



BEHIND THE SCENES

PROJECT AGAINST VIOLENT ENCOUNTERS

Bennington County Domestic And Sexual Violence Services

September 2007 — Nancy Feinberg, Editor

TIME TO GROW UP

Joan M. Sakalas, Ph.D., Executive Director

When I was a child, I remember hearing the words, “When you become an adult you can do/say that” or “That’s for big people.” Somehow I envisioned a time when I would magically morph into an adult who suddenly had license to do and say all sorts of hitherto forbidden things.

Unfortunately a party or fireworks did not mark this magical moment. Instead it crept up slowly. Eventually I realized that others expected more of me and, more importantly, I expected more of me.

This evolution makes me wonder what short circuit happens for batterers that makes them fail to understand that they have “grown up” and are now responsible for their behavior. Listen sometime to an abuser. They frequently take no responsibility for what they did, claiming instead that, “She should have known that I was annoyed” or “I told her to ‘shut up’ and she didn’t.” I could fill several pages with popular disclaimers.

I recall a line from 1 Corinthians, Chap. 13, verse 11 that describes the evolution I am trying to describe. “When I was a child, I spoke as a child, I thought as a child; but when I became a man, I put away childish things.” I wonder whether abusers have lost the distinction between childhood and responsible adulthood.

Communities are called upon to teach children how to grow into responsible adults. As adults we set limits on children. For example, when they are very young we ask them to hold our hand when they cross the street; we make certain that they are not home unattended while we are at work. Even with older young people, we define when they

can drive a car or when they can legally drink, and, when they break a law, we adjudicate their cases differently.

As a child, I remember that I was asked again and again, “What do you say?” when someone gave me a gift or a kind act. That drill led to an understanding that, “Thank you” was an appropriate response. When children behave inappropriately, we correct them and expect that they will alter their behavior.

Why do batterers continue to need correction and punishment for their “bad” behavior? What can we do in our communities to help them change their behavior and “grow up”?

Maybe we need to define adulthood a bit more carefully and make it clear that the acceptance of responsibility for your behavior is the key to adulthood. The consequences of violent behavior in adults are the curtailment of the adult privilege. The excuse that you were coerced into a violent act just doesn’t work.

At every level of our society, we need to examine the issue of adult responsibility. In our last newsletter, I drew attention to the practice of using the words, “I’m sorry,” as a substitute for changed behavior. We seem to find it easier to ask victims why they didn’t behave differently while we tolerate abusers who cycle around charming and beating woman after woman. Frankly, without our insistence that abusers change, they will not because, “It works.” We talk about being proud of living in the United States and hear that it is, “The greatest country in the world.” If we really want those words to represent more than empty claims, we must make clear that our “culture of violence” must stop. Adulthood must represent a time of acceptance of responsibility for and control of our own behavior. □



IN REMEMBRANCE

In September, 2006, Dawn Roberts died. She was the victim of domestic violence. In her memory, Mettowee Mill of Dorset, Vermont, created an “enchanted fairy garden” at the garden center where Dawn worked and touched so many friends and co-workers. “Dawn would have loved a fairy garden here,” says Barbara Hemingway. “She had an amazing sense of fun and whimsy. This is the kind of project she would have enjoyed creating with her kids.” It’s a magical,

miniature garden, replete with nature’s colorful sights and fragrant smells, with wind chimes and the sound of running water.

Before the summer is over, we invite you to visit and enjoy Dawn’s garden. Her family and friends want to share her spirit through this special place.

Visitors will have the opportunity to learn more about PAVE and its services for victims of domestic violence. PAVE materials are on hand. Mettowee Mill Nursery is open seven days and is located on Route 30, two miles north of Dorset village. □



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REMOVE THE DANGER FROM FAMILY VISITS

Christine Williams
Family Time Program Director

Why the need for Supervised Visits/Exchanges with a visitation center? Why not just use a concerned family member? Wouldn't that be more comfortable for all involved, especially for the children?

I've been asked these questions and heard comments similar to these over the years since I've been involved with supervised visitation. An incident that occurred recently triggered the need for me to respond to these questions.

I read an article in the *Bennington Banner* involving a young woman who was stabbed in the chest, abdomen, and back during a visitation exchange with the baby's father. I recall reading that they had not been getting along. The young mother was even so concerned about passing off the infant to his father that she asked her own mother to be present during the exchange. Apparently after the father placed the infant in his car seat inside the car, the grandmother left. She had to be somewhere and had to get going. After she departed, the father went back into the house to talk to the mother and left the infant in the car. He took a kitchen knife and stabbed her several times, leaving her to die. He then drove off with the infant in the car. The mother suffered life-threatening injuries and was airlifted to the Dartmouth-Hitchcock Medical Center. This story horrified me. If only this young mother had known that Supervised Visitation Exchange was a service available for someone in her exact situation.

This "worst case scenario" is horrible to even think about, yet it highlights so many of the reasons why Supervised Visitation centers even exist. Many times it seems so simple to just ask a "concerned" family member or friend to be the go between for exchanges or to be allowed to have visits occur at their home. "It seems so much easier." This causes great concern for us at *Family Time*. We are well aware of the "power and control" wheel of domestic violence and know how children can be used as tools/weapons to further serve the batterer's agenda particularly during visitation.

I have listed below some of the concerns and safety risks to be assessed when the parents consider using a "concerned" family member or friend:

- There may be high rate of "burnout" when using a family member due to the commitment involved with being present every time a visit is to occur. Many court orders give specific times for visitation/exchanges, and jobs and prior commitments can interfere.
- It is nearly impossible to be in a home environment and not have "other distractions" such as other children or family members, phone calls, meals to be prepared and cooked, laundry, etc. The "supervisor" is not "hearing and watching" all verbal and non-verbal communication between the parent and child. Therefore, inappropriate questioning of the child can easily occur, such as: "Where is your mother staying?" "What has she been doing?" "Who is

she seeing?" This puts the mother at risk and the child in the middle.

- It is very difficult to find "someone" whom both parties trust and with whom they feel comfortable.
- Family members are not going to have guidelines or rules around conversation content. They may feel uncomfortable when conversations arise regarding court, child support and/or the other parent. Yet they may not know how or feel comfortable to interrupt or stop the conversation. They may worry the parent would tell them not to interfere, saying, "I am their father. I have a right to say what I want to my kid!"
- In most situations family members have a vested interest in the outcome. Either they may want the family to reunite or feel strongly that the family should not get back together. They may not want to report a violation for fear that this may result in an investigation of the victim by DCF. They may feel pulled in different directions, and this can affect their judgment when it comes to how to handle situations that arise.
- If the visiting parent shows up late—or early, the "concerned" family member or friend may not realize the ramifications of his violation of a restraining order and the ways this may put a victim at risk.
- If a visiting parent shows up smelling of alcohol or "appearing high," the "concerned" person probably wouldn't feel they have the authority to cancel the visit. They may feel intimidated if they were to confront the parent about this.
- Batterers can be extremely manipulative and cunning. Family members are more likely to give into demands or subtleties.
- Family members may be used as tools to gain information or to give information to the victim that not only places her at risk but also puts her in an awkward position because she now knows too much of what's going on with him.
- Family members do not have a collaboration with their local or state police to ensure a "rapid response" if any potentially dangerous situation were to occur.
- Family members are not usually trained in Domestic Violence issues—the power and control wheel, tactics used by batterers and the use of children as weapons to further control or hurt the mother.
- And what about the children? To whom do they turn if they feel unsafe and want to stop the visit? If the visit becomes tumultuous, they may actually fear for their own safety.

Some of the advantages and safe-guards that recommend the use of a Supervised Visitation center such as *Family Time* begin with the use of a professional program that carefully screens its employees and monitors. *Family Time* monitors complete a 35 hour training that covers a broad range of subject areas including:

- child development
- cultural sensitivity and diversity
- effects of domestic violence
- sexual violence
- effects of separation and divorce
- mental health and developmental issues

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REMOVE THE DANGER

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- introduction (situations where a child does not know their parent at all, or there may have been a long lapse in contact, due to incarceration, rehabilitation)
- parenting skills
- relevant family laws and legal terms
- CPR and first aid certifications

In addition *Family Time* provides a comprehensive intake of both parents separately and an orientation, prior to services being rendered. The intake and risk assessment process allows the parent to freely express fears and concerns involving the safety of the victim and her children. The process clarifies *Family Time's* policies and procedures (rules) and security protocols including staggered arrival and departures and zero-tolerance for drugs and alcohol. *Family Time* will cancel a visit or exchange if someone is late, placing a victim at risk. We take arrival and departure times very seriously. Verbal or emotional abuse, which includes conversation content, is not allowed. "Adult conversation" with the child—i.e., talking about court, custody, visitation orders, promises regarding the future (giving false hope, or exploiting even fear), and grilling (trying to gain information) about home life or the other parent (mother) and her relations—is not permitted.

At *Family Time* a monitor is present in the same room

THE WHITE RIBBON CAMPAIGN: MEN TAKING RESPONSIBILITY FOR ABUSE, Ed Toth, PAVE Advocate

Conveniently, for some men at least, sexual and domestic violence is more often than not discussed as a female or gender-neutral issue...so many thousand women raped...so many wives battered...so many students shot, etc. By focusing on the victims, our male-dominated society avoids the very unpleasant truth. That is that men rape women. Husbands batter wives. Teenage boys committed murder at Columbine. To effectively deal with the wide range of daily abuse occurring in our country, men must rethink and reframe the problem.

Partnering with denial is the "need to win" mentality found throughout our society. As Jackson Katz in his book *The Macho Paradox* and video *Tough Guise* clearly points out, our society continually condones and rewards aggressive behavior. Being "tough" on the streets, in sports and in business, is looked at as a positive male attribute. We applaud the antisocial hero of the movies. Fights in the hockey rink and blood in a professional wrestling match are real crowd pleasers. So why are we so shocked when these same male tactics, rewarded in the outside world, are used in the home or on a date? After all, the whole point of "reality" TV shows such as *Survivor* and *Big Brother* is to use whatever it takes to "win." Violence is just another tool in the tool bag, right? WRONG.

Reframing sexual assault, domestic violence and other

with the visiting parent and child at all times. *Family Time* has no vested interest in the outcome, except that a "safe visit" occur. As trained professionals, we stay out of disputes between parents. We are involved only with what pertains to visitation and do not make recommendations to court regarding further visitation orders or custody arrangements.

In closing *Family Time* monitors are trained to intervene whenever our policies or procedures are not followed and any time a child or victim is placed at risk. If our requests or interventions are not followed and if ever we believe there is significant risk, we have "panic-buttons" and a coordinated rapid response plan with the local police department. We are aware that we cannot guarantee safety at all times, but we have a carefully thought out program. It is open to feedback from victims and advocates so that we can be responsive continually to the changing needs of individual situations. This feedback along with all of our safety protocols, policies and procedures allows for the greater likelihood of a more positive and safe environment in which safe visits/exchanges will take place.

I wish that any mother, who is in fear and does not feel safe or comfortable complying with a visitation order, were aware of our Supervised Visitation service and knew that she has a right to be listened to and be safe. I wish, too, that children could enjoy visits with their father without fear and stress. We need to take the danger out of the equation. □

forms of abuse as primarily a male problem, means men have to show real courage, not the phony stuff we see on TV. Foremost, men have to accept responsibility for our actions. Next, we need to redefine what it is to be "a man." And finally, we actually have to do something to change our behavior. This includes how we relate, not only to women, but to each other as men. To be a man means someone who shows bravery, wisdom, and compassion. Their self-identity is based on self-control not on the control, or abuse, of others.

The **White Ribbon Campaign (WRC)** is the largest worldwide organization working to encourage men to speak out against abuse, specifically men's violence against women. Started in Canada in 1991 by a handful of men, male participation has rapidly expanded. This includes wearing a white ribbon as a symbol of men's opposition to men's violence against women. It is a personal pledge never to commit, condone nor remain silent about violence against women. Although its central focus is on men's violence against women, WRC is deeply concerned about violence against children and the many forms of men's violence against other men.

Founded in the same spirit as its Canadian counterpart, the

White Ribbon Campaign of Vermont (WRCVT) was launched in Burlington, VT in 2006. The catalyst for its conception was two brutal attacks on women: the abduction, assault and murder of

Michelle Gardner-Quinn, and the rape and murder of Laura Winterbottom. Founder Ron Redmond, Executive Director of the Church Street Marketplace, thought men, as the perpetrators of the violence, had to convince other men that violence against women is unacceptable.

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Violence is just another tool in the tool bag, right? WRONG.

WHAT ARE YOUNG PEOPLE THINKING?

Hilary Batchelor, Education Department

*I don't care... I don't know...
It doesn't bother me...*

I hear these words all the time. I am talking about adolescents.

When given the right venue to speak out about what is healthy or unhealthy in a relationship, they have a lot to say. They do care about healthy relationships and being treated with respect and value. They do know how it makes them feel and what bothers them.

The following comments are from a recent workshop on dating violence with 14-17 year olds.

Is it okay to have a jealous partner?

Caring is one thing, but showing jealousy and acting as if someone is a possession or you own them, isn't right. One student said he thinks it's good to show a little jealousy so they know you care...

Does it feel okay to have someone obsess over you?

It's annoying. I don't want someone checking on me all the time. I feel like if I love someone, I should think about him/her all the time, but not go over the top.

Is there another word rather than obsession?

Yes. Everyone agreed there probably is.

Is feeling like you need to prove yourself all the time in a relationship okay?

No one should have to live up to another person's expectations.

What does it feel like to have a conditional relationship?

I don't want to have to watch over my back and make sure what I do is okay with him/her. What if he/she makes you cut your hair or wear something you don't like...? That's wrong...

Is it okay to be vulnerable in a relationship?

If you are vulnerable you open yourself up to get hurt, that's a bad thing. To be safe with a person and feel you can tell them anything, that hardly ever happens.

What about closeness?

Some say it is too scary to get too close because you will open yourself up to get really hurt. You need to know someone a long time. Others say you

need to be close, depending on how long you have been in the relationship.



Is dependency healthy?

You shouldn't expect a person to do everything for you, or expect they will make you happy.

You should be able to take care of yourself.

Do you need to give up yourself to be in a relationship?

You shouldn't change who you are or be someone you aren't even if you are just meeting a person.

You don't want to act how you think the other person thinks you should act.

Should either person expect all their needs to be met?

You should never expect just your needs to be met. A relationship is about two people.

Is it okay to be selfish in a relationship?

Sometimes you have to take some space and leave so you don't have a confrontation. Is this being selfish or taking care of your needs? We don't have to always be responsible for others' feelings.

Should your partner ask for your consent if they want to be closer to you, hold your hand or kiss you?

Many girls answered that it would feel good if someone asked. I would know the other person respects me and is not assuming, "I want it." One boy said most girls say that "cause I'm a guy I want to have sex." They never ask. It would be cool if they did.

Many teens are scared to take risks when it's about saying what is on their mind, or they may be afraid of saying something "wrong." They need opportunities to be able to speak up, express themselves, explore new ideas, and reassess their values. Having a setting where they do not feel judged so they are able to discuss warning signs of unhealthy behaviors leading to a violent relationship is necessary. Friends, family, teachers and adults need to provide these opportunities. We need to listen to the valuable opinions our teens have and show that we value their opinions. If negative behaviors are going to shift, teens need the language and the power of being informed to make good choices, because:

*They do care... They do know...
It does bother them... □*

The efforts of WRC and WRCVT prove that an ever-growing number of men believe we have to speak out against physical and emotional abuse. We must convince other men of the need to make uncomfortable changes in our aggression-dominated male culture. As Michael Flood states in his paper “Engaging Men,”⁽¹⁾ we must engage men in a framework set in their values and conveyed in their cultural language (sports,

religion, etc.). It may be in a formal structure such as a PAVE volunteer or in community and school outreach efforts. Or it can also occur informally in one-on-one discussions with other men. Regardless of the how we do it, we men CAN make a difference in the fight against abuse.

⁽¹⁾ “Engaging Men: Strategies and Dilemmas in Violence Prevention Education Among Men,” originally published in the Women Against Violence Journal: Issue Thirteen (2002-2003). □

HOORAY FOR PAVE!

Sandy Kelly, PAVE Advocate, Department of Corrections

“Hooray for Pave!” Those were the words I heard as the truck turned the corner and headed down the road. It wasn’t the best looking packing job I’d seen, a mattress on its side, two lamps rocking back and forth and many other household items wedged in here and there. Squeezing in this and then that, I prompted—“It will fit.” “Go for it Nan.” “How about pillows?” “Need pillows, lamps?” “Yeah, this is a nice dresser... just needs a little paint.” But it all looked somewhat secure. A smiling passenger looked out from the truck’s window and gave a grateful wave—another client off to set up her new home. WOW. Needless to say there were smiles all around. I looked around the garage and puzzled, “Where is that colorful couch?” Oh, that went out last week.

The storage space at PAVE’s new location of almost two years is such a windfall. It allows us to take donations of furniture and other household items (in good shape) to help clients that might just need a kitchen table or that are starting completely over and need pretty much everything. Many of us have never been in such a desperate situation as to leave with just the clothes on our back. But it does happen in our community, and PAVE is here to help any way we can. For our clients it has been a long road to get to this point to begin setting up their new home. I feel so lucky that we can be a part of that. If you would like to donate some furniture or house

wares that are still in good condition, give us a call. It is all so very much appreciated.

I got a call the other day from a probation officer who had to remove a probationer from his home for violating his court conditions. His partner and her child were now living on their own picking up the pieces. She is a single, working mom, doing okay. When asked by the probation officer what she needed, she said she couldn’t afford new clothing for her son who will be starting first grade soon. The probation officer phoned me. I called Second Time Around, and Risa, the owner/manager, said, “Send them over.” Mom and son showed up, and with Risa’s help picked out a few pair of shorts, pants and shirts. This young boy and mom were made to feel so special. If you do have clothing to donate, do it in PAVE’s name and take them to Second Time Around. A percentage of their sales comes back to PAVE.

Old cell phones—we’ll take them, whether they work or not. The company we send them to recycles them and sends us a small sum that we use to buy a TRAC phone or to pay for minor car repairs. We have built up some alliances with businesses that collect phones for us from their employees. Before you throw out your old cell phone, think of PAVE and what it means to us. If you are a community business, think about collecting phones for PAVE. It’s an environmentally and economically sound investment.

So as you can see, PAVE does things you might not ordinarily expect. But it involves you, as well. Any little piece that we can do together that helps our community members who have been involved with domestic or sexual violence is so greatly appreciated by our clients. Look around your home and see what extras you have, and realize how easily you can give back. We are a community that cares. □

LETTER TO THE EDITOR

BEHIND THE SCENES

Dear Volunteers,

Where were you on Saturday, August 11? One place you were NOT was at the PAVE Pool Party! I know because I was there along with a very few advocates, most staff and a few board members.

Sorry! You missed a great time on a gorgeous day – azure blue sky dotted with puffy white clouds, low humidity and a pleasant breeze (a bit much when one left the water which was so inviting while absorbing the sun poolside). What did you miss? The warm hospitality and beauty of generous Phylis Porio’s lovely home in a magnificent Shaftsbury setting. A chance to get to know people with a common, shared purpose

via a nifty game. We were given an assignment when we arrived – list two things about ourselves that were true and one thing that was false. That turns out to be not as easy as one might think. Later, we went around as each person read their list and we voted which claim was the lie. Such fun! There were some hilarious water games that I had to watch with envy because I forgot my bathing suit.

We all came to know one another a lot better, enjoyed very fine food prepared by excellent cooks. All the pleasant interactions brought cozy, warm feelings. Do I wet your appetite for next year? I hope so! Perhaps you might have come if someone had offered to car pool you to Phylis’. Next year I think I’ll give people that offer so we can add to our number.

Mary Kirkpatrick,
Advocate and Board Member



BATTERER INTERVENTION PROGRAMS

Linda Campbell, Assistant Director

Intervention programs are mandated by the court and offered through the Department of Corrections to domestic violence offenders. These programs are intended for adult men who batter a female intimate partner.

Two such programs, the Batterer Intervention Program (BIP) and the Intensive Domestic Abuse Program (IDAP), provide education about domestic violence and strategies to motivate and engage perpetrators to end their abuse through a process of behavior change. The curricula used for both programs are the “Power and Control: Tactics of Men Who Batter”, written by Ellen Pence and Michael Paymar, and “Supporting a Process of Change for Men Who Batter”, written by Mark Larson. Both programs require participants to submit written reports on past abusive situations. They are to focus on the thoughts, feelings, intents, and beliefs that allowed them to be abusive.

The objectives of the intervention programs are to:

- Increase the participant’s understanding of his use of abuse to control a partner’s and children’s actions, thoughts and/or feelings. All forms of abuse are identified and challenged.
- Identify cultural and social influences that contribute to abusive behavior without allowing these issues to excuse or justify it.
- Confront excuses for abuse.
- Examine the consequences of abuse on battered women

and children and the batterer’s relationship with them. Participants are expected to take responsibility for creating these consequences. Participants will also increase their understanding of the effects of domestic abuse on children.

- Provide participants with practical information on how to end their abusive behavior and how to interact with a partner in non-controlling and respectful ways.

BIP is a twenty-six week program for first time offenders. Groups meet once a week and are open-ended so that new participants can begin the program at any time. Participants hold each other accountable for their behavior and explore motivations for change. This group format also provides an opportunity for the men to challenge each other based upon their shared experiences.

IDAP is designed for offenders with more serious domestic convictions who are incarcerated until coming into the program. It has both an intensive phase and an aftercare phase totaling a minimum of 169 group meetings. During the intensive phase, participants meet three times a week for a minimum of 156 group meetings. The aftercare phase meets once a week for a minimum of thirteen weeks. The men must meet certain competencies before moving into the aftercare phase.

To complete either of these programs, men must attend a minimum number of group meetings and demonstrate required competencies. Even though a participant completes a program, there is no guarantee that the violence will stop. Batterer intervention programs can help men to realize their options for changing patterns of abusive behavior and harmful belief systems with the hope that this teaching will result in safe and respectful intimate relationships. However, domestic violence is a choice, and the choice is theirs. □

CHOICES, OPTIONS, DECISIONS

Debby Stanlewicz, Transitional Housing Advocate

Should I leave? I will leave. Do I apply for benefits? Which ones should I apply for? Can I make it on my own? Will the kids adjust? Alternatively, will they be angry with me for uprooting their lives? Do I need childcare? Can I afford to feed my family? How do I get a job? Apply for housing? Can I remember my landlords from the past? Do I get a divorce? Should I get the restraining order? How can I afford to leave him/her? I don't have a car; how am I going to get a job?

They say I have choices, options. However, I've been told for years that I am stupid. No one else would want me. Who do I think I am? The kids won't listen to me. He's right; I have never held a job. What makes me think I can now? I don't have any skills. Maybe I should go back...I know what I am dealing with then. Was it really that bad? Maybe I'm making things worse than

they are—I mean it is no different than yesterday. I am scared to go... but also afraid to stay. Can I really take this anymore? I didn't used to feel this bad about myself.

There are so many decisions to make and I am so tired. Tired of being wrong, of second guessing myself, of jumping when he walks in the door, wondering if I made dinner right or did I look the wrong way. If he's right, then what will happen? He will be more upset with me. I just don't want to live like this anymore. I am so tired. I feel like giving up.

These are many questions that go through a woman’s mind when she is in an abusive relationship. Friends and family can’t seem to understand why she doesn’t leave. If these thoughts were part of what was going through your head, would/could you leave?

So often we hear that women just don’t have the energy to fight it anymore. Until someone has walked in another’s shoes, they don’t really understand. Support groups are

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CHALLENGES

Nancy Feinberg, Volunteer Coordinator

Girls, Women, the rules (guidelines) of the game have changed.

RULE NO. 1: We need to stop giving away our power. We must wake up. We don't need to wait for a prince to kiss us to make us whole.

RULE NO. 2: If we want to engage in a relationship—a HEALTHY ONE, we must first know who we are. We need to define ourselves, develop our character, discover our passions, and become independent. We need to caretake and nurture ourselves. Our self-worth is not determined by whom we date. We aren't second rate because we are female. When we empower ourselves, enjoy independence, foster a good work ethic, understand what it means to be responsible, we will realize we have the tools to make good choices and have the foundation for a healthy relationship.

RULE NO. 3: Use our power to opt for a healthy relationship or opt to be happy without one. At whatever point we are now, whatever our past circumstances, as adults we need to take responsibility for our own life. We cannot blame ineffectual parents, teachers and society for their failures. As adults, we need to learn that we are accountable for our actions and there are consequences for our choices. Period. No more "little girl lost" sighing, "Some day, my Prince will come."

RULE NO. 4: Know the score... some 'charmners' turn out to be fatal attractions. Those of us that still believe in fairytales and Prince Charming charging in on a white steed to rescue us and to live "happily ever after" may not understand Rule No. 4.

What is the attraction of the "bad" boy, the 'gansta' rapper surrounded by his stable of girls, or the brooding, misunderstood antihero that makes some of us giddy and weak-kneed? Is it the glitz and glamour? Is it the feeling that they need us or we need to save them? Is it our need to be loved? Are we feeling so alienated that we can identify only with these "outcasts"? What could they possibly offer us? What could we possibly offer them?

RULE NO. 5: Don't buy into modern myths that Madison Avenue packages for us. They pretend that we won't be happy without them. See Rules No. 1 and No. 4.

RULE NO. 6: Nothing comes to us without hard work. I know when more is expected of me, I expect more of myself. If someone gives me confidence to believe I can do something, I will take the challenge and probably grow. There is always the chance that I won't achieve my goal, but at least I tried.

RULE NO. 7: Ask for help along the way. We don't have to do everything alone.

RULE NO. 8: Learn to distinguish between "selfish" and "selfless" and take a position somewhere in between.

We talk about what we expect from men. I've wanted to ask what we can expect from women. I thought the above 'rules' might present new ways of reflecting on relationships. As much as we can control our own destiny, we don't have to be victims. If we want to change the cultural stance of male dominance, we have a tremendous role to play. We can start by being accountable to ourselves.

Fortunately, PAVE's education department reaches both girls and boys in schools, exposing young people to an amalgam of ways to become self-aware, safe, and to separate fact from fiction. It may be harder for adults who never learned we have power. □

CHOICES, OPTIONS, DECISIONS

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wonderful resources where someone has walked or is walking in those shoes and does understand. Maybe, just maybe, that group will help to give the woman the strength and belief that she is worth it. She can make it. She does have the energy. She is not what he has told her she is after all these months/years.

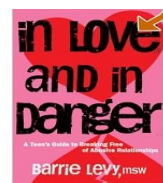
If she makes it through to this stage, she may have to live on benefits until she fits the pieces of herself back together. Now she hits a new hurdle. She is working and no longer receiving benefits, but things are getting overwhelming again. She starts to slip back into feeling worthless again. How is she going to make ends meet? She looks to regroup. Remarkably, she realizes that the supports she had a year ago are still here. She can continue to look to her peers, but her PAVE supporters are still here too. So she picks up the phone, does a little "maintenance" work and becomes renewed again. Decisions. Options. We always have a choice. □

Office

Wish

List

- ★ Batteries for children's toys.
- ★ Colored Copy Paper, 24#
- ★ 11" x 17" Copy Paper
- ★ Ink for Epson C88
- ★ Paper Towels
- ★ Gift Cards (K-Mart, Wal-Mart, Staples, Mobil, Shell—other gas cards)
- ★ Garbage Bags—kitchen & 30 gallon
- ★ Full Sheet Sets
- ★ Queen Sheet Sets
- ★ 3-hole punch
- ★ Tracfonos



In Love and In Danger: A Teen's Guide to Breaking Free of Abusive Relationships by Barrie Levy (Seal Press. NY. 2006)

Project Against Violent Encounters
P.O. Box 227
Bennington VT 05201

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What do we live for, if it
is not to make life less
difficult for each other?
~ George Eliot

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Mission Statement

To end domestic and
sexual violence and to
provide supportive and
educational services to
individuals, families and
the community.

I want to help make this a safer community.

I have enclosed a tax-deductible check payable to PAVE. Please charge a donation to my credit card:

VISA Mastercard Exp. Date _____

Card # _____ \$25 \$50 \$100 \$500 Other

Name _____ Day Phone _____

Address _____

City, State, Zip _____

Contact PAVE to discuss volunteer opportunities. Thank you. Mail to: PAVE, P.O. Box 227, Bennington VT 05201

We are grateful to the volunteers of R.S.V.P. who help assemble this newsletter.