centre**
**Lunch Will be Provided**

Frank White will speak about what defines sexual assault, common characteristics of sex offenders, commonly used drugs in sexual assault, as well as safeguards and what to do in the event you are a victim of one of these drugs.

Meet, Eat & Learn is an opportunity to learn something new, share views and ideas, and interact with others - all while enjoying a delicious and FREE lunch.

This event is open to students, faculty, staff, and individuals outside the UND community. **Everyone is welcome!**

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**Not an Invitation to Rape Me...**

*What is it?*

*A display of situations and scenarios that are never excuses for rape. No means no and also it is important to remind people that you can say NO at anytime...clothes on or off, after a expensive dinner, even if you have had sex with them before, even if you said you wanted to earlier that day- NO means NO always and at anytime!*

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**April is Sexual Assault Awareness Month**

If you or anyone you know has been sexually assaulted please call the
Community Violence Intervention Center in Grand Forks at (701) 746-0405,
the North Dakota Council on Abused Women’s Services toll free at (888) 255-6240,
or the
UND Counseling Ctr. at 701-777-2127 or the
UND Women’s Center 701-777-4300
There are many situations where people say, “I wish I would have known……”. Sexual assault is not something that is talked about very often and determining how to handle those situations is difficult to say the very least. How are people supposed to know how to handle the situation when it’s happening or handle the complications afterwards? I interviewed several people about this topic and this is a list of what they told me they “wish they knew” before, during or after a sexual assault. The purpose of sharing this list is to provide information that might help someone before something happens; as well as to help them know how much power they really have; and help them move forward in their lives.

We, at the Women’s Center want you to know that there is help available to you. If you are struggling with this issue and would like to talk about it, please contact the University Counseling Center (777-2127); The Community Violence Intervention Center (746-0405). If you would like help talking through where to go for help, please call the Women’s Center(777-4300). We would be happy to do what we can to help you move forward toward healing.

“I Wish I Would Have Known…”

- I am not the only one.
- I am not less of a person.
- It happens to a lot of people.
- Each state handles issues of abuse or sexual assault differently.
- Restraining orders do not transfer from state to state. If a person gets a restraining order in Minnesota, it has no bearing in North Dakota. A person must get a restraining order in each state if they are a local and spend time in East Grand Forks, MN., and Grand Forks, ND.
- Police are not always able to keep the perpetrator in jail.
- There are professional advocates who could go with me to the police station, the clinic, or where ever I need to get help.
- If I do something about the situation, I am protecting myself and other women.
- I am worth it.
- I can take back control of my life and my situation, but it might take a great deal of time. Some parts of my life can be taken back immediately, and some take more time.
- No matter what someone tells me, I should go with my gut.
- Do not let someone tell me that my boundaries are wrong. They are my boundaries, and no one else has the right to change them.
- I am not to blame for someone else’s mistakes. I should not let them make me feel that way.
- I can always say NO.
- It is okay if it affects me more than I think it should have.
- It hurt me enough and I do not need to let it ruin the rest of my life and hurt anymore.
- Not to let the fear of someone else’s reaction or retaliation scare me or stop me from doing what I need to do.
- The perpetrator can be the nicest person in town.
- How to give forgiveness to that person that did it.
- I can forgive, but I do not have to forget who did it.
- It is something I will never forget, but I can choose to stop remembering it.
- I am not required to trust or believe what that person says ever.

April Holidays and Events

1st - April Fool’s Day
7th- Passover (begins at sundown)
8th– Easter Sunday
22nd - Earth Day
26th– Take your daughter to work day

April is:
Sexual Assault Awareness Month
National Poetry Month
Stress Awareness Month
National Humor Month
Autism Awareness Month
2012 Sexual Assault Statistics

- 1 out of every 8 women are victims of rape.
- 76% of sexual assault victims knew the perpetrator of the assault.
- 83% of sexual assault victims are under the age of 25.
- While there has been a national decrease in the number of violent crimes, 10% in the last decade, since 1996, there has been an increase between 13% to 23% every year of sexual assault.
- 90% of sexual assault perpetrators did not possess a weapon at the time of the assault. However, most victims of sexual assault fear for their lives, fear threats of bodily harm, or fear threats of harm to friends/family.
- Evidence collection is geared towards sustaining a forced sexual act, and not identification of the perpetrator because most victims of sexual assault know the perpetrator.
- The average number of rape victims per rapist is 7. Sexual assault perpetrator apprehension is a public safety concern.

Information from the North Dakota Council on Abused Women’s Services.

For more information on sexual assault, domestic violence, and other issues facing abused women visit: www.ndcaws.org

Laughter Corner

Ever Wonder?
If con is the opposite of pro, is Congress the opposite of progress?
Why you don't ever see the headline "Psychic Wins Lottery"?
Why "abbreviated" is such a long word?
Why the man who invests all your money is called a broker?
Why the sun lightens our hair, but darkens our skin?
Why lemon juice is made with artificial flavor, while dishwashing liquid is made with real lemons?
Why women can't put on mascara with their mouth closed?
Why doctors call what they do "practice"?
Why they don't make the whole plane out of the material used for the indestructible black box?
Why didn't Noah swat those two mosquitoes?

http://www.viewfromthemeadow.com

“I Wish I Would Have Known” cont.

- To do whatever it took to protect myself, and that is not necessarily what other people are telling you to do.
- I am my best advocate.
- To save evidence or information. Do not throw things away or delete them, even if it is horrifying evidence. That evidence that seemed horrifying could actually save you later.
- To talk about the issue and be honest. Do not be afraid to say something because it is not my fault.
- I cannot expect myself to handle everything perfect in these types of situations.
- Even if I wish I could have changed something, it is still not my fault.
- I can love again.

The Women’s Center
now has a Blog!!

Our blog is a new way for us to share with you upcoming events in the area and present current information on women’s issues.
Every day there seems to be another headline about a woman being assaulted and killed by her partner; another child being kidnapped by a registered sex offender. While these headlines are not a new phenomenon, what makes the stories of today so frustrating for me, is the fact that many of these women were ignorant to the facts about the people around them. This author would certainly not blame a victim in any circumstances. And many incidents could not be prevented regardless the information given. It is not until we can eliminate such awful behaviors by the perpetrators that real change can happen in society.

However, I can’t help but wonder if things would be different had that woman known about her boyfriend’s multiple domestic violence assaults? Could that teen girl be saved if her parents knew how to check on the people she babysat for? What if they had learned ahead of time that the father had a history of sexual assault? Were the parents aware of their neighbor’s violent past?

Again, I am in no way blaming the victims or the families of the victims. I am, however, expressing my sadness surrounding the fact that so many women and parents in this country do not know how to gain such information that has become increasingly easy to access. Obviously there is no way to 100% protect oneself from violent people, but today there are a number of internet sources that can act as a good start to information power. Below are some of those sources. My hope is to inform you and encourage you to utilize these sources in your own life. We can all do our part.

http://www.ndcourts.gov/publicsearch/contactsearch.aspx
Allows you to search public court records; showing charges and results.

http://publicsearch.ndcourts.gov/default.aspx
Search court records by county and case type.

http://www.sexoffender.nd.gov/
North Dakota Sex offender website

http://www.fbi.gov/scams-safety/registry
FBI Sex Offender Data Base