

The Advocate

Renewal House, Fall 2022

Celebrating 40 Years Providing Domestic Violence Services

It was the 1970's - a time of new beginnings. Grassroots efforts were born that highlighted the plight of victims and the problems with the criminal justice system and created much needed services and advocacy for victims. It is the story of heroes – victims and survivors who courageously step forward; the advocates whose work on behalf of victims is ceaseless; the politicians whose leadership is admirable; and law enforcement and prosecutors whose bravery and dedication are inspirational. The work of each of these groups of people, over the last five decades, has resulted in changes to our criminal justice system; changes that have profoundly improved the lives of victims.

Renewal House was established in 1982 following the grassroots efforts of the 70's when advocates in our own community worked unselfishly and endlessly on behalf of victims who came forward because of the abuse in their homes. This creation of an informal network of services provided support to a growing number of women being abused who were reaching out seeking help and safety. It was a time when no one believed that domestic and sexual violence was a societal problem, but one that was a private, family matter. Like domestic violence, sexual assault is a crime that, at its core, is about power and control. It is rare to find a victim of domestic violence who had not also been sexually assaulted by her intimate partner.

As the magnitude of the problem became clear, a range of services including a network of shelters and hotlines were developed across the nation to begin to address the safety needs of victims. In its initial

stages, these were almost entirely volunteer efforts, with little or no stable funding.

Like the rest of the country, programs in New York State started as shelters for victims, often being operated out of private homes. Today, every one of New York State's 62 counties has at least one domestic violence program and one rape crisis center, often provided by the same agency.

When most people think of domestic violence services, they think only of shelter. In reality, however, shelter is but a small part of the services needed by victims. Because of this, it is imperative that other services are available to meet victims' other, on-going needs. Non-residential programs provide services similar to residential programs, without the overnight stay. Renewal House provides both residential and non-residential programs. Victims seeking assistance who do not require shelter or do not want to leave home, often find help through a non-residential program. This type of program is required to provide certain core services. Core services include: a 24- hour telephone hotline, information and referral, counseling, advocacy and community education and outreach. Renewal House also offers accompaniment to hospitals, law enforcement agencies, district attorney's offices, courts and other agencies a victim may need to establish services.

In 1987, a safe apartment consisting of 6 beds was opened, providing shelter for up to 30 days, and a second apartment was

opened in 1989. Also in 1989, NYS initiated new regulations and a certification process for domestic violence programs. Renewal House became certified as a safe home network and safe-dwelling provider. In 1996, Renewal House received a grant from the NYS Homeless Housing Assistance Program to purchase a home in the county for residential services. This safe dwelling can accommodate up to 9 individuals who are in need of emergency housing. On June 27, 2022, we received notice from the Homeless Housing and Assistance Corporation that we have completed our obligations under the terms of the contract and moreover, that we have provided safe housing for persons who would otherwise be at-risk and homeless. Renewal House will continue operating the safe dwelling in the same manner as was established.

In March of 2005, Renewal House received a grant and low interest loan from the USDA Rural Development office to purchase and rehabilitate the office space at 3 Chapel Street, solidifying our presence as a vital resource in the community for victims. On July 15, 2019, Renewal House began leasing the space at 5 Chapel Street, expanding our office space to accommodate 14 staff members providing non-residential services.

For 40 years, Renewal House has been committed to providing support and shelter to domestic violence victims, survivors and their families. Providing a stable presence in our community demonstrates our commitment to serve victims/survivors now and through the future.

Ilene J Burke, Executive Director

October is Domestic Violence Awareness Month

More prevalent than most realize, one in four women and one in seven men will experience domestic violence in their lifetimes. Anyone, regardless of gender, race, sexual identity or orientation, or socio-economic status, can become a victim of domestic violence. This year's campaign theme, #Every1KnowsSome1, strives to highlight how common domestic violence is and that it is more than physical violence.

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.

Having informed conversations about domestic violence requires an understanding of what it is—that it's much more than physical abuse—and why 'just leaving' isn't so simple for survivors. Supporters like you can help educate your friends,

families, and communities, and get these conversations started!

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.

Recognition Dinner - October 12th, with Silent Auction

We invite the community to join us on Wednesday, October 12th at the Gran-View Restaurant in Ogdensburg for our annual recognition dinner.

Cocktails will begin at 5:30 p.m. with dinner served at 6:30 p.m. Our program, Celebrating 40 Years, will immediately follow. The cost is \$75 per plate and the entree choices are: Prime Rib, Roasted Stuffed Boneless Breast of Chicken, Broiled Seafood Platter (shrimp, sea scallops and haddock), or Vegetarian (grilled confit portabella mushroom).

Please let us know your dinner choice when you reserve your seat. RSVP by October 5th.

Guest speakers this year are:

Francine Perretta is the current Executive Director of the Association of Women Executives in Corrections. Prior to this position, Ms. Perretta served as the Deputy Commissioner of the Westchester County Probation Department in White Plains, NY for seven years. Prior to assuming that position in late 2010, she was the Director of Probation for St. Lawrence County Probation in Canton, NY for twenty three years. During her

tenure in Probation, Francine served on the Renewal House Board of Directors and as Canton Rotarian.

Francine has been an active member of the American Probation and Parole Association (APPA), serving on the Executive Committee and the Board of Directors. Francine is a founding member of and served as a Past President of the Association of Women Executives in Correction (AWEC). She has also served on the Board of Directors for the National Association of Probation Executives (NAPE) as both Secretary and a Regional representative.

Francine has received the Susan Hunter Award from AWEC, the George Keiser Award from NAPE, the Walter Dunbar Award for APPA, the Probation Executive of the Year award from DPCA and the Woman of the Year award from Renewal House. She has been blessed with being honored over the years. Francine resides in Canton and Morristown.

Barbara Potter is a retired St. Lawrence County Family Court Judge, and is currently the Associate Judge for the Saint Regis Mohawk Tribe Tribal Court.

She began her legal career working as a legal secretary for seven years before deciding to go to law school. She began practicing law in 1979 as a sole practitioner, joining the District Attorney's office part-time, in 1981. She later became the first female Chief Assistant District Attorney for St. Lawrence County, eventually specializing in prosecuting sex crimes. After leaving the District Attorney's office she was appointed a special prosecutor on several occasions. Barbara was the first female president of the St. Lawrence County Bar Association and the first female Family Court Judge in the county. She also started the first domestic violence court in St. Lawrence County.

Before becoming a Judge, Barbara was active on many Boards, including bank boards, the Remington Museum Financial Board, as well as private not-for-profit organizations, including Renewal House. Following her retirement, she sat on the Ethics Committee and Board of Directors for Hospice. She has been recognized by CAVA and was named Woman of the Year by Renewal House.

Barbara resides in Morristown.

She is most proud of her accomplishment as a mother to four daughters, three step-children, fourteen grandchildren, and so far, seven great grandchildren.

You may call or email at renewalhouse@verizon.net. If you are interested in reserving a table of 8, please call Ilene at 315-379-9845, or email her at renewalhouse@verizon.net.

A silent auction will be taking place throughout the evening.

If you would like to donate an item or items for the silent auction, please contact Ilene or Shari.

Adopt a Family during the Holiday Season

Renewal House is once again sponsoring the Adopt-a-Family Program to benefit the adults and children receiving non-residential and residential services.

Client families will be paired with a donor based on the size of the family and the ages of their children they are seeking. After being paired with a client family, a "Wish List" will be sent to the donors with the receiving

family's genders, ages, clothing sizes and their holiday wishes. From the list, the donor family chooses to purchase any or all of the items on the list, or substitute items they feel the client may enjoy.

This program is a source of happiness, joy and satisfaction for all involved, and with the help of the community, it is always a huge success!

If you have questions about the program or are interested in adopting a family this holiday season, please contact Renewal House at 315-379-9845 or email renewalhouse_cmdv@aol.com.

For an on-going list of residential and non-residential needs, please email renewalhouse@verizon.net.

Donor Appreciation Report

Adams, Thomas and Vanessa
AGO Sorority Alumni Association
Aloca
Akins, James
American Legion Post #79
Amvets Post 282
Baldino, Deborah
Barres, Jill and Joy
Bill Rapp Chevrolet of
Ogdensburg
Boots, Eileen and Charles
Burke, Kaitlin
Button, Stephen
Canton Area Zonta Club
Capitol Environmental Services,
Inc.
Carvel, Charles and Mary
Children's Home of Jefferson Co.
Coleman, Mark and Cynthia
Cougler, Kathy and Gary
Crowley, Margaret
Dean, Charles and Susan
Degroat, Judith
Derouchie, Daniel
Five Elements Living
Furgal, Michael and Patricia
Furst, Suzanne and Benjamin
Glover, Patricia
House, Charles and Sharon

James, Margery
Jones, Dennis and Nancy
Jones, Lawrence and Judith
Joyful Givers
Kahn, Sharon
Kanoza, Anne Marie
Kissam, Walter and Carol Ann
Koon, Dr. Daniel
Krenceski, Mary
Kuenzler, Julie and Brent
Lawrence, Thomas and Kathleen
Leonard, Darlene
Logan, Laurie and Daniel
Macfadden Dier Leonard Agency Ins.
Marten, Barbara
McLaughlin, Anne
Mehan, Mary Veigh
Nicandri, Lois and Eugene
Norman, Anne
Northside Community Church
O'Neill, Ronald and June
Potsdam Elks Lodge #2074
Powers, Susan
Ragan, Avis
Riverside Liquor and Wine
Robert J. Freego Amvets Post 282
Robinson, Beverly
Sarmiento, Oscar

Saucier, John
Seymour, Michael
Shellman, Jacquie
Siegfried, Will
Simons, Nancy and James
Smith, Rosalie
Smutz, Marcelene
Specialty Floors, LLC
St. Lawrence University
Trevizan, Liliana
United Methodist Women-Canton
United University Professions
Potsdam Chapter
Vose, John and Georgia
Walgreens
Wallace, Judy and Jim
Wallace, Richard and Elizabeth
Watson, Brian
Whalen, Michele
White, Carolyn
Wight, Gary and Thadine
Winged Camel Metalworks
Wyckoff, Peter and Kathy
Ye Olde Liquors, LLC
Zion Episcopal Church
Zonta Club of Ogdensburg
Zuhlsdorf, Jessica

Thank you for your support!

Renewal House recognizes the businesses, organizations, and community members who generously support the adults and children who seek services at Renewal House by donating money, items, or time. The names listed on this report are from donations received since our last newsletter.

Services Offered at Renewal House

Renewal House provides a variety of services for victims of domestic violence and sexual assault in St. Lawrence County. All services are free and confidential. Services include:

24-hour Crisis Hotline: Staff and volunteers are available 24 hours a day by calling **315-379-9845**.

Regular office hours are 8 am — 4 pm, Monday through Friday. If it is not an emergency and you would like **to leave a message, call 315-379-9878**. We will get back to you as soon as possible.

Individual Counseling/Emotional Support: Short-term individual counseling in a non-judgmental atmosphere that acknowledges a person’s ability and right to make choices. Help is available to consider options and plan for safety. Home visits are provided if needed.

Support Group: A facilitated self-help group for victims and survivors of domestic violence providing mutual support and understanding from others who have been abused and who share something in common. It has helped many victims feel less isolated, get useful information, and develop a safety plan. Transportation is provided if needed.

Economic Empowerment Program: Staff facilitate *Moving Ahead Through Financial Management*, a 5-module economic empowerment curriculum designed to identify and address financial abuse, develop budgeting strategies, and encourage financial security and independence.

Children’s Program: Recreational/Support Group to help children understand what abuse is and to give them a safe space to talk about their feelings. Children are reassured that the abuse is not their fault. Individual counseling is also provided.

Safe Housing: 24-hour intake for emergency, temporary shelter for domestic violence victims.

Advocacy: Assistance in obtaining orders of protection, pressing criminal charges, and working with law enforcement. We also help in obtaining emergency assistance from Department of Social Services, Office of Victim Services and other community programs.

Sexual Assault Nurse Examiners: Specially trained medical professionals providing compassionate, knowledgeable assistance to a victim of sexual assault.

Community Education and Outreach: Presentations are available for any public or private group, school, business, or agency.

Campus Advocacy
Our Campus Advocate provides direct service, trainings, and presentations for all colleges in St. Lawrence County. We are currently at four colleges that are generously sharing their space with us:

Clarkson University, Tuesdays, Student Center, Room 044

SUNY Potsdam, Wednesdays, Sisson Hall, Room 217

SUNY Canton, Thursdays, Payson Hall, Room 207

St. Lawrence University, Fridays, 11 Hillside Drive, Room 5.

SUNY College of Environmental Science and Forestry. Although we do not have a dedicated space, we are currently providing training to all students, staff and faculty. All services are available upon request.

Renewal House prohibits the discrimination or harassment of any person based on race, sexual orientation, gender, gender identity or expression, religion and national origin.

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And many Volunteers and Interns who assist us each year.

Forms of Abuse

FORMS OF ABUSE

NNEDV.org

Physical Abuse

Physical abuse is a powerful way that an abusive person gets and keeps their partner under control and it instills an environment of constant fear. While physical abuse is the form of abuse that is most commonly known, it may or may not be a part of an abusive relationship. If physical abuse is present early in the relationship, it commonly gets worse over time. If there is no physical abuse in the relationship, it may begin to occur when the victim is pregnant or when the victim is considering leaving the relationship.

Physical violence may include: hitting, punching, kicking, slapping, strangling, smothering, using or threatening to use weapons, shoving, interrupting your sleep, throwing things, destroying property, hurting or killing pets, and denying medical treatment.

Sexual Abuse

Some form of sexual abuse is common in abusive relationships but it is often the least discussed. It can be subtle or overt. The impact on the victim is commonly feelings of shame and humiliation.

Sexual abuse may include: physically forcing sex, making you feel fearful about saying no to sex, forcing sex with other partners, forcing you to participate in demeaning or degrading sexual acts, violence or name calling during sex, and denying contraception or protection from sexually transmitted diseases.

Emotional Abuse

Emotional abuse occurs in some form in all abusive relationships. It is a very effective tactic used by abusive partners to obtain power and control and it can cause

extreme damage to the victim's self esteem. Commonly, emotional abuse makes the victim feel like they are responsible for the abuse and to feel crazy, worthless and hopeless. It is so damaging that many survivors of domestic violence report that they would rather "be hit" than endure the ongoing psychic damage of emotional abuse.

Emotional abuse can include: constant put downs or criticisms, name calling, "crazy making", acting superior, minimizing the abuse or blaming you for their behavior, threatening and making you feel fearful, isolating you from family and friends, excessive jealousy, accusing you of having affairs, and watching where you go and who you talk to.

Financial Abuse

This form of abuse is one of the least commonly known but one of the most powerful tactics of entrapping a victim in the relationship. It is so powerful that many victims of abuse describe it as the main reason that they stayed in an abusive relationship or went back to one.

Some forms of financial abuse include: giving you an allowance, not letting you have your own money, hiding family assets, running up debt, interfering with your job, and ruining your credit.

RED FLAGS OF ABUSE

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Get Help for Yourself or a Friend

Domestic violence encompasses a spectrum of behaviors that abusers use to control victims. The following list includes warning signs that someone may be abusive. If you or a friend experience these behaviors from a partner, remember: it is not your fault and there are advocates waiting to help.

"Red flags" include someone who:

- Wants to move too quickly into the relationship.
- Early in the relationship flatters you constantly, and seems "too good to be true."
- Wants you all to him- or herself; insists that you stop spending time with your friends or family.
- Insists that you stop participating in hobbies or activities, quit school, or quit your job.
- Does not honor your boundaries.
- Is excessively jealous and accuses you of being unfaithful.
- Wants to know where you are all of the time and frequently calls, emails, and texts you throughout the day.
- Criticizes or puts you down; says you are crazy, stupid, and/or fat/unattractive, or that no one else would ever want or love you.
- Takes no responsibility for his or her behavior and blames others.
- Has a history of abusing others.
- Blames the entire failure of previous relationships on his or her former partner; for example, "My ex was totally crazy."
- Takes your money or runs up your credit card debt.
- Rages out of control with you but can maintain composure around others.

Abuse is never the fault of the victim and it can be hard for many reasons, including safety, to end the relationship. If you experience these "red flags," you can confide in a friend or reach out for support from a domestic violence advocate. If you believe a friend or relative is being abused, offer your nonjudgmental support and help.

FREQUENTLY ASKED QUESTIONS ABOUT DOMESTIC VIOLENCE

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1. What is domestic violence?

Domestic violence is a pattern of coercive, controlling behavior that can include physical abuse, emotional or psychological abuse, sexual abuse or financial abuse (using money and financial tools to

exert control). Some abusers are able to exert complete control over a victim's every action without ever using violence or only using subtle threats of violence. All types of abuse are devastating to victims.

Domestic violence is a pervasive, life-threatening crime that affects millions of individuals across the United States regardless of age, economic status, race, sexual orientation, gender identity, religion, ability, or education level.

High-profile cases of domestic violence will attract headlines, but thousands of people experience domestic abuse every day. They come from all walks of life. Abusive partners make it very difficult for victims to escape relationships. Sadly, many survivors suffer from abuse for decades.

It is important for survivors to know that the abuse is not their fault, and that they are not alone. Help is available to those who are experiencing domestic violence.

2. What are resources available for victims?

Survivors have many options, from obtaining a protection order to staying in a shelter, exploring options through support group, or making an anonymous call to a local domestic violence shelter or national hotline. There is hope for victims, and they are not alone. There are hundreds of local shelters across the United States that provide safety, counseling, legal help, and other resources for victims and their children.

Information and support are available for victims of abuse and their friends and family:

Hotlines

If you are in danger, call 911 or, if safe to do so, call Renewal House at 315-379-9845—your

local domestic violence hotline, or the National Domestic Violence Hotline.

The National Domestic Violence Hotline provides confidential and anonymous support 24/7. Reach out by phone at 1-800-799-7233 and TTY 1-800-787-3224.

Loveisrespect provides teens and young adults confidential and anonymous support. Reach out by phone 1-866-331-9474 and TTY 1-866-331-8453.

WomensLaw.org provides legal information and resources for victims. Reach out by email through the WomensLaw email hotline in English and Spanish.

Information

Technology can be used by victims to increase safety and privacy; it can also be misused by perpetrators to harass, abuse, or harm victims. Find information, including resources and toolkits, related to technology safety at TechSafety.org.

Financial abuse is widespread. Learn more about rebuilding from financial abuse from *The Moving Ahead Curriculum*, created in partnership with The Allstate Foundation.

Find state-specific legal information on WomensLaw.org related to custody, protection orders, divorce, immigration, and more.

TIP: Before using online resources, know that your computer or phone may not be safe. Some abusive partners misuse technology to stalk and track a partner's activities on a computer, tablet, or mobile device. (Learn more at TechSafety.org.)

3. Why do victims sometimes return to or stay with abusers?

The question is not "*Why doesn't the victim just leave?*" The better question is "*Why does the abuser choose to abuse?*"

The deck is stacked against victims

as they navigate safety:

Abusive partners work very hard to keep victims trapped in the relationship. They may try to isolate the victim from friends and family, thereby reducing the people and places where the survivor can go for support. Through various tactics of financial abuse, abusive partners create financial barriers to safety.

There is a real fear of death or more abuse if they leave, as abusers may perceive this act of independence as a threat to the power and control they've worked to gain, and they may choose to escalate the violence in response. On average, three women die at the hands of a current or former intimate partner every day.

Through "gaslighting," abusive partners cause victims to feel like they are responsible for the abuse. Gaslighting is a form of emotional abuse that abusers use to confuse and shift blame onto the victim. This often causes the victim to doubt their sanity and feel like they are responsible for the abuse and therefore able to stop it.

Abuse takes an emotional and physical toll over time, which can translate to additional health issues that make leaving more difficult.

Survivors often report that they want the abuse to end, not the relationship. A survivor may stay with or return to an abusive partner because they believe the abuser's promises to change.

4. Do abusers show any potential warning signs?

There is no way to spot an abuser in a crowd, but most abusers share some common characteristics. Some of the subtle warning signs include:

-They insist on moving quickly into a relationship.

Tips

- They can be very charming and may seem “too good to be true.”
- They insist that you stop participating in your preferred leisure activities or spending time with family and friends.
- They are extremely jealous or controlling.
- They do not take responsibility for their actions and blame others for everything that goes wrong.
- They criticize their partner’s appearance and make frequent put-downs.
- Their words and actions don’t match.

It’s important to remember that domestic violence is first and foremost a pattern of power and control. Any one of these behaviors may not be indicative of abuse on its own, until it is considered as part of a pattern of behavior.

5. Is it possible for abusers to change?

Yes, but they must first make the choice to change their behavior. It’s not easy for an abusive partner to stop choosing abusive behavior, and it requires a serious commitment to change. Once an abuser has had all of the power in a relationship, it’s difficult to transition to a healthy relationship where each partner has equal respect and power.

Sometimes an abusive partner stops one form of the abuse – for example, the physical violence – but continues to employ other forms of abuse – such as emotional, sexual, or financial abuse. It is important to remember that domestic violence includes one or more forms of abuse and is a part of an overall pattern of seeking power and control over the victim.

6. Are men victims of domestic violence?

Yes, men can be victims of domestic abuse. Domestic violence is a pervasive, life-

threatening crime that affects millions of individuals across the United States regardless of age, economic status, race, sexual orientation, gender identity, religion, ability, or education level.

According to data collected from 2003 to 2012, 82 percent of domestic, dating, and sexual violence was committed against women, and 18 percent against men [1]. A 2012 study found that about 4 in 5 victims of domestic, dating, and sexual violence between 1994 and 2010 were women.

Pervasive stereotypes that men are always the abuser and women are always the victim discriminates against survivors who are men and discourages them from coming forward with their stories. Survivors of domestic violence who are men are less likely to seek help or report abuse. Many are unaware of services for men, and there is a common misconception that domestic violence programs only serve women.

When we talk about domestic violence, we’re not talking about men versus women or women versus men. We’re talking about violence versus peace and control versus respect. Domestic violence affects us all, and all of us – women, children, and men – must be part of the solution.

7. Do LGBTQ people experience domestic violence?

Yes, LGBTQ people can be victims of domestic abuse. Domestic violence is a pervasive, life-threatening crime that affects millions of individuals across the United States regardless of age, economic status, race, sexual orientation, gender identity, religion, ability, or education level.

8. How does the economy affect domestic violence?

A bad economy does not cause domestic violence, but it can make it worse. The severity and frequency of abuse can increase when factors associated with a bad economy are present. Job loss, housing foreclosures, debt, and other factors contribute to higher stress levels at home, which can lead to increased violence.

As the abuse gets worse, a weak economy limits options for survivors to seek safety or escape. Additionally, domestic violence shelters and programs may experience funding cuts right when they need more staff and funding to keep up with the demand for their services. Victims may also have a more difficult time finding a job to become financially independent of abusers.

9. What can I do to help?

Everyone can speak out against domestic violence. Use our “10 Tips to an Informed Conversation about Domestic Violence” to help guide your conversations with friends, colleagues, and loved ones.

10 TIPS TO HAVE AN INFORMED CONVERSATION ABOUT DOMESTIC VIOLENCE *NNEDV.org*

1. 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?” or “Why couldn’t she just keep her knees together?” 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.

ASK: How can we shift the culture away from blaming the victim, and instead blame the

perpetrator? Why does the abuser choose the abuse?

RESPOND: 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.

2. 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.

ASK: How can we hold offenders accountable and support survivors?

RESPOND: Tell the perpetrator that their behavior is abuse. Healthy relationships are rooted in equality, respect, and nonviolence.

3. Challenge widely-held perceptions about domestic violence.

Unfortunately, misconceptions about domestic violence persist – such as the notions that survivors can "just leave;" that heterosexual, cisgender women are the only victims; that domestic violence only includes physical violence; or that domestic violence is a "private, family matter."

ASK: Why can't survivors "just leave?" Other than physical violence, what other forms of abuse can domestic violence take?

RESPOND: Survivors must think about their own physical safety, financial security, the safety and welfare of their children and pets, potential housing and where they can "just leave" to, among myriad other issues. Domestic violence can include physical, financial, emotional, psychological, or sexual abuse.

4. Voice that domestic violence is an intersectional issue.

Domestic violence does not happen in a vacuum. Survivors experiencing domestic violence often experience other "–isms" (e.g., sexism, racism, classism, heteronormativity, etc.), compounding negative impacts on victims. Collectively, these –isms play a devastating role in perpetuating gender-based violence. In 2016, a study was released that found that there is racial bias in media coverage of celebrity domestic violence.

ASK: How do you think different oppressions and privileges affect survivors' experiences?

RESPOND: When coupled with other –isms, victims face additional barriers to safety.

5. Understand that abuse is rooted in power and control.

Abuse is intentional. It is a myth that someone who abuses their partner is "out of control;" in fact, they are in good control (*How often do they "lose control" at work? With a friend? With other family members?*) and purposely choose tactics to control their partner. Power is hard to give up or share, and abusive actions are purposeful with the goal of gaining power and control over a partner.

ASK: What do you think are common ways that offenders use power and control over victims?

RESPOND: Strategically isolating victims is a common tactic to gain power and control over a victim. Perpetrators may trap their partners by withholding, lying about, or hiding financial assets, a form of financial abuse.

6. Trust the survivor's perspective.

Survivors know their experience and story better than anyone. Taking a survivor-centered approach empowers survivors by prioritizing their needs and wants. Often, abusers deny their partners' self-determination; empowering survivors returns their control and enables them to make their own decisions.

ASK: In what ways can we support survivors in making their own decisions about how to address abuse?

RESPOND: Listen! Ask survivors what they need to individually be safe – there is no one-size-fits-all approach to addressing domestic violence.

7. Question the way the media portrays domestic violence.

Within the last few years there have been a number of highly publicized cases of domestic violence. While raising awareness is important, it's crucial to look at domestic violence reporting through a critical and trauma-informed lens to make sure the portrayal of domestic violence is accurately rooted in the realities of survivors' experiences.

ASK: What have you thought about recent media coverage of celebrity domestic violence cases?

RESPOND: Survivors in highly publicized cases deserve the same respect as any person experiencing abuse. First and foremost, we must believe survivors, continue to hold celebrity offenders accountable, and keep in mind that everyone's story is their own and unique.

8. Communicate that domestic violence is not a “private, family matter.”

One in three women will be a victim of domestic or sexual violence at some point in her life-time, and each day an average of three women die at the hands of someone who claimed to love them. Domestic violence affects us all; victims are our family members, neighbors, coworkers, and friends. All of us must be part of the solution.

ASK: Do you know anyone who has been affected by domestic violence? How did you support them?

RESPOND: Domestic violence affects each and every one of us. Violence is not the answer, and it’s on us to take a stand against domestic violence.

9. Root your conversation in equality.

One of the root causes of domestic violence is inequality. Addressing this root cause takes conscious action and significant social change.

ASK: What role does gender inequality play in domestic violence?

RESPOND: Many dynamics of power and control are rooted in gender roles and stereotypes. One way to combat these ingrained inequalities is through conscious action (e.g., by calling out sexism, racism, or any other –ism when you see it) and youth education.

10. Remember domestic violence affects all of us, but with action and education we can end it.

Domestic violence is everywhere, affecting millions of individuals across the United States regardless of age, economic status, race, ethnicity, gender, sexual orientation, religion, or education. Domestic violence is

not strictly physical abuse, but can include emotional, financial, verbal, psychological, sexual, and technology-facilitated abuse as well.

ASK: What can you do to end domestic violence?

RESPOND: There are many ways to help end domestic violence. The easiest way is to start a conversation about domestic violence with your loved ones. Support your community by volunteering or donating to a domestic violence organization. Learn more about getting involved at NNEDV.org/GetInvolved and slvrenewalhouse.org/gettinginvolved.

If you’re having a conversation about domestic violence and someone discloses that they are a victim or survivor, you can:

Listen, and communicate that the abuse they’re experiencing is not their fault. Let them know that they deserve safety and refer them to resources. If they are in immediate danger, please call 911 or your local hotline - Renewal House at 315-379-9845, or the National Domestic Violence Hotline at (800) 799-7233 and TTY (800) 787-3224.

Learn more about technology-facilitated abuse, harassment, and harm from TechSafety.org.

AIRTAGS CAN TRACK BELONGINGS, ALSO PEOPLE

This tiny technology can be dangerous when stalkers and abusers hide it on a victim

Taken in part from domesticshelters.org
Jul 25, 2022 By Amanda Kippert

When Apple released its new quarter-sized AirTag tracking devices last year for the bargain price of \$29, everyone who’s ever misplaced their phone, wallet or car keys recognized their value instantly.

So did stalkers and abusers.

A hallmark of domestic violence is control, and what better for abusers to control than to know a survivor’s every move?

Dropping the tiny locator into a survivor’s purse or attaching it to her car allows an abuser to track the survivor’s movements, possibly in a nefarious, dangerous way.

“This type of technology is absolutely being misused to perpetrate acts of modern gender-based violence,” says Adam Dodge, a California-based attorney. Dodge founded the nonprofit endtab.org in 2019 out of frustration that “I didn’t feel like I could act when a survivor was being harmed online or via their device.” In his opinion, we should be more than worried about these tiny trackers.

A local Boston news station found at least 20 reports in the last year alone of victims being tracked without their knowledge via an AirTag. In one incident, an abuser slipped an AirTag into his child’s backpack during a custody meeting. A family who visited Disney World in May discovered an AirTag had been tracking their 17-year-old daughter’s movements in the park for four hours before they were alerted.

While Apple has stated publicly that their devices are designed to track belongings, not people, and that they condemn malicious attempts to use AirTags, many argue that the notification system of an unknown AirTag needs improvement. Currently, it can take up to 8, sometimes 24 hours, for a user’s phone to ping them with an alert that an unknown AirTag is traveling with them. And if you don’t hear that ping, the AirTag could continue traveling with you until you glance at your phone.

Celebrating 40 Years

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Renewal House funding sources:

- NYS Office of Victim Services
- NYS Office of Children and Family Services
- NYS Department of Criminal Justice Services
- NYS Coalition Against Sexual Assault
- NYS Office for the Prevention of Domestic Violence
- St. Lawrence County Department of Social Services
- United Way of Northern New York
- FEMA
- Arconic Foundation
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Fall 2022 Newsletter

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I give permission for my name to be listed on the donor appreciation report in the next newsletter.

I do ***NOT*** want my donation to be recognized.

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Please make checks payable to RENEWAL HOUSE and mail to:
3 Chapel Street, Canton, NY 13617.
Your support is greatly appreciated!

We now accept credit card donations. Please contact Ilene or Shari at 315-379-9845.