



Safe Passage Monthly Update

NIU's Volleyball team learned about red flags of abuse from our Prevention Team!



March at Safe Passage

Your monthly update:

Our Program Directors spent time in San Diego California at the 19th Annual International Family Justice Center Conference. Here, they learned about the dangers of strangulation, human trafficking, and much more!

Our Prevention Team hosted several of the One Love Foundation's Escalation Training with NIU's athletic teams. In these trainings, the athletes learned about the 5 types of abuse, how to identify red flags, and how to help a friend in a dangerous relationship.

It's been a busy month full of activities for our clients! This month, they've enjoyed volunteering at Tails, participating in a creative writing group, a mindfulness group, and yoga! They had an opportunity to attend the DeKalb-Sycamore Chamber's Community Expo and had a great time learning about the additional resources and opportunities in DeKalb County. Additionally, clients learned about employment from Amanda at DeKalb Work Force.

Thanks to our volunteers and interns, 5 patients with domestic violence and/or sexual assault injuries were provided support at the hospitals in our county! If you'd like to volunteer in our Medical On Call Program, call Pam at 815.756.7930 x 144, or email her at prosales@safepassagedv.org

Counselor's Column

Written by Safe Passage's Director of Counseling Services, Melissa McGraw

Male Survivors: We're here for you!

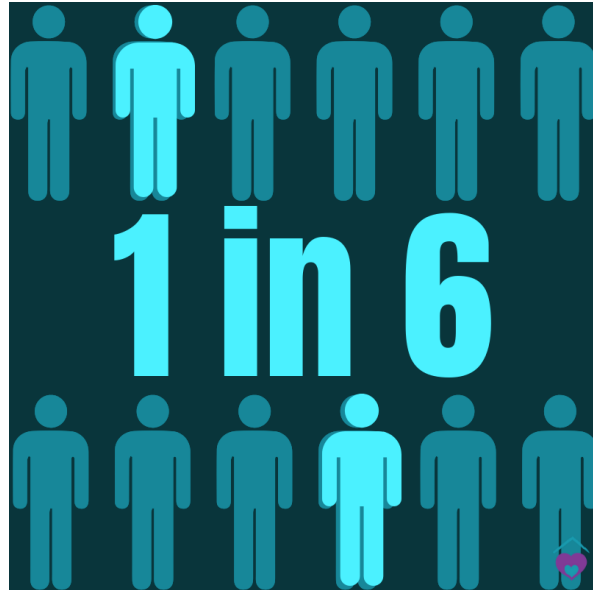
Did you know 1 in 6 men will experience sexual violence in their lifetime and 1 in 7 men will be experience severe physical abuse over the course of their life?

Male survivors of domestic and sexual violence often face additional barriers to seeking counseling services. One of those barriers is believing that they are not eligible for services at domestic violence and rape crisis centers. Male survivors who have come into services at Safe Passage have said "I didn't realize I could come here—I thought it was only for women." While domestic violence and rape crisis centers were established

originally by women for women survivors, we recognize that there are male survivors that are also in need of services.

Male survivors often feel a sense of shame, questioning of their own masculinity, and increased rates of isolation and stigmatization due to their abuse experiences. Boys and men have been socialized to not show vulnerable emotions and have been discouraged from seeking out help when they are struggling. The counselors at Safe Passage are equipped to help these male survivors process their trauma and the feelings of shame, sadness, fear, confusion, anxiety, and depression that accompany their experiences.

If you are a male survivor of domestic or sexual violence, or know someone who is, you will find compassion, support, and safety at Safe Passage. Please contact our 24-hour hotline at 815.756.7228. We believe you.



Upcoming Events



[Walk a Mile: April 6, at Sycamore High School Field House](#)

Dig out your heels! We are once again hosting our annual Walk a Mile, an opportunity for our community to stand against sexual violence by putting yourself in the shoes of a sexual assault survivor to walk a mile in high heels (men's sizes available)!

Schedule of Events:

10:00 AM - 11:00 AM Registration and Pre-registration check in

11:00 AM Walk Begins

1:00 PM - 3:00 PM After Party at Fatty's

- \$30 Individual Registration
- \$25 Small Group Registration (4-9 individuals)
- \$20 Large Group Registration (10+ individuals)

[Take Back the Night: April 16, 6:00 PM - 8:00 PM at Egyptian Theatre](#)

Stand with survivors in a powerful march through downtown DeKalb. Join us after as survivors share their stories. Light refreshments will be served.

[Voices: April 30, 6:00 PM - 8:00 PM at DeKalb Area Women's Center](#)

Help us honor the resilience of sexual assault survivors by joining us in an art gallery debut. Over 15 pieces created by survivors of sexual violence will be on display. Light refreshments will be provided.

[Give DeKalb County: May 2](#)

Consider supporting Safe Passage and survivors of domestic and sexual violence by participating in DeKalb County's 24-hour giving day on May 2! Donations can be made online by credit card from midnight to midnight by visiting www.GiveDeKalbCounty.org and searching for Safe Passage. Walk-in donations by check or cash will be accepted from 8 a.m. to 8 p.m. at the DeKalb County Community Foundation.

[For more information on our upcoming events, click here.](#)

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