



Safe Passage

No one deserves to be abused.

Safe Passage's Monthly news & updates

March 2020

March

COVID-19 Update from Safe Passage

We know this is a difficult time for all of us as we wonder what the future may bring. For survivors, being asked to quarantine or shelter-in-place in a dangerous household can bring additional fear. We want to reassure our community that we are still here. We are taking steps to protect the health of our clients and staff, but we are still providing domestic violence and sexual assault survivor services to all in need. Call us 24/7 at 815-756-5228.

We may be apart, but we are not alone!

Amazon Smile

As you purchase essentials from the comfort of your home, don't forget to shop through Amazon Smile! When you select Safe Passage as the business to support, a percentage of sales are donated directly to our agency to help support survivors of domestic and sexual violence.

If you wish to make a donation to Safe Passage to help us through these difficult time, please click below:

[CLICK HERE TO MAKE A DONATION](#)

Events Postponed

Out of an abundance of caution surrounding COVID-19, we have decided to postpone ALL upcoming events – Walk a Mile (April 4), At the Heart of Gold Documentary Screening (April 16), Take Back the Night (April 30).

We're hopeful to reschedule our events and will share details when we are able. In the meantime, we'll continue to stay connected online through social media and take a stand against sexual violence together in our community. Follow us on [Facebook](#), [Instagram](#), and [Twitter!](#)

**MORE DETAILS
BELOW!**

Sexual Assault Awareness Month - Online with Safe Passage

We can't stand close, but we can stand together! Participate in Sexual Assault Awareness Month with us, but from a safe distance! Follow us on [Facebook](#) to connect with us through our online events this April!

Walk a Millimeter

We encourage you to take a walk in high heels in your house, backyard, or down your sidewalk!



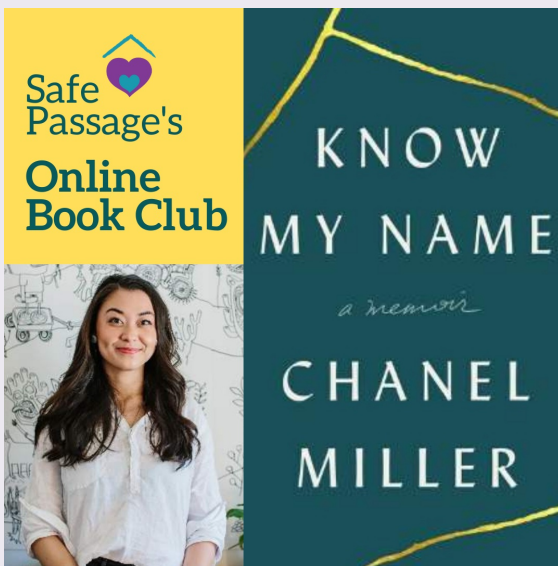
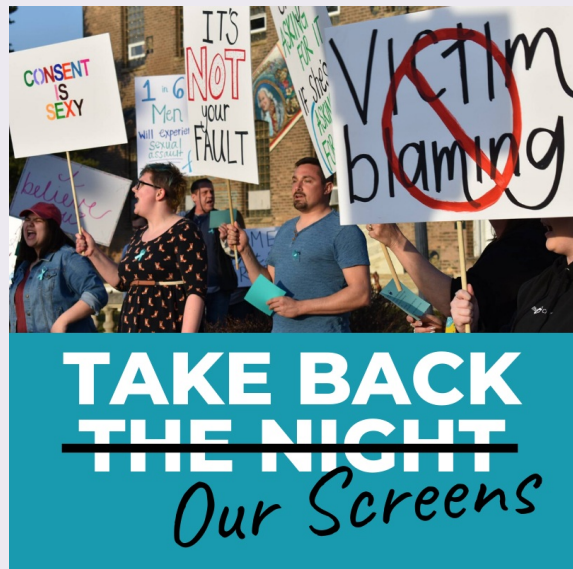
Snap a photo of yourself in heels and share it with us in the comments of our "Walk a Millimeter" Facebook post on April 4th!

Share the photo in our comments and on your personal pages April 4th and April 5th. Everyone who shares a picture on our social media will be entered to win a WAM prize pack! For bonus entries: use the hashtags #HeelsArentConsent and #WAMDeKalb when you upload your photos to Instagram and Twitter! The winner will be drawn during a Facebook Live Video on Monday, April 6th.

Take Back Our Screens

Internet bullying and sexual harassment are serious issues online that impact survivors of violence and we all can do better! When you see language that contributes to rape culture or see others blaming survivors for their experience, step in and speak up!

We encourage you to show your support for survivors online through art! Create a sign you could use at a future Take Back the Night event, a drawing, or piece of art sharing a positive message. On April 30th, share a photo of your design in the comments on our "Take Back our Screens" Facebook post. Upload the photos to your personal Facebook, Instagram, and Twitter pages with the hashtags #TakeBackOurScreens and #SAAMDeKalb.



"Know My Name" Online Book Club

"She was known to the world as Emily Doe when she stunned millions with a letter. Brock Turner had been sentenced to just six months in county jail after he was found sexually assaulting her on Stanford's campus. Now she reclaims her identity to tell the story of trauma, transcendence, and the power of words."

Join Safe Passage in reading "Know My Name - a memoir" by sexual abuse survivor, Chanel Miller. Every week, we'll come to you live on Facebook to break down the chapters and share our thoughts with you! We'll be encouraging you to do the same through discussion questions posted weekly, in the comments, or with each other! Learn more [here](#).

Story Time with Safe Passage

Grab your kids and tune in to Facebook Live as a member of our Prevention Team reads some of Safe Passage's favorite children's stories! Help us remind your kids that they're the boss of their bodies, that some secrets shouldn't be kept, and more.

The books we'll be reading may look familiar to your kids if they've seen one of our Erin's Law presentations. Be ready to chat with them after to continue the important conversation at home!

Questions on how to talk to your kids about sexual abuse and body safety? Give us a call at 815.756.7930 or message us on Facebook!

Learn more [here](#).



LIVE ON FACEBOOK, EVERY THURSDAY IN APRIL

During Quarantine...

During this time of Quarantine, check out our recommended shows, podcasts, books, and more!

Our recommended list is a good place to start for those interested in learning more about domestic and sexual violence. Please be aware though, the list can be triggering. Remember to practice self-care as you consume the content on our list, and as always, Safe Passage is always here to talk: 815.756.5228.

Remember to practice self-care during this stressful time!

Need new self-care ideas? Our staff compiled a list of their favorite self-care activities:

- Snuggle a pet
- Host a virtual movie night with friends
- Re-read your favorite book
- Take a bubble bath
- Exercise
- Walk your dog
- Paint your nails
- Make a smoothie
- Craft
- Spend time outside
- Face-time or Skype your friends and family
- Organize your home
- Cook a new recipe
- Visit a National Park - from your home! [Click here for details.](#)
- Play an instrument
- Journal
- Draw or paint a



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COVID-19 Quarantine: Safe Passage's List of Recommendations

TO WATCH (Documentaries, Movies, & Series):

- Big Little Lies - *HBO*
- Dirty John - *Netflix*
- Miss Representation - *Netflix*
- Surviving R. Kelly (Part 1 & 2) - *Netflix, Lifetime*
- The Trials of Gabriel Fernandez - *Netflix*
- The Mask You Live In - *YouTube*
- You - *Netflix*

TO LISTEN (Podcasts):

- Dirty John - *Apple Podcasts, Spotify*
- Something Was Wrong - *Apple Podcasts, Spotify*
- Over My Dead Body - *Apple Podcasts, Spotify*

TO READ (Books):

- Big Little Lies by Liane Moriarty (Young adult fiction)
- Criminal by Terra Elan McVoy (Teen fiction)
- Dreamland by Sarah Dessen (Teen fiction)
- In the Dream House by Carmen Maria Machado (Non-fiction)
- No Visible Bruises by Rachel Louise Snyder (Non-fiction)

picture

- Binge a TV show
- Sing and dance



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