

Hays-Caldwell Women's Center

Protection, advocacy and education
for men, women and children

24-hour HELPLINE
512-396-HELP (4357)
or **1-800-700-HCWC (4292)**

IN THIS ISSUE

Page 1

Internet Safety Tips

Everyone will benefit from this practical guide for safety on the web.

Page 3

Oceans of Fun

If you missed our Annual Auction, here's your chance to share in the fun!

Pages 4

The New Face of Bullying

Learn how technology brings new concerns in addressing peer harassment.

Pages 5

The Age of Consent

This is a must-read for parents and their teens!

Page 6

Educational Safety Program

ESP: It's not about reading minds; it's about changing them! Get involved today!

Page 7

HCWC Happenings

Save the date for **Fact or Fiction: Finding the Truth**, the 4th Annual Caldwell County Family Violence Task Force Conference as well as other upcoming events!

Page 7

HCWC Donations & Memberships

Meet victims' needs by donating an item from our wish list, becoming a member or making a monetary donation.

Page 8

Volunteer Classifieds

Join the HEARTeam, answer the HELPLINE, sort donations and more! Whatever your skill or interest, HCWC has a volunteer position for you!

The Networker

Fall 2005

Our Twenty-Eighth Year

Youth Safety in the Electronic Age

By Christina Torti, MA

The Internet is a wonderful resource for children, but if not safeguarded, children may find the Internet can be a dangerous place. We want children to stay safe while reaping the rewards of technology. Here are some tips from the National Center For Missing and Exploited Children:

1) Post clear, simple, easy-to-read house rules regarding computer use.

2) Talk to children about what personal information is (location, age, name, phone number) and why they should never give it to people online.

3) Talk to children about never meeting in person with anyone they "meet" online.

4) Know with whom children are exchanging E-mail. Children might tell you they are talking to their "friends," when in reality the "friend" might be someone they have just met online.

5) Talk to children about not responding to offensive or dangerous E-mail, chat or other communications. **Do not delete the offensive or dangerous E-mail; turn off the monitor and contact local law enforcement.**

6) Let children show you what they do online and visit their favorite sites.

7) Keep the computer in the family room or another open area of your home.

8) Be aware of other computers your child may be using.

9) Internet accounts should be in a parent's name with parents having the primary screenname, controlling passwords and blocking and/or filtering devices. *(See page 5 for more info!)*

DID YOU KNOW? Approximately 1 in 5 youth, ages 10-17 years who use the Internet regularly, has received a sexual solicitation or approach over the Internet in the last year. 1 in 4 had an unwanted exposure to pictures of naked people or people having sex in the last year.

National Center for Missing & Exploited Children Report

to turn the monitor off and emphasize it's not their fault if they see something upsetting. Remind them to tell a trusted adult if they see something that bothers them online.

12) If you suspect online "stalking" or sexual exploitation of a child, report it to your local law-enforcement agency.



Welcome

The Hays-Caldwell Women's Center provides services to men, women and children who are victims of family violence, sexual assault & abuse and child abuse. We feature one of these issues in each newsletter. We hope you find this edition's focus on child abuse useful in making our community a safer, healthier place to live.

Child abuse, in all of its forms, can be an incredibly difficult subject to discuss. We do not want to believe that it could happen to our children, in our schools, in our neighborhoods and in our homes. Unfortunately, the reality is that abuse does happen and the perpetrators are, for the most part, not strangers. They are usually people the victim knows, trusts and even loves. Understanding this is the first step in understanding the reality of abuse in our community. Please take the time to read this newsletter from front to back and use it as a tool for open, honest communication with the children in your life. It will make a difference.

There are many ways **YOU** can make a difference in the lives of all of the victims with whom we work. **Please, get involved today!**

Board of Directors

Marsha Moore, President

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Our Philosophy

Physical, sexual, emotional or psychological abuse of one human being by another is unacceptable. The Hays-Caldwell Women's Center believes that all abuse diminishes or prohibits the full expression of life and growth that is every person's right.

QUESTIONS/COMMENTS?

Send to:

The Networker
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Amber Titus-Love

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Tim Love, Renee Perez, Robie
Roberson, Melissa Rodriguez,
Christina Torti and Amber
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Coming Soon

The Winter 2005 edition will feature valuable information about family violence on a local level, as well as ways you can get involved in ending abuse and violence in our community. It will also include highlights from *Fact or Fiction: Finding the Truth* - the 4th Annual Caldwell County Family Violence Task Force Conference, scheduled for October 14, 2005.

Children's Services* at HCWC in FY 2004

73 children counseled
who witnessed family violence
in their homes

332 children and their parents
sheltered who were escaping
an abusive home

223 children counseled
who were sexually, physically
or emotionally abused

142 forensic interviews conducted
with children who were
suspected of being abused

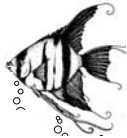
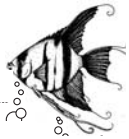
68 children and their parents in
Parenting Program groups to build
better family relationships

9,200 K-12 students, along with
their parents & school staff,
reached by Educational Safety
Program presentations during
'04-'05 school year

**The Hays-Caldwell Women's Center meets the needs of victims of abuse by providing comprehensive services regardless of age. HCWC offers children's counseling, children's groups, play therapy, court school to prepare for legal proceedings, forensic video interviews for children suspected of being abused and shelter for children and their non-offending parent who are fleeing abuse. HCWC understands when a child is abused, the entire family is impacted so we offer support services for loved ones as well. For details on all of our programs, please visit www.hcwc.org.*

Oceans of Fun Huge Success!

22nd Annual Auction raises \$42,000 to support local victims of family violence, sexual assault and child abuse



Board President Marsha Moore strikes a pose with Brenda Damron.



Roy Adair & Dianne Pape find it difficult to choose among the hundreds of unique items!

How much fun do guests, like Dr. Charles Anderson & DeeDee Baen, have at the 2005 HCWC Annual Auction?

Oceans of Fun!



Board Member Chris Schneider enjoys the evening with daughter Laura.



Save the Date for HCWC's 22nd Annual Auction Saturday, June 3, 2006!

Technology Brings New Forms of Bullying

By Renee Perez

Bullying is when someone keeps doing or saying things to have power over another person.
www.nobully.org

Today, bullying includes much more than teasing. Be aware of what your school-age children might be experiencing, including some non-traditional forms of bullying.

Mobile phones are used as a means of harassment involving text messaging, which are messages typed and retrieved via phone instead of spoken words.

Camera phones are being used as a means to frighten targets of bullying by pictures being anonymously taken and shared or posted on the Internet.

Instant messaging (IM) is a way of directly communicating with others online through Internet services such as America Online (AOL) or Yahoo, which can result in an exchange of messages to threaten and embarrass someone.

Peer pressure is exerted to force students to tease others, cheat in school and break school rules or the law.

Dating pressure involves pressure to have a dating partner or pressure to participate in sexual behaviors when he/she is not ready.

If behaviors are continuously repeated, a child can be affected academically, socially and emotionally among other ways. Children who have endured bullying alone, without support from school staff and/or family members, may resort to self-destructive behaviors, including cutting themselves and suicide.

If a child or teen is facing bullying behaviors, he or she should be encouraged to:

- 1) Communicate with harasser when possible or safe about his or her actions and how those actions are affecting him or her.
- 2) Write down times & dates he/she experienced bullying behaviors.
- 3) Report harasser to a trusted adult like a parent, school counselor or police.

Adults should take action to stop the harassment!



Parental Controls for Internet and Television

By Robie Roberson

Filtering software for your computer attempts to block objectionable content while minimizing the blocking of acceptable content - a difficult balance. Products offering the greatest protection against objectionable sites, such as pornography, may also block useful sites. According to Consumer Reports, most products tested are set-up in minutes and preference controls are clearly labeled. Here are their Quick Picks:

SafeBrowse.com Offers the best combination of protection and minimum interference and is one of the few programs that interfered minimally with search-engine results with a one time \$50 fee.

Microsoft Provides nearly the same protection as SafeBrowse.com, lets parents set multiple age levels and comes free with MSN service, which ranges between \$120/year broadband add-on and \$265/year for dial-up.

AOL Offers the best pornography blocking and time-management controls, plus the ability to customize for different age levels. Comes free with AOL service, which ranges between \$180/year broadband add-on and \$285/year for dial-up.

In addition to the Internet-related products listed above, the V-Chip - a device built into most new television sets - allows parents to block out programs they do not want their children to see by electronically reading the ratings of TV programs. To use the V-Chip, parents need to activate it using their TV's on-set menu or owner's manual. For details about the V-Chip, visit www.V-Chip.org.

For more info on Internet safety, please visit:

**www.cybertipline.com
www.safeyouth.org
www.isafe.org
www.netsmartz.org
www.oag.state.tx.us/kids**

The Age of Consent

By Carol Horton, MA, LPC-S

In Texas, a minor age 13 years or younger is not legally competent to consent to sexual activity. Therefore, sexual intercourse (involving any kind of penetration) with a child 13 or younger is considered "aggravated sexual assault."

A minor between the ages of 14 and 16 years old may – legally — consent to sexual activity, as long as the partner is less than three years older than the teen. Once a teen reaches the age of 17, he or she can legally consent to sexual activity with anyone they choose, as long as the partner is of age.

So, here's an example: a 15 year old, born 5/1/90, can legally have sex with his or her 18 year old partner, born 6/1/87, because there is an age difference of less than three years. However, a 15 year old, born 5/1/90 cannot legally consent to sex with an 18 year old born 4/1/87, because there is an age difference of more than three years; and the 18 year old would be breaking the law.

**As citizens, it is our
responsibility to report
suspected child abuse.
Texas Child Abuse Hotline
1-800-252-5400**

Mandatory reporting requires that any adult who is aware of sexual contact with a minor that is illegal must report to local law enforcement or to the Texas Child Abuse Hotline, 1-800-252-5400. While all reports of child abuse are investigated, some cases may not be prosecuted since making a convincing case in front of a jury without a cooperative victim to testify is often difficult. Nevertheless, our responsibility as citizens is to make the report, and let the authorities take it from there.

**E
S
P**

**It's not about
reading minds;
it's about
changing minds.**

By Tim Love

“For four years, I have been harassed by someone. I (joined) STAR to help prevent the pain inflicted on (other) students.”

Local STAR Student

Get involved!

Volunteer with HCWC programs that focus on youth, such as ESP, Roxanne’s House and the Parenting Program.

Arrange an HCWC presentation on sexual or domestic violence for a community or church youth group with which you’re involved.

Communicate openly with your children and teens about physical & sexual abuse.

Encourage your children’s teachers & school administrators to include information about domestic & sexual violence in school curriculum.

Report any suspicion of child abuse to the Texas Child Abuse and Neglect Hotline 1-800-252-5400. If you’re uncertain about reporting or would like more information, contact Roxanne’s House 512-396-7276.

Domestic and sexual violence are not just “grown-up” problems. Youth in Hays and Caldwell counties deal with these difficult issues, such as childhood sexual abuse, sexual harassment, dating violence and sexual assault on a daily basis. In communities hesitant to talk about these issues, crimes can go unreported and consequently, youth feel unsupported.

The Educational Safety Program (ESP) of the HCWC strives to create spaces where youth learn about violence and abuse, seek support and find ways to support other youth as they deal with their own experiences. ESP provides presentations, psycho-social educational groups and the STAR (Students Taking Action for Respect) program to youth in grades K – 12 and beyond. Interactive presentations include topics, such as “My Body Belongs to Me,” a body safety puppet show, and sexual harassment, dating violence and sexual assault. Most presentations take place in local classrooms but are easily adapted to fit various school and community organization schedules, locations and group sizes.

Psycho-social educational groups work with students for 8 to 12 weeks examining issues of dating and sexual violence and abuse, exploring coping mechanisms and practicing ways to create healthy relationships with everyone in their lives. Currently, ESP offers various groups to students grades 5 - 12, including Female Empowerment for young women, Male Violence Prevention for young men and Healthy Relationships, a co-educational group for high school students.

The STAR program trains young men and women grades 8 - 12 to become peer educators. STAR students receive training on sexual and dating violence prevention, facilitation skills and leadership development to prepare them to become leaders for the movement to end sexual and domestic violence. Locally, committed groups of students at San Marcos High School and Hays High School are participating in STAR. To learn more about what ESP can offer you, call 396-3404 x231 and speak with Renee Perez, Educational Safety Program Coordinator.

9,200 youth, staff & parents reached in Hays and Caldwell counties during the 2004-05 school year by ESP presentations & groups:

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BUDA/KYLE Fuentes Elementary, Hemphill Elementary, Kyle Elementary, Tobias Elementary, Barton Middle School, Wallace Middle School, Hays High School & Lehman High School **DRIPPING SPRINGS** Dripping Springs Middle School **LOCKHART** Clear Fork Elementary, Lockhart Junior High, Lockhart High School – Freshman Campus, The Cub House, Lockhart Discipline Management Center & Lockhart Juvenile Probation **LULING** Rosenwald Pre K & K, Luling Primary, Luling High School & Luling Juvenile Probation **PRARIE LEA** Prarie Lea School **SAN MARCOS** Bonham Early Childhood, Bowie Elementary, Travis Elementary, Hernandez Intermediate, Goodnight Junior High, Miller Junior High, San Marcos PRIDE Campus, San Marcos PEP, San Marcos High School, Youth Service Bureau, Gary Job Corps, CM Allen Homes & Hays County Juvenile Justice Center **WIMBERLEY** Bowen Elementary, Wimberley Junior High & Katherine Anne Porter School

Caldwell County Family Violence Task Force Presents

Fact or Fiction: Finding the Truth

The Fourth Annual Community and Professional Education Conference on Family Violence

Join an esteemed group of community members, including law enforcement officers, members of the judicial system, probation officers, medical providers, victim service providers, clergy, youth service providers and other concerned citizens at the CCFVTF Fourth Annual Conference.

Participants will:

Gain new insight on the topic of teen violence;
Examine the effects on victims who have experienced abuse;

Uncover feelings and beliefs surrounding the root causes of domestic violence;

Explore interviewing techniques effective with adults & children, victims & perpetrators; and

Network with other concerned citizens and professionals on effective ways to reduce domestic violence.

**Friday
October 14, 2005**

8:45 AM - 4:30 PM

Registration @ 8:00 AM

\$20 includes lunch

**First Lockhart
Baptist Church
315 W. Prairie Lea
Lockhart, TX 78644**

To register or for details call 396-3404 x223 or x246.



Welcome Summer2005 Advocate Training Graduates!

HCWC Membership Application

- Check Here to renew membership
- Sponsor \$15
- Friend \$25
- Contributor \$50
- Sustainer \$100

Contributions are tax deductible to the extent allowed by law.

Name _____

Phone _____

Address _____

E-mail _____

- I would like the Volunteer Coordinator to contact me.

Please clip and mail to:

**HCWC. P.O. Box 234
San Marcos, TX 78667**

HCWC Client Wish List

Tylenol and Motrin for children & infants, allergy medication for children & adults, new thermometers with covers, cold and flu medication for children & adults, toothbrushes, new hair brushes, diapers size 4 & 5, baby wipes, small & large bottles of body lotion, small bottles of baby lotion/shampoo/wash, healthy after-school snacks, insulated lunch boxes, group snacks (non-perishable) and drinks, children's art supplies, Wal-Mart or HEB gift cards for low-income clients in crisis, two large area rugs for play therapy rooms

Donations are accepted **by appointment only**. To schedule an appointment, contact the Donation Center Manager at 396-3404. **Thank you for your generosity in meeting the needs of clients!**

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Protection, advocacy and education
for men, women and children

P.O Box 234, San Marcos, TX 78667
512-396-3404 (Office)

24-Hour Helpline 512-396-4357

If you're out of the calling area, call 1-800-700-4292.

info@hcwc.org
Fall 2005

www.hcwc.org
Our Twenty-Eighth Year

Non-Profit Org.
U.S. Postage
PAID
San Marcos, TX
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Zip Code 78666

Hays-Caldwell Women's Center Mission Statement

The purpose of the Hays-Caldwell Women's Center is to create an environment where violence and abuse are not tolerated in the communities we serve. The Center will provide education, violence prevention services and crisis intervention to victims of family violence, sexual assault and child abuse. We will seek the support and resources necessary to achieve this mission.

Volunteer Classifieds

HELpline Advocate Are you a good listener? Answer calls from your own home on our 24-hour crisis and information line.

Speakers Bureau Share your personal experience as a survivor with others or make presentations in the community on behalf of HCWC.

Board Member Get involved in the local movement to end violence and abuse by joining our Board of Directors!

Educational Safety Program If working with youth is your niche, then ESP needs you! Help with violence prevention and empowerment activities!

HEARTeam Advocate Provide on-call support to recent victims of sexual assault and domestic violence at the hospital.

Childcare Volunteer Provide support for children while their parents are in individual and/or group counseling sessions.

Receptionist If you have a friendly personality, help us greet clients, transfer telephone calls and answer general information questions.

Domestic Violence Awareness Month Volunteer Help with community & university awareness projects for the month of October.

Parenting Program Co-Facilitator Guide children through a 10-week curriculum of empowerment while their parents attend a parenting group. This unique experience helps develop self-esteem, nurturing relationships and more!

Conference Volunteer Distribute materials, help with set-up & clean-up and more for the Caldwell County Family Violence Task Force Conference.

To volunteer or learn more about these & other positions, please call the Volunteer & Public Education Coordinator at 512-396-3404 x241. Some positions require Advocate Training, which begins Feb 2006.