



# COMMON THREADS

*Fall / Holiday Issue*

2022



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*October is Domestic Violence Awareness Month  
- **Every1KnowsSome1***



*October is National Anti-Bullying Month*



*How is your Cyber Security?  
Some tips on how to protect yourself*



*Welcome our newest staff member!*



*Transgender Day of Remembrance -  
November 20<sup>th</sup>*

**All Are Welcome**



Domestic Violence and Sexual Assault Services

24 Hour Helpline (814) 274-0240 or Toll free (877) 334-3136





## Mission Statement

The mission of *A Way Out* is to assist and support all victims, survivors, and families of domestic violence and sexual assault through ethical, culturally competent, and compassionate services.

We advocate for social change designed to end the cycle of abuse through dedication, community involvement and education.



*Are you, or is someone you know, considering leaving an abusive situation, but not sure how? We can help.*

***Our advocates are here to help you begin a new life, free from abuse. We are just a phone call away, 24/7 at 814-274-0240 or toll free at 877-334-3136.***

Our **Learning Center** at [www.myawayout.org](http://www.myawayout.org) has a series of links and short presentations about how our counselors can help you petition for an order of protection from abuse, divorce and/or custody, how to protect your finances, and tech safety tips for your phone and computer.

Additionally, we have a page listing **Local Resources** as well as a **Survivor Online Support** page that lists a wide variety of nationwide online support groups and helplines that offer anonymous forums for discussions with other abuse survivors and support via live chats, phone or email.

***There is help and there is hope. You are not alone.***



We don't talk about domestic violence. Because of that, domestic violence thrives in silence.

To be able to support survivors, and to prevent domestic violence in the future, we all need to normalize talking about it openly and candidly. **We need to change the conversation around domestic violence – and we need your help to do it.**

This fall **A WAY OUT** is joining the National Network to End Domestic Violence (NNEDV) in their national combined campaign for **Domestic Violence Awareness Month (DVAM) and GiveForDV**.

The campaign runs from October 1-November 30 with many opportunities for YOU to participate throughout!

- ✓ Show your support for victims and survivors by following our social media accounts and sharing the content we've already prepared with your own networks throughout the month of October with the hashtag #Every1KnowsSome1.

Having informed conversations about domestic violence requires understanding what it is—that it's much more than physical abuse—and why 'just leaving' isn't so simple for survivors. *For more information on how A Way Out staff can work with victims to help them escape abusive situations, go to the Learning Center on our website at <https://www.myawayout.org/educational-programs>.*

Supporters like you can help educate your friends, families, and communities, and get these conversations started!

- ✓ Participate in the [DVAM Week of Action](#) October 17-23
- ✓ Participate in one (or both!) of the official GiveForDV Days of Giving (during the DVAM Week of Action on October 19 or GivingTuesday on November 29). On these respective days of giving, you can [make a donation](#) that directly impacts survivors – and encourage your friends and family to join you with your own mini campaign
- ✓ Join **A WAY OUT** on Friday, September 30<sup>th</sup> at 6 p.m. at the Gazebo in the Courthouse Square in Coudersport for their annual Candlelight Vigil and purchase a butterfly in honor of someone who has been affected by domestic violence.

As a society, we all have a role in changing the narrative about what domestic violence is, to whom it happens, and how we can support those who are experiencing it, and, ultimately, prevent it entirely. Every1KnowsSome1 who is impacted by domestic violence, and Every1 has a part to play in supporting our work to end domestic violence.

We can't wait for all that's in store for DVAM and GiveForDV this year, and we hope you will join us.

Thank you in advance for standing up for survivors.



# *How Does Domestic Violence Affect You and Me?*

***A Way Out*** provides services to all of Potter County. So far this year, we have assisted 181 new clients (129 women, 40 men and 13 children) and provided a total of 963 counseling hours to victims of domestic violence.

**Here are some things you need to know about this silent epidemic:**

1. Most DV incidents are not reported.
2. **One in 4 women** will experience domestic violence in their lifetime. **One in 7 men** also fall victim to domestic violence. The same number of LGBTQ individuals will also experience domestic violence.
3. Women ages 20 to 24 are at the greatest risk of falling victim to domestic violence.
4. Domestic violence is the leading cause of injury to women.
5. Every 9 seconds in the US, someone is assaulted or beaten by an intimate partner.
6. It happens in **every** community...even yours.

## ***Domestic Violence Impacts Our Children***

- Every year more than 3 millions children witness domestic violence in their home.
- A Michigan study found that children exposed to domestic violence are more likely to have health problems
- Boys who witness domestic violence are twice as likely to abuse their own partners and children as adults

## ***Domestic Violence Impacts OUR community***

- Domestic violence is the third leading cause of homelessness in families
- Survivors of domestic violence face high rates of anxiety, depression, sleep disturbance, flashbacks and other emotional distress
- Domestic violence costs more than \$37 billion a year nationwide in law enforcement involvement, legal work, medical and mental health treatment and lost productivity at companies.





October is National  
Anti-Bullying Month



## An Epidemic: Bullying and What We Can Do to Prevent It

Walking down the halls of a public school, you may hear children mingling amongst one another, making jokes, and rushing to their next class. What many people may not notice is that there is an intense epidemic that keeps growing online and in the very halls where students are sent to grow and learn: Bullying.

According to the *American Psychological Association*, bullying can be defined as “a form of aggressive behavior in which someone intentionally and repeatedly causes another person injury or discomfort,” which has now expanded from face-to-face interaction to many social media and technological platforms. The *National Bullying Prevention Center* states that “one out of every five children is bullied.” Considering this, it is realistic that you or someone you know has a child that is bullied or knows someone who is currently being bullied. Interestingly, research has also found that ***children who have been exposed to violence at home are at a higher risk of participating in physical bullying.***

There are many actions parents or adults can take to help combat and prevent bullying. When observing interactions between children, it is important to pay attention and intervene immediately when bullying is occurring. Setting clear expectations and examples of appropriate behavior is one way to be proactive against bullying, as many children learn by observing. Additionally, it is important to note that children who bully, may have a low self-esteem and may use bullying as a source of power to make them feel better. If you notice your child is suffering from low self-esteem, a conversation about how they are feeling and ways children can cope with those hard feelings may be beneficial in preventing bullying.

A whole other side of the issue, ***cyberbullying***, has grown in prevalence as we dive deeper into our ever-expanding technological age. This type of bullying can be very damaging to a child's mental health and may cause extremely high levels of stress. Considering this, it is important to set boundaries and monitor children's use of the internet. Bringing up cyberbullying and the dangers regularly is a good prevention technique adults can use. If your child is a victim of cyberbullying, blocking and eliminating contact with the bully online may help alleviate the stress this child is experiencing. If serious threats have occurred, a report to law enforcement may be necessary depending on the severity of the threat. Bullying may be prevalent, but prevention techniques can help slow the growth of this epidemic in our public schools.

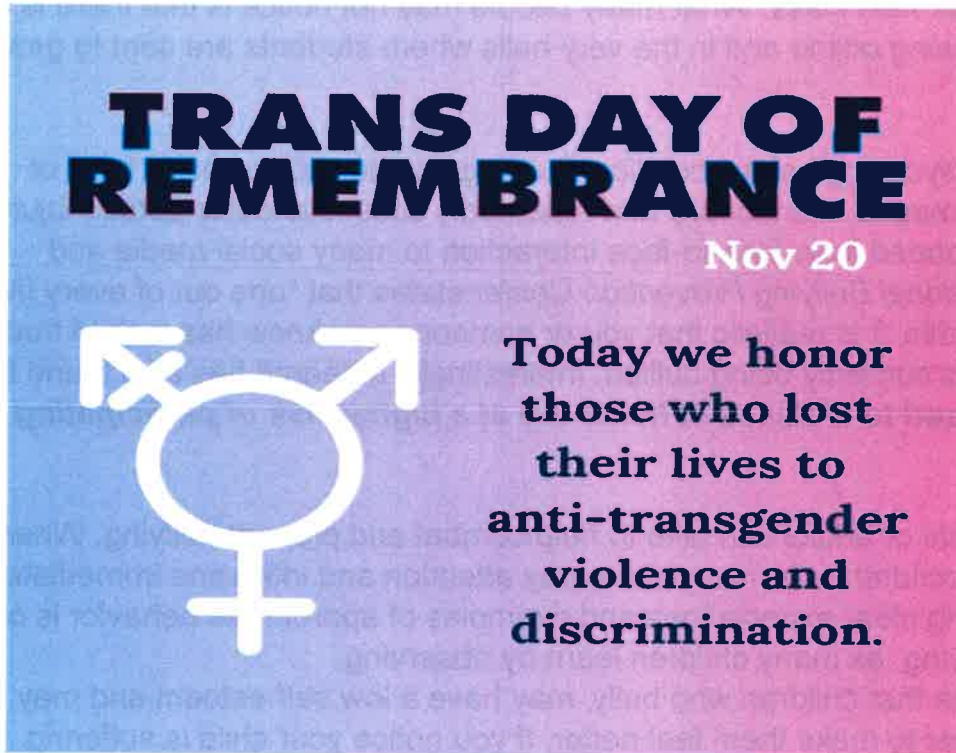




**Welcome!**

We would like to give a warm welcome to *Cheyenne Wilson* who is Joining A Way Out as the new *Education Specialist*.

Cheyenne has previous experience in public education as a teacher and intends to use her skills to make a difference in the community. With invigorating passion and motivation, she hopes to become a well-known face in schools and educate people on the prevention and reality of domestic violence and sexual assault, as well as resources available in the county that may be able to help those who need it.



"Transgender Day of Remembrance seeks to highlight the losses we face due to anti-transgender bigotry and violence. I am no stranger to the need to fight for our rights, and the right to simply exist is first and foremost. With so many seeking to erase transgender people -- sometimes in the most brutal ways possible -- it is vitally important that those we lose are remembered, and that we continue to fight for justice."

- Transgender Day of Remembrance founder [Gwendolyn Ann Smith](#)

On Transgender Day of Remembrance, The Gay and Lesbian Alliance Against Defamation (GLAAD) remembers the transgender people whose lives have been lost to anti-transgender violence this year and over the years <https://www.glaad.org/blog/tdor-memoriam>



October is **Domestic Violence Awareness Month** and **Cyber Security Month**.

Victims and survivors of domestic and sexual violence may have some concerns about privacy, stalking harassment, sharing of private images and other threats. So, what can you do to feel safer and stay connected?



- ✓ **Keep your internet connection secure.** Find a Wi-Fi router that is secure. Unsecure routers are more likely to be hacked. When a router is hacked someone can install viruses onto your devices.
- ✓ **Check your social media settings.** Keep your social media accounts on private so that others cannot view your personal information without permission.
- ✓ **Turn off your location.** Only allow location access while you are using the app to limit security risks.
- ✓ **Try to avoid using public Wi-Fi.** Using public Wi-Fi makes our devices vulnerable. If you can afford it, invest in a VPN. A VPN is a virtual private network that creates a private network within a public internet connection to prevent anyone from seeing what you are doing or looking at on your device.
- ✓ **Remain alert of your surroundings when posting photos/videos.** Remember, when we post photos to social media someone can find us by looking at the background and in the reflection of the mirror or even our sunglasses in the photo. Wait to post the photos/videos that can identify your location until you leave to avoid any increased risk of safety in case you have been hacked.





## DONATION WISH LIST

Victims often go back to abusers because they lack resources to get even the basic household needs. Help them stay safe by donating any of these items:

### Food Items (non-perishable)

Canned fruits, vegetables, soup, etc.  
 Mac and cheese  
 Pasta  
 Cereal  
 Instant oatmeal  
 Spaghetti sauce  
 Meal mixes  
 Pancake mix  
 Healthy snacks

Baby Food  
 Juice  
 Crackers  
 Instant mashed potatoes  
 Peanut butter  
 Jellies and jams  
 Ramen noodles  
 Soup in a cup

### Cleaning Supplies

Mop and Buckets  
 Brooms  
 Laundry pods/small bottles  
 Dryer Sheets  
 Dish Soap  
 Dish scrubbers

Paper Towels  
 Disinfecting wipes  
 Bleach  
 Disinfectants  
 All purpose cleaner  
 Bathroom cleaner

### Personal Care Items

Shampoo/Conditioner  
 Soap  
 Body wash  
 Tissues  
 Baby Wipes  
 Diapers (All sizes)  
 Diaper Cream

Toothbrush/Toothpaste  
 Mouthwash  
 Toilet Paper  
 Deodorant (men's and women's)  
 Sanitary Napkins/Tampons  
 Razors



We also gratefully accept gently used clothing, linens, bedding and other household items. Donations are accepted at our office during regular business hours, 8:30 a.m. - 4:30 p.m., Monday through Friday. Our office number is 814-274-0368.

Monetary donations are gratefully accepted...

- Online at [www.myawayout.org](http://www.myawayout.org) via Paypal using our "Donate" button at the top of the page
- By mail at A Way Out, P.O. Box 447, Coudersport, PA 16915 or...
- in any of our donation jars set up at these local businesses:

- Fox's Pizza Den - Coudersport & Shinglehouse
- Potter County Beverage
- Ulysses General Store
- Fezz's Diner
- Robert Joseph Hair Design
- The Corner Café in Ulysses





## FOOD BANKS:



**Coudersport** / Alliance Church, – 7 Alliance Ave, every Tues & Thurs, 10:30am – 1:30pm, 814-274-8661

**Austin** / Austin Fire Hall, 42 W Main St, every 3<sup>rd</sup> Tues, Check Austin Food Pantry FB page for time(s), 814-647-8562

**Roulette** / Firehall, Times TBD monthly, 814-544-7365

**Ulysses** / Zion Christian Assembly, 4<sup>th</sup> Thursday, 10-11am. 814-848-7407

**Galeton** / St. Paul Lutheran Church, 4<sup>th</sup> Friday, 10-11am. 814-435-2471

**Shinglehouse** / Methodist Church, 4<sup>th</sup> Saturday, 9-10am. 814-698-2144

## A.A. MEETINGS:



**TUESDAY** 8pm @ Christ Episcopal Church, Coudersport

**WEDNESDAY** Noon @ St. Paul's Lutheran Church, Coudersport and  
8 pm @ St. Eulalia's Catholic Church, Coudersport

**THURSDAY** *AL-ANON*, 6-7pm @ First Presbyterian Church,  
Coudersport AA, 7pm @ Park United Methodist  
Church, Coudersport

**FRIDAY** 8pm @ St. Augustine Rectory, Austin and  
Noon @ First Presbyterian Church, Coudersport

**SATURDAY** 8pm @ Galeton Presbyterian Church





Be sure to LIKE us on Facebook and watch for upcoming events and fundraisers!



**Did you know... we manage the FREE Child Car Safety Seat Program?**



**Call us at 814-274-0368 to schedule a time for you to view the 30-minute safety video and pick up your car seat(s).**

*Regular office hours:  
Monday – Friday  
8:30 a.m. – 4:30 p.m.  
814-274-0368  
[www.myawayout.org](http://www.myawayout.org)*



*Closed Office Holidays :*

**November 11<sup>th</sup> – Veterans Day  
November 24<sup>th</sup> and 25<sup>th</sup> – for Thanksgiving  
December 23<sup>rd</sup> and 26<sup>th</sup> – for Christmas  
December 30<sup>th</sup> and January 2<sup>nd</sup> 2023 – for New Years**



*If you need assistance outside of regular business hours or on a holiday, you can call the 24 hour Helpline at 814-274-0240 or toll free at 1-877-334-3136.*