Karyn Gall Hippen

Thompson, ND Mayor, Karyn Gall Hippen has become a survivor, a person who has withstood the continual storm life throws her way. Incidents of sexual abuse from her adolescent years haunted her, warping her view of her self-worth, resulting in a string of bad relationships based on one fact - the man claimed to love her. After suffering an abusive engagement, a miscarriage, and losing her best friend to a navy transfer, Karyn believed she’d found hope for a good life with a man who seemed the opposite of her first fiancé. But soon after marriage, she found her new life came with more difficulties than she was prepared to handle. As our keynote speaker, Karyn will share her story and the affect that violence has had on her.

The Clothesline Project

October 13-17, 2014
Monday - Thursday
8:00 am - 8:00 pm
Friday: 8:00 am - Noon

Location: Memorial Union Ballroom

Contact Information:
Staff:
Kay Mendick, Director
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Address:
UND Women’s Center
305 Hamline Street
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Phone:
701-777-4300
Website:
http://und.edu/student-life/womens-center/index.cfm
Hours:
Monday - Friday:
8:00 am - 4:30 pm
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und.womenscenter@und.edu

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**Meet, Eat, & Learn**  
Wednesday, October  
From Noon—1pm  
Location: International Centre  

*The Indirect Bully: Verbal and Online Harassment*  
With Speaker: Ashley Schreurs  

Join us for a conversation about verbal abuse and online harassment. Ashley will talk about what these forms of bullying look like, its psychological affects, and how we can have healthier interactions in our relationships.

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.

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**College Safety 101**  
By: Jackie Hoffarth and Courtney Stufflebeam  

The Women’s Center is a firm believer that people are in no way responsible for violence perpetuated against them. Violence will not end, until perpetrators of such violence put an end to their actions. However, you can learn to take control of intimidating and potentially escalating situations.  

**Trust yourself.** Trust your instincts. If you feel uncomfortable or something just feels odd, trust yourself and your feelings. Don’t let what other people thing impact your decision to leave. Make something up if you have to! It is better to be safe and comfortable than to stay in a place or situation that you don’t feel safe in. Who cares what other people think? Your safety is more important.

**Online Life.** Think of your personal information as sacred. Think carefully before sharing personal information online. Posting information regarding your activities, plans, vacations or otherwise may allow people to track your whereabouts and know more about you than you want them to. Be careful when “checking – in” on social media. Remember, don’t share anything online that you wouldn’t want a stranger to know.

**Be aware & stay alert.** Where ever you find yourself, always be aware of what is going on around you. Pay attention to people, situations and your environment. When out and about, try to take well lit, well trafficked routes and know your surroundings. Be aware of exits and take advantage of the safety escorts the university (UPD) offers. Report any suspicious or dangerous situation. As a campus we can all play a part in keeping our community safe.

**Be smart when you party.** Always be in control and use a buddy system. Be aware of your drink: don’t accept a drink from people you don’t know, stick to drinks you prepare yourself, and if you walk away from your drink, get a new one. Know your own limits if you choose to consume alcohol. This means trying to keep to one drink an hour, not drinking on an empty stomach, and drinking water in between adult beverages. Remember that alcohol has the potential to limit your ability to be aware and be prepared to handle dangerous situations. For more information on how to be safe about alcohol visit UND Health and Wellness page: http://und.edu/health-wellness/know/index.cfm.

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**American Association of University Women**

**FREE MEMBERSHIP!**  
Join a “community that breaks through educational and economic barriers so that all women and girls have a fair chance” (AAUW value promise).

By becoming an E-student affiliate there are scholarships, grants, and internships available, opportunities for further leadership skill development, public policy involvement and access to a network of leaders, mentors and friends.

Membership is FREE and open to men and women.

Learn more about this free membership opportunity by going to aauw.org and become an E-student affiliate member.
New Addition to the Clothesline Project  
By Courtney Stufflebeam and Jackie Hoffarth

At the Women’s Center, we strive to help and represent women of all ethnicities, race, religious beliefs, sexual orientation, and socioeconomic status. This year, we are incorporating a new aspect into the annual Clothesline Project to better encompass members of the Grand Forks community.

As cited by Family and Services Bureau, according to the US Department of Justice, “Native women are 2.5 times more likely to experience violence than other women in the United States. Established in 2006, the Shawl Project aims to increase awareness for the domestic violence and sexual assault that occurs to Native women and children.”

It is the hope of the Women’s Center that incorporating shawls into the clothesline project will increase awareness of the domestic violence and sexual assault that occurs to Native women in our community as well as provide a voice for survivors. Beginning this fall, those interested in having their experience represented in the Clothesline Project, will be able to choose a T-shirt or shawl (see below regarding colors). If you would like to request a shawl or have questions please call the Women’s Center at 701-777-4300.

“As shawls are held in high esteem by Native American women across Indian Country, it seemed a most appropriate symbol. Each shawl is made by a survivor or in memory of a survivor [and] tells its own story. Many Tribal Domestic & Sexual Violence Programs across Indian Country have begun their own Shawl Story Projects since first introduced nationally in 2007.”

-Jane Root, Director of the Maliseet Domestic and Sexual Violence Advocacy Center


Significance of T-Shirt and Shawl Colors on Display at UND’s Clothesline Project:

- **White**: For those who have died of violence
- **Yellow or Beige**: For those who have been battered or assaulted
- **Orange or Pink**: For those who have been raped or sexually assaulted
- **Blue or Green**: For survivors of incest and childhood sexual abuse
- **Purple or Lavender**: For those attacked due to their sexual orientation
- **Red**: For children who have witnessed violence in their homes

If You Would Like to Make a T-Shirt/Shawl

If you are a survivor of violence and want to make a T-shirt/shawl for the display or would like to make a shirt for a loved one lost, the Women’s Center can help.

We will provide you with a shirt/shawl in the color of your choice. Stop into the Women’s Center, email us, or call to request one. You can then take the shirt/shawl home and return it when you are finished. This is your process and your experience, so take all the time you need. Shirts and shawls will also be available during the project.

Remember we are here to support you in any way we can.

If you have questions, give us a call at 777-4300.
A FREE App That Could Help Prevent Violence Before It Happens

Circle “of 6”

How it Works?

This app allows you to connect with your friends (6) in a matter of two touches on your phone. There are three different icons that represent 3 different messages that can be sent to your friends in an event of an uncomfortable situation. It is a great app for you to use to look out for your friends.

Car Icon: Come Get Me

The message will read: “Come get me, I need help getting home safely.” The message will send your location to your friend, so they know where you are.

Phone Icon: Call Me

The message will read: “Call and pretend you need me. I need an interruption.”

Chat Icon: I need some advice.

The message will read: “I’m looking up information about healthy relationships and respect. Just letting you know” This allows your friends to know what you may be having troubles dealing with, but requires no immediate action.

Exclamation Point: National Hotlines

This icon allows you access to two pre-programmed national hotlines and also allows you to customize your local hotline number.

For more information: www.circleof6app.com

Do You Need Help?

If you have experienced violence, a sexual assault, or harassment of any kind, there are a number of places that can help.

University Police: 777-3491
UND Women’s Center: 777-4300
Dean of Students: 777-2664
Affirmative Action Office: 777-4171
UND Counseling Center: 777-2127
Community Violence Intervention Center: 795-3000
Grand Forks Police Department: 787-8000
Altru Emergency Room: 780-5280
Suicide Prevention Lifeline: 1-800-273-TALK
The Trevor Project (crisis and suicide for LGBTQ youth): 1-866-4-TREVOR

Volunteers Needed!!!

Volunteers are critical to the success and the impact of The Clothesline Project and Take Back the Night.

For information on how you can help, call the Women’s Center at 777-4300 or email us at: und.womenscenter@und.edu