



GUAM COALITION AGAINST SEXUAL ASSAULT & FAMILY VIOLENCE (GCASAFV)

# KNOW MORE NEWS

OCTOBER 2020

To include announcements  
& events in our newsletter,  
email us at  
[info@guamcoalition.org](mailto:info@guamcoalition.org)

**GCASAFV  
General Membership  
Meeting  
October 13, 2020  
via Zoom at 11:00 AM**

## About us:

The Guam Coalition Against Sexual Assault & Family Violence, established in 2006, is comprised of non-profit organizations, government allies, community individuals and other Coalition partners who aim to stop sexual assault and family violence. The Guam Coalition focuses on community outreach, public awareness, technical assistance and training.

## Contact us:

Email: [info@guamcoalition.org](mailto:info@guamcoalition.org)

Visit/Like/Share/Follow us:



**Guam Coalition Against  
Sexual Assault &  
Family Violence**

## Take part in FVAM with GCASAFV!

October is National Domestic Violence Awareness Month (DVAM); On Guam, we recognize this month as Family Violence Awareness Month (FVAM). GCASAFV is joining millions of survivors and advocates to bring the issue of domestic violence to the forefront of the public's attention, raise awareness about available services, honor the memory of those we've lost, and celebrate strength and courage of survivors.

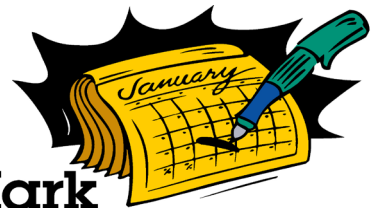
Join the Guam Coalition Against Sexual Assault & Family Violence members and partners with the upcoming events:

- Silent Witness Ceremony
- Governor's Proclamation Signing
- Legislative Resolution
- Virtual Community Outreach

More details on [www.guamcoalition.org](http://www.guamcoalition.org).

## kNOw MORE Webinar Series: Addressing Safety & Technology in Virtual Spaces

On October 21, 22, 28, and 29, the Guam Coalition will be holding the Safety and Technology webinar featuring the National Network to End Domestic Violence from 9:00 AM - 11:30 AM ChST.



**Mark  
Your Calendar!**

This 2-week technology safety primer will give advocates a foundation as they work with survivors around technology-facilitated abuse. Some of the topics will include: Stalkerware, Survivors Speaking Up and Speaking Out, Confidentiality and Technology, Zoombombing, Digital Services, the Internet of Things, and more.

Virtual seating is limited, so be sure to register by Friday, October 16, 2020. To register, click or copy and paste: <https://www.surveymonkey.com/r/SafeTechweb>

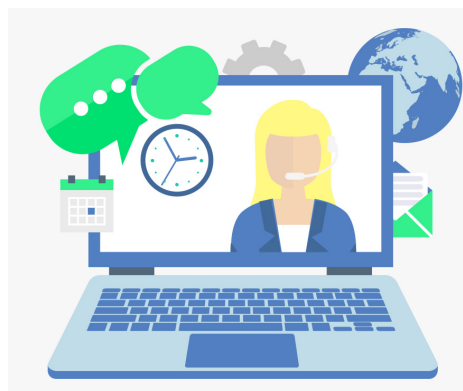
Check out our website [www.GuamCoalition.org](http://www.GuamCoalition.org) for updates.

## Did you miss the opportunity to train for Title IX?

Don't worry! Beverly Baligad will join us again in October to train more coordinators! Join us in October 21, 22, 28, and 29 from 1:00 PM to 5:00 PM for the second round of our **"kNOw MORE Webinar: New Title IX & Addressing Sexual Assault on Campus: Are You Ready?"**

Virtual seating is limited, so be sure to register by **Friday, October 16, 2020**. To register, click or copy and paste: <https://www.surveymonkey.com/r/TIX2>

For more details and updates, visit [www.GuamCoalition.org](http://www.GuamCoalition.org).



## SEPTEMBER IN REVIEW

### Welcome Back Beverly Baligad!

GCASAFV held the 2020 kNOw MORE Webinar: The New Title IX Rules and Addressing Sexual Assault on Campus: Are You Ready? on September 9, 10, 16, and 17. The series focused on Title IX's new federal regulation requirements, Title IX Compliance and Implementation and the intersection of Title IX and VAWA. Thank you to all who joined and participated!



### GCASAFV kNOw MORE Webinar

On September 22-25 from 9:00 AM - 12:00 PM, GCASAFV held the kNOw MORE Webinar: Community Advocate Training and Creating Change through a Coordinated Response: Domestic Violence/Intimate Partner Violence Court Monitoring. The sessions touched on Criminal and Civil Laws, Examining Court Monitor, Introducing Different Court Monitoring Models and Goals, Stages for Developing a Court Monitoring Project, and more! GCASAFV would like to acknowledge everyone who participated on this event.

## DIGITAL CORNER

"Prioritizing Wellness When Working with Survivors and Allies"

<https://tinyurl.com/y6gu52xd>

Hosted by: Alliance of Local Service Organizations  
October 14, 2020  
4:00 am – 5:30 am ChST

"Anti-Trafficking Lawyering Training Module 1"

<https://tinyurl.com/y2ohowdo>

Hosted by: Coalition to Abolish Slavery and Trafficking (CAST)  
October 27 – 31, 2020  
4:30 am ChST

"Working with Survivors/Victims from Asian and Pacific Islander Communities"

<https://tinyurl.com/y4fawtom>

Hosted by: National Organization on Asian and Pacific Islanders Ending Sexual Violence  
October 29, 2020  
4:00 am – 5:30 am ChST

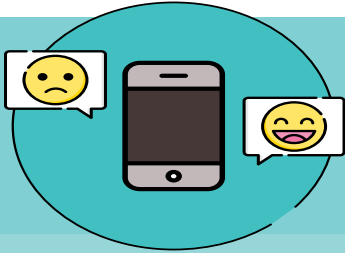
"Working with Sexual Assault Survivors/Victims from the Asian & Pacific Islander Communities"  
<https://bit.ly/34Vd1Ec>

Hosted by: National Organization on Asian and Pacific Islanders Ending Sexual Violence  
November 19, 2020  
4:00 am – 5:30 am ChST

For more information on webinars, trainings, and events, check out [www.GuamCoalition.org](http://www.GuamCoalition.org)

# COPING WITH STRESS

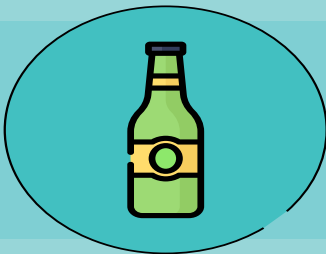
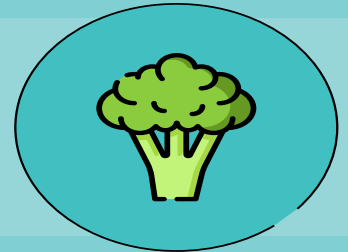
It is important to remember to take time to care for yourself in stressful situations like the one we are dealing with currently. Self care can be different for everyone. Here are some ways you can help yourself during this time, which will help build your resilience and ability to care for others. To learn more, visit <https://www.who.int/publications/i/item/9789240003927>



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

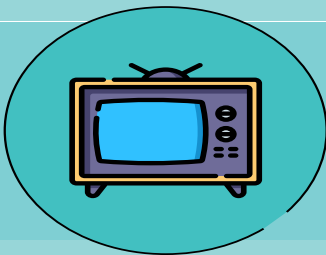
If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



*Source: World Health Organization*

## Get Listed and Download Our App!

PacificRegionsResources.org is GCASAFV's online directory for community resources. Visit [www.PacificRegionResources.org](http://www.PacificRegionResources.org) or download the app on the iTunes App store or Google Play to see what it has to offer!

Register and update your information to let others know the latest about your organization.

Visit [www.PacificRegionResources.org/register](http://www.PacificRegionResources.org/register) to get started.

Email us at [info@guamcoalition.org](mailto:info@guamcoalition.org) for further assistance.

# Tips to Have an Informed Conversation about Domestic Violence

## Never victim blame.

Abuse is never the victim's fault. As a society, we continue to place blame on victims by asking, "What did she do to deserve that?" or "What was she wearing?" or "Why was she there?" Yet we do not ask these questions to victims of other crimes. We must stop asking these questions of domestic violence and sexual assault survivors. Believe, support, and trust survivors. Instead of second guessing their experiences, let's rightfully place the responsibility on abusers and perpetrators to end the abuse. Domestic violence is rooted in power and control.

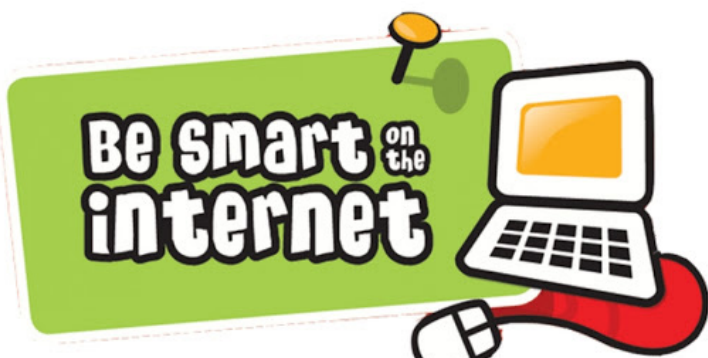


## Hold offenders accountable.

Holding offenders accountable can take many forms.

If it is safe to do so, call offenders out on their abusive actions and impose social consequences, like telling them they're not welcome for family dinner or to hang out until the abusive behavior stops. Stop excusing behavior with "boys will be boys" or "[the perpetrator] would never do something like that." Community accountability can make a significant impact. Tell the perpetrator that their behavior is abuse. Healthy relationships are rooted in equality, respect, and nonviolence.

To learn more, visit <https://nnedv.org/>



The global impact of COVID-19 means young people will be spending more time at home – and more time online. In these uncertain times, children may feel isolated or anxious, and might see family members disturbed by the pandemic's impacts. Away from school, children have less access to their usual support systems including friends, teachers, and counselors. It is important to talk with them about online safety issues to

help develop their critical thinking and ability to make good choices. Here are some tips in making sure your child is safe online:

- Build an open trusting relationship around technology. Keep communication open and supportive so your child knows they can come to you if something goes wrong or does not feel right online.
- Build good habits and help your child to develop digital intelligence and social and emotional skills such as respect, empathy, critical thinking, responsible behaviors, resilience, and being good online citizens.
- Use devices in open areas of the home. This can help you manage and be aware of who your child interacts with online through phones, tablets, smart TVs, gaming consoles and other connected devices.
- Set time limits that balance time spent in front screens with offline activities.
- Be alert to signs of distress and know where to go from more advice and support.

To learn more, visit <https://www.esafety.gov.au/>



# GCASAFV dedicates this issue of our "kNOw More News" to +Sheri Batungbacal

Momentum is one of the most difficult things to maintain while championing worthwhile causes. Without it, progress often slows down and sometimes stops altogether. GCASAFV takes this moment to remember one of our own. We dedicate this issue of our kNOw MORE Newsletter to +Mrs. Sheri Batungbacal, one who exemplifies what it means to be a voice for victims and survivors.



With a kind heart, a strong work ethic, a fearless nature, and a willingness to advocate for those who needed it, she made a difference for the survivors under her care, as well as her colleagues from Guam's non-profit organizations and government agencies such as the Guam Police Department, Office of the Attorney General, Oasis Empowerment Center, GCASAFV, as well as Guam Legal Services Corporation – Disability Law Center, and many others.

**Thank you, Sheri Batungbacal!**  
*Rest In Peace*

This is supported in part by the Grant #2017-MU-AX-0004 awarded by Office on Violence Against Women, US Department of Justice (OVW-DOJ) and Grant #G-2001GUSDVC awarded by the Family Violence Prevention and Services Program, Family and Youth Services Bureau of the Administration for Children and Families (FYSB-DHHS). The opinions, findings, conclusions, or recommendations expressed in this publication are those of authors and do not necessarily reflect the views of OVW-DOJ and FYSB-DHHS.

# Family Violence Awareness Month

## October 2020 Happenings!

GCASAFV and partners will kick Family Violence Awareness Month (FVAM) with the **2020 FVAM virtual Silent Witness Ceremony, Proclamation Signing, and Presentation of Legislative Resolution** on **Friday, October 2, 2020** via Zoom at 11:30 AM.

**We invite you to join us as we Lift Our Voices to take action for awareness and engage in at least one of these activities during the month of October.**

### **Wear it, Share it, Post it**

Social media awareness campaign that encourages our community by wearing an article of clothing, accessory or lighting up your business or home with the color purple for the month of October.

### **WAVE in Villages**

GCASAFV, with our members and partners will further raise awareness for Family Violence Awareness Month with its first ever "Wave in Villages." The event will be conducted in selected villages covering the norther, central, and southern parts of our island.

### **Empower Hour Guam Fitness Challenge**

The Guam Family Justice Center Alliance, the Guam Coalition Against Sexual Assault and Family Violence, and community partners invite everyone to show their support in taking a stand against Family Violence. Strides, Rides, Reps and Steps fitness are exercise challenges by biking, walking, running, and/or cardio. We encourage the community to use one or all four challenges with the number 28 in support and solidarity for the memory of the 28 lives lost to Family Violence.

### **Purple Pumpkin**

An at home activity where families can wither paint a pumpkin or create a paper pumpkin and display it in front of their home on Halloween night.

For more information about the events, email us at [info@guamcoalition.org](mailto:info@guamcoalition.org) or visit our website [www.GuamCoalition.org](http://www.GuamCoalition.org)

