

FOCIS NEWSLETTER

JUNE 2017

Chicken Woman

Submitted by Jennette Andrews

As I settled into my new home and life, and began to heal I found I had some adjustments to make. I was used to walking on eggshells; tiptoeing through the minefield of my husband's mood swings. So, when I would hear raised voices I would get hot, then cold, my body would tense up, and my mouth would get too dry to swallow.

I would hear the toilet lid slam down and jump. Then, worry that the slammer was angry over something I had or hadn't done. Did I leave the seat up? Did I forget to put out more toilet paper? Is it my very presence in the house causing distress? I later found out that the gentleman of the house always lets it slam; no biggie and certainly nothing to do with me.

Imagine my distress when I actually broke the bolt on the seat. I ran out to get the new hardware in a panic, leaving little sticky notes all over the toilet apologizing, and warning the next user. I arrived home only to find it fixed already. They took my hardware kit and put it in the cupboard-where they had stored the one that fixed it. Turns out it was a common issue, but I was frantic with worry, anticipating wrath and anger. Even making a meal was not without conflict for me then.

When asked to start the chicken for soup one day, I said sure, then asked if they wanted me to debone it first. They looked at me funny and said "Of course not, boiling it bone in makes the broth great." Well, I *know* that. But I had to explain to my friends that my ex didn't like the "gamy" taste and always made me debone it. My friends just laughed and said I wouldn't have to debone any more chickens. From then on whenever I got nervous or worried about unnecessary things they would just smile and say "It's o.k. chicken woman."

FRONT PAGE

Chicken Woman

Page 2

**Chicken Woman
Cont...**

Page 3

**Teen calls out her
school...**

Page 4

**1 in 4 College Women are
victims of unwanted sexual
contact, surveys find**

Page 5

**1 in 4 College Women are
victims of unwanted sexual
contact, survey finds,
cont...**

Page 6

Hot weather tips

BACK PAGE

HAPPENINGS

STAFF

Erik Lyon
BHS
Director

BRITTANY
FOCIS
Program
Coordinator

Mark
Kroll
Editor
& Newsletter
Design

Front page story cont.... Chicken Woman

In talking about my physical and emotional reactions to these events, my counselor helped me understand I was experiencing symptoms of PTSD or Post Traumatic Stress Disorder. This is a label given to a set of symptoms experienced by people who have survived traumatic events; as set forth in (DSM-IV; American Psychiatric Association 1994.)

I first have to give a nod to the brave men and women of the armed forces, because obviously they are the most common sufferers, and the very reason for the research and development of treatments for this disorder. THANK YOU! However, anyone who has been through a serious trauma may develop PTSD and it is being discovered that victims of domestic violence fit that description.

June is National PTSD Awareness Month and June 27th is PTSD Awareness Day. Take some time this month to honor yourself and your journey; take some time to really love yourself. I read and recommend a very short, very fulfilling book titled: “Love Yourself Like Your Life Depends on It.” By Kamal Ravikant.

His technique of using constant self-love, of literally, saying “I love myself.” Over and over in your head forces you to pay as much attention to yourself as you usually do your loved ones. He also uses techniques that I have found useful in moments of stress or panic. One is simply to ask if the fear or stressor is “real” or “not-real” then deal with the answer. For example, from my own story, the slamming toilet lid: “I am the cause of the slamming”. “real” or “not-real”? Answer- Not real, therefore nothing to worry about.

“So, These tools like light switches, exist. When fear arises remember that it’s not useful or that it’s not real.” (Ravikant P39)

Teen Called Out Her School's Sexist Dress Code In Hilarious Yearbook Quote

Huffington Post Women
By Alanna Vagianos

Tori DiPaolo is so *over* her school's sexist dress code...

The senior at West Milford High School in New Jersey called out her school's dress code in her yearbook quote. "I'm sorry, did my shoulders distract you from reading this quote?" DiPaolo's quote reads underneath her senior photo.

According to Yahoo Style, West Milford High School's official dress code prohibits "halter, half-shirts, shorts, or sweaters and blouses that expose breasts or stomachs." DiPaolo told Yahoo that she became "a bit infamous" for fighting her school administration on its dress code.

The teen told HuffPost she chose that quote because she found it "ironic."

"I chose my senior quote because I found it ironic that the classic robes we take pictures in technically violated dress code," she said. "Really, I just wanted to get a few laughs."

Similar to many other dress code issues that have surfaced on the internet, DiPaolo said her school's dress code is inherently sexist because it's only enforced for women

"While my school as well as most others have dress codes that apply to boys and girls it's usually only girls that get dress code violations," she said. "My school's dress code prohibits boys from wearing muscle shirts but they do all the time and don't get in trouble yet, when my bra strap accidentally slips I have to miss class time to go change. I just think dress codes need to be enforced on both genders if you're going to choose to have one. But really, people not being allowed to wear tank tops is ridiculous, no one is distracted by shoulders and that's really where I got the inspiration for my quote."

1 in 4 College Women Are Victims of Unwanted Sexual Contact, Survey Finds

A new survey of 27 campuses shows that sexual assault is a pervasive problem

By Eliza Gray time.com

A new survey of students at 27 universities found that nearly 1 in 4 undergraduate women were victims of unwanted sexual contact, either because they were forced or because they were incapacitated by drugs or alcohol. The results of the survey, conducted by the Association of American Universities, were consistent with many other similar surveys of college students.

Sexual assault on college campuses has captured widespread public attention over the past several months, thanks in part to the Obama Administration's efforts to shed light on the pervasive problem.

The survey collected responses to online questionnaires from 150,000 graduate and undergraduate students, a roughly 19% response rate out of 779,170 students who were asked to participate.

Though the rates of unwanted sexual contact were nearly a quarter, they ranged widely by institution, with some institutions showing rates as low as 13% and others as high as 30%. Private schools showed slightly higher rates of sexual misconduct than public schools among undergraduates. The schools that participated in the survey are some of the most prominent public and private institutions in the U.S., including Harvard, Yale, the Ohio State University and the University of Florida.

Across all 27 campuses, the most serious form of unwanted sexual contact, forcing sex while the victim was incapacitated, was reported by

10.8% of undergraduate women, and more than 12% for students who identified as transgender, genderqueer, nonconforming or questioning.

1 in 4 College Women Are Victims of Unwanted Sexual Contact, Survey Finds, cont...

Freshmen were more likely than seniors to be victims of unwanted sexual contact, which includes penetration and sexual touching.

The survey showed low rates of reporting among students, a problem that many colleges have worked hard to address over the past several months. Reporting rates varied widely by institution. Reporting penetration by physical force, for example, ranged from a low of 17% to a high of 46%. The most common reason for not reporting across all institutions, given by more than half of respondents, was because they didn't consider it "serious enough." A third were "... embarrassed, ashamed or [thought] it would be too emotionally difficult."

The survey was unlike the other highly publicized college sexual misconduct surveys in that it asked students about the "absence of affirmative consent." The standard of affirmative consent, also known as "yes means yes" rather than the previous standard of "no means no", has become a more common definition for sexual misconduct at universities. In September 2014, California passed a law that requires schools in the state to establish a standard of "yes, means, yes," across all universities in the state, requiring students to get positive consent from a partner before engaging in sexual activity. New York State passed a similar law.

The AAU survey defined affirmative consent as "active, ongoing voluntary agreement," and used examples of unwanted sexual contact such as someone "[initiating] sexual activity despite your refusal," "ignoring your cues to stop or slow down," and "went ahead without checking in or while you were still deciding." More than 11% of undergraduate females reported experiencing this kind of sexual contact.

Hot weather tips

The best defense is prevention. Here are some prevention tips:

- Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask your doctor how much you should drink while the weather is hot.
- Don't drink liquids that contain alcohol or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area.
- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- Wear lightweight, light-colored, loose-fitting clothing.
- NEVER leave anyone in a closed, parked vehicle.
 - Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:
 - Infants and young children
 - People aged 65 or older
 - People who have a mental illness
 - Those who are physically ill, especially with heart disease or high blood pressure
 -

Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.

If you must be out in the heat:

- Limit your outdoor activity to morning and evening hours.
- Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. Warning: If you are on a low-salt diet, talk with your doctor before drinking a sports beverage. Remember the warning in the first “tip” (above), too.
- Try to rest often in shady areas.

Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say “broad spectrum” or “UVA/UVB protection” on their labels).

HAPPENINGS

ANGER MANAGEMENT GROUP

Wednesdays, 6-7:30pm. Co-ed six week group, start date contingent upon sign-ups. must be a FRTH registered patient. \$40 fee for non-native clients. Contact Tom @ 532-6811, ex 270

POSITIVE PARENTING & POSITIVE PARENTING OF TEENS

done on an individual basis as space and time allow. \$30 fee for non-native clients. For info or sign up, Contact Mark @ 532-6811 ex 249.

FOCIS DOMESTIC VIOLENCE WOMEN'S SUPPORT GROUP

Women's Support Group Tuesdays 3 p.m. to 4:30p.m. For info, contact Brittany@ FOCIS PROGRAM, 532-6811 ex 270.

BRAVE AT HEART CANCER SUPPORT GROUP

For anyone who has been touched by Cancer Meetings every 3rd Wednesday starting Feb 17th 2016 6:30 to 7:30 pm Call Ashley, 532-6811 ex.270

GIRLS TAKE CHARGE GROUP

Every other Wednesday, 4:30 to 5:30 Teen Girls are invited Call Ashley, 532-6811 ex 270

GUYS TAKE CHARGE GROUP

Thursday afternoons, 3:30 to 4:30 Guys from 10 to 13 are invited For info or sign-up call Ashley, 532-6811 ex 270

THURSDAY CRAFT GROUP

Explore both Modern & Traditional forms of beadwork. Thursday afternoons from 3:00pm to 5:00pm In the South Conference room, call Mark @ 532-6811 ex 249. for info or sign up.

HISTORY KEEPERS

Elders group, 55 and older Tuesdays 12:30-1:30 For more information or to attend call Ashley, 532-6811 ex 270

RED ROAD TO WELLBRIETY MEETING

For those that have suffered alcoholism and drug addiction and other forms of

self-defeating behaviors, you can walk the 12 steps of the Red Road to recovery.

WEEKLY MEETINGS ON WEDNESDAY @ 6.00 PM

@ FEATHER RIVER TRIBAL HEALTH

530-534-5394

EVERYONE IS WELCOME!

LOCAL DV SERVICES

FOCIS PROGRAM SERVICES

Advocacy Services, Restraining Order assistance, court accompaniment, Community education and in-service training, Crisis intervention services, Women's Talking Circles, Resource information & referral service. Feather River Tribal Health 530-534-5394 ext. 270

Catalyst DV Services

24-hour hotline for DV intervention & referrals, Emergency Shelter, Children's Program at HAVEN, Transitional Housing & Household establishment Drop-in centers, Individual counseling, Support groups, Restraining Order assistance & Court Accompaniment, Community Outreach. 24-Hour Hotline 800-895-8476 Oroville Drop-in Center 530-532-6427

SHARP (Self Help and Referral Program)

Self Help center that provides general assistance to people who do not have attorneys. Assistance is provided in the areas of family law, guardianships, evictions, small claims, name changes, and restraining orders. 1675 Montgomery Street Oroville, 530-532-7015



This project was supported by the Grant no.2013-WF-AX-0025 awarded by the Office on Violence Against Women (OVW), U.S. Department of Justice, and through Grant Award Number DS13041660 from the California Emergency Management Agency (Cal EMA). The points of view, opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibit are those of the authors and do not necessarily represent the official position or policies of the U.S. Department of Justice or of Cal EMA. Cal EMA reserves a royal-free, nonexclusive, and irrevocable license to reproduce, publish, and the use materials and to authorize others to do so.