

Teen Dating Violence Awareness Month

Teen dating violence affects roughly 1.5 million high school girls and boys in the United States a year.

It is a type of intimate partner violence that can include the following types of behavior:

- **Physical violence** is when a person hurts or tries to hurt a partner by hitting, kicking, pushing, or using another type of physical force.
- **Sexual violence** is forcing or attempting to force a partner to take part in sexual behaviors when the partner does not or cannot consent. It also includes non-physical sexual behaviors like posting or sharing sexual pictures of a partner without their consent or sexting someone without their consent.
- **Psychological aggression** is the use of verbal and non-verbal communication with the intent to harm a partner mentally or emotionally and/or exert control over a partner.
- **Stalking** is a pattern of repeated, unwanted attention and contact by a partner that causes fear or concern for one's own safety or the safety of someone close to the victim.



Teens often think some behaviors, like teasing and name-calling, are a “normal” part of a relationship, but these behaviors can become abusive and develop into serious forms of violence. “Unhealthy relationships can start early and last a lifetime” said Community Education Coordinator, Stacey Lichtenberg.

Many teens do not report unhealthy behaviors because they are afraid to tell family and friends, but teen dating violence is common.

- Nearly **1 in 11 female** and **1 in 14 male** high school students report having experienced **physical dating violence** in the last year.
- About **1 in 8 female** and **1 in 26 male** high school students report having **experienced sexual dating violence** in the last year.

Violence in an adolescent relationship sets the stage for problems in future relationships, including intimate partner violence and sexual violence perpetration and/or victimization throughout life. “Bullying, dating violence, and domestic violence are all correlated together.” said Lichtenberg.

Relationships exist on a spectrum and it can sometimes be hard to tell when a behavior goes from healthy to unhealthy or even abusive.

Typical warning signs include: • **Checking your phone, email, or social media accounts without your permission.** • **Putting you down frequently, especially in front of others.** • **Isolating you from friends or family.** • **Extreme jealousy or insecurity.** • **Explosive outbursts, temper, or mood swings.** • **Any form of physical harm.** • **Possessiveness or controlling behavior.** • **Pressuring you or forcing you to have sex.**

While no two relationships look the same and different people may define relationships in different ways, there are a few key things that must be present in all relationships for it to be healthy: **respect, equality, honesty, trust, communication, boundaries, & consent.**

Inside This Issue

Board Member Spotlight

Meet Kate Chrisman

What sprung an interest in you wanting to be involved with The Bridge? I was looking for a way to get more involved in the Fremont Area Community as I am often somewhat isolated in my many roles within the Cedar Bluffs Community. I also have friends and family that have worked closely with The Bridge so I knew they did important work and it felt like a great fit!

Years of employment and or/leadership/volunteering role(s) at The Bridge: This is my first year as a Board Member, I started talking with Suzanne about it over a year ago, however, I was a little busy with the birth of my son. Now that he is a year old, the timing felt right!

Employment/Title: I am an Administrator at Cedar Bluff Public Schools. I actually have several titles and wear many hats! Primarily, I am the Career Academy Director, Curriculum, Instruction, & Assessment Supervisor and the Adviser for FBLA & Journalism Club.

Family: I have been married to my husband, Jarad, for going on 9 years. We have one child, Warren, who is a year old and keeps us constantly on our toes! My family is very involved in the Fremont Community. My Mom, Carol Givens, is the Register of Deeds for Dodge County. My Dad and Brother, Tom & Scott Givens, run Audio Video Specialists, and my sister, Christy Fiala, is the director for Fremont United Way. They have all inspired me to get involved and help out in our community!



Born/Raised/Educated Where: I was born in Fremont and raised in North Bend. I graduated high school from North Bend Central in 2003. I then went on to get a Bachelor's degree from Nebraska Wesleyan in 2006. From there, I entered the work force and after some real-life experience, I went back to get my Teaching certificate from University of Nebraska at Kearney in 2011. While teaching over the last 9 years, I continued my education and received two Master's in Education degrees to pursue my career goals of being an Administrator.

Pets: We have two fur children! Riley and Piper, they are both rescue dogs and have proven to be the best big fur sisters to Warren!

Hobbies/Interests: We have a cabin on the Elkhorn River that we love spending our time at during free weekends and in the summer. We bought it in 2011 and everyone thought we would have to tear it down, but after a lot of DIY and hard work, we remodeled it into a place we love! We have a close knit group of friends there and even after the remodel, there is always some sort of project going on!

The Bridge Staff

Suzanne Smith, Executive Director

Jody Bykerk, Shelter Program Manger

Stacey Lichtenberg, Community Education Coordinator

Jody Koziol, Washington Outreach Coordinator

Jennifer Thomason, Criminal Justice Advocate

Kylie Kampschneider, Sexual Assault/Criminal Justice Advocate

Mattiah Keenan, Office Outreach Coordinator

Desi Acosta, Spanish Speaking Services Coordinator

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Incredible Donations

The following names are of those who donated to The Bridge between the dates of January 1– January 21. We regret the accidental omission of any donor. Thank you for your donation and continued support; we could not do it without

you!

Scott & Alisa Glienke	RTG Medical
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CAN'T MAKE IT TO THE STORE?

We have a digital wish list where you can shop straight from your phone or computer. It will ship straight to our office when you order.

Shop our digital wish list at:

https://smile.amazon.com/hz/charitylist/ls/28TCUE15T91I9/ref=smi_ext_lnk_lcl_cl

Wear Orange Day

On Tuesday February 8th we are asking individuals, students, & businesses to participate in Wear Orange Day.

Get as many people as you can to wear something orange in honor of Teen Dating Violence Awareness Month and promote respect and healthy relationships.

Wear orange on this day, take a picture & tag us on social media!

You can also email mattiahk@bridgefromviolence.com your pictures & we will post them.

Thank you for your continued support!



Needs List

Tracfones & Minutes
Security Cameras (ring doorbells, hunting cameras, etc.)
Copy Paper
Stamps
Cleaning Buckets

Toilet Brushes
Old Cellphones
Bottled Water
Toilet Paper
Microwaveable Meals



Follow us on Facebook, Twitter, and Instagram to see what else we're up to!



Find us online @
www.BridgeFromViolence.com

The Bridge Services

24-Hr Crisis Line: 1-888-721-4340 or 1-402-727-7777, Crisis Intervention, Emergency/Temporary Shelter, Support Groups for Women and Children, Medical and Legal Referrals, Criminal Justice Advocacy, Public Education and Awareness.

Victim services are free, confidential, and available in Spanish.

Women's Support Group

Fremont - Women's Support Group in English, and in Spanish, and Children's Rainbow Days Group are still currently not active.

Volunteer at The Bridge

The volunteer rate remained steady as over 77 million Americans volunteered hours last year. Those who volunteer enrich our community and keep our nation strong. Volunteering goes beyond helping other people. Studies have shown that the volunteers themselves benefit, whether through increased job prospects, better health, or even better overall well-being. Nebraska rates 7th highest in volunteer rate, with 34.6% of Nebraskans volunteering their time.

We respond to nearly 4,000 crisis calls each year. If you or someone you know would like to get more involved with The Bridge, please encourage them to contact us (402-721-4340 or email: info@bridgefromviolence.com) to learn more about volunteer opportunities.

LEAVING A LEGACY

A thoughtful planned gift can become a beautiful legacy you leave to The Bridge and to the victims of abuse who come through our doors for years to come. Bequests, Charitable Gift Annuities, Charitable Remainder Trusts and Charitable Lead Trusts are a few of the many avenues you may consider for continual support. An attorney can help you decide which option best fits your personal needs and financial circumstances.

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