



# Crime Victims Resource Center

Serving victims in Mower County since 1977

## Community Partners 5th Annual Appreciation Luncheon

On Nov. 29, 2018 we recognized our community partners at the Hormel Historic Home. In attendance were 40 representatives from partner organizations including human services, law enforcement, probation, court administration, county and city prosecution, and Mayo Clinic Health System.

We have worked closely with Sheriff Terese Amazi for many years and wish her well in her retirement. She was recognized for her support, compassion, and collaboration working with victims. No matter what she was doing, she always made time for victims. Whether a planned or unannounced visit to the Law Enforcement Center with a client, she would welcome us, listen to and validate our client's concerns, and offer options and workable solutions. Terese also created ease of access for victims, initiating the call for us to meet with the victim while they were still at the Law Enforcement Center or emergency room.



Vera Ndumbe, Vice President of Spring Valley Living, shared a presentation on the importance of community collaboration, entitled, "Together We Rise, Divided We Fall." Her energetic and enthusiastic presentation style was extremely powerful and uplifting. We received positive feedback from attendees and hope that her story will continue to inspire.

The collaboration that we experience here in Mower County is truly phenomenal. We enjoy the opportunity to celebrate and recognize our community partners each year. Thank you to everyone for all you do to help others!





## Bystander Effect: What is it?

Any time we are interacting with others we are considered a bystander. The term 'bystander effect' refers to the phenomenon in which the greater the number of people that are present, the less likely that people are to help a person in distress.

When an emergency situation occurs, observers are more likely to take action if there are few or no other witnesses. Being part of a large crowd makes it so no single person has to take responsibility for an action or inaction.

### History

In 1964, Kitty Genovese was murdered outside of her apartment building in New York City. It was originally reported that 38 witnesses watched and listened as Kitty was murdered however they failed to step in immediately or call the police when they heard the struggle or her screams. It took thirty minutes for someone to contact the police. Although the claims that 38 witnesses failed to come forward have since been disputed, it sparked researching what is now coined as the bystander effect.

Psychologists Bibb Latané and John Darley have proven in clinical experiments that witnesses are less likely to help a crime victim if there are other witnesses. They attribute this to both the perceived diffusion

of responsibility; where onlookers are less likely to intervene if there are other witnesses who seem likely to do so, and social influence; where individuals monitor the behavior of those around them to determine how to act.

### What Can We Do About It?

Bystander intervention is a philosophy and violence prevention strategy regarding various types of violence, including bullying, physical assault, sexual assault, and intimate partner violence. It describes a situation where someone who isn't directly involved steps in to change the outcome. This can also be referred to as primary intervention as it aims to intervene before anyone has been harmed.

An engaged bystander is someone who lives up to that responsibility by intervening before, during, or after a situation when they see or hear behaviors that threaten, harass, or otherwise encourage violence. Intervening in a potentially harassing or dangerous situation may give the person you're concerned about a chance to get to a safe place or leave the situation.

You don't have to be a hero or even stand out from the crowd to make a big difference in someone's life. Follow the 3 D's of Bystander Intervention to see how you can make a difference.



# THE 3 DS OF BYSTANDER INTERVENTION

## DIRECT

You directly respond to the situation by naming what is happening or confronting the harasser. This tactic can be risky as the harasser may redirect their abuse towards you and may escalate the situation.

### Example:

*If you know the potential victim, ask them to go with you to the bathroom. If it is not someone you know, pretend that you know them and strike up a conversation, pulling them away from the potential perpetrator.*

## DISTRACT

Subtle and more creative, distraction derails the incident by interrupting it. Ignore the harasser and engage directly with the person who is being targeted. Don't talk about or refer to the harassment. Instead, talk about something completely unrelated.

### Examples:

- *Spill a drink*
- *Ask the abuser for directions*
- *Ask the victim to assist with a task*
- *Tell the abuser their car is being towed*

## DELEGATE

Ask for assistance, a resource, or for help from a third party. If you do not feel comfortable or safe intervening on your own, you can delegate the intervention to someone else.

### Examples:

- *Alert the bartender, owner of the home or business, and others of the situation*
- *Text or call 911*
- *Ask a group of people to intervene*



## Child Sexual Abuse: Educating our youth for empowerment and prevention

Every year CVRC facilitates a sexual abuse prevention program for all second graders in Mower County. This is a great opportunity to educate children within the school setting. It is also important to teach this at home, however it is a subject often overlooked by parents. Parents teach their children to look both ways before they cross the street, not talk to strangers, not to touch a hot stove, and the list goes on. But what about teaching them body safety?

If we want to keep our children safe, we must teach them about sexual abuse prevention and body safety. The next page includes important talking points that will help you discuss this topic with your child or grandchild.

One discussion on the subject matter is not enough. Find additional times in which you can reiterate this information to your children. Education is the key to empowering and preventing!

# Child Sexual Abuse: Talking Points



## 1. Some body parts are private

Explain that certain people may see or touch private parts to keep them clean and healthy such as; doctors, nurses, and parents or caregivers. This type of care should not result in shame for the child.

## 2. Body boundaries

Teach them that nobody should touch their private parts and nobody should ask them to touch somebody else's private parts.

## 3. Keeping secrets about their body is not okay

Most perpetrators will tell children to keep it a secret. They will often provide gifts to children as a technique to keep them quiet, make threats to harm the child's family, or they might tell the child that if they tell anyone the child will be the one in trouble. It is crucial that you teach your children that these types of secrets are bad secrets and they must tell an adult they trust. It is important to recognize that your children may not always feel comfortable telling you about things that are bothering them. Also, sexual offenders will frequently threaten children not to tell their parents about the abuse. To ensure greater safety, encourage your children to name five trusted adults they could tell, and instruct them to continue to tell until someone helps them.

## 4. Nobody should take pictures of their private parts

This one is often missed by parents. Sexual predators love to distribute pictures of naked children online. Teach your children, "no pictures or recordings of private parts."

## 5. It is okay to say "no" if they're uncomfortable

If someone is touching them in a way that makes them feel uncomfortable or the person, in general, makes them feel uncomfortable, it is okay to say 'no.' Parents often force children to give hugs and kisses, even when the child doesn't want to do so. Parents should be aware of this, it can be a child's way of indicating that something is going on that they don't like.

## 6. They will never be in trouble if they tell

Children are often told by the perpetrator that what is happening is their fault and they will be in trouble if they tell anyone. Be sure to let them know that telling is the only way to get it to stop.

## 7. Using labels such as "good touch" and "bad touch" can be very confusing

Many touches do not hurt or feel bad. It is best to label touches as: appropriate/safe, inappropriate/unsafe, or confusing. It can be helpful to continue the discussion by defining the different types of touches with your child.

## 8. Rules apply to everyone

Tell your child that these rules apply to everyone, even people they know, such as: grandparents, aunts, uncles, a step-parent, a parent's boyfriend or girlfriend, brothers, sisters, teachers, coaches, friends/classmates. It is imperative for you to know that only 10% of perpetrators were strangers to the child.

*If you would like more information or would like someone to speak with you or your group about this subject, please contact us at 507-437-6680.*

”

In **2018** we provided **7,442** services  
to **695** victims of crime.



My name is Mandy Cain, and I just recently joined the staff at Crime Victims Resource Center. I am a graduate of Winona State University with Bachelor's Degree in Social Work. I currently live on a small hobby farm in Dodge Center with my husband,

Brian, and our two children; Nallah (9) and Cruz (7). My family and I enjoy spending time outside doing a variety of activities. I am a Girl Scout troop leader and a cheerleading head coach.

I became a social worker to empower people because everyone has a voice and everyone matters. I want to help people overcome some of life's most difficult challenges. I believe that with a generous heart, kind speech, compassion, and service to others we can renew humanity. I am eager to learn about the community and how we can work together to assist others.



# Looking for a speaker for your service/civic or professional organization?

CVRC offers education/information presentations on the nature and scope of victimization, prevention strategies, and the services we provide.

All services of Crime Victims Resource Center are provided free of charge.



## Crime Victims Resource Center

101 14th Street NW, Austin • 507-437-6680

Any person, regardless of age, gender or life circumstances can be a victim of crime.

The Crime Victims Resource Center (CVRC) is here to serve you and those close to you with support and options. Growth and recovery are encouraged by caring and skilled people in a nonjudgmental setting.

Our job is to work for changes which will enable all citizens to live in a community free of fear and violence through advocacy, actions and education.

The Crime Victims Resource Center will help individuals who have been victims of many different types of crime. Some of the specific crimes we work with are:

- *Accidents involving intoxicated driver*
- *Assault*
- *Burglary*
- *Child Abuse*
- *Domestic Abuse/Assault*
- *Elder Abuse*
- *Harassment*
- *Sexual Abuse/Assault*
- *Stalking*
- *Terroristic Threats*
- *Theft*



Tori Miller  
Director



Mandy Cain  
Victim Advocate



Linnea Garness  
Victim Advocate

## Victim Support Services

- 24 hour crisis hotline
- Crisis counseling
- Safety planning
- Arranging emergency shelter
- Support groups
- Referrals to other agencies
- Emergency transportation
- Support during hospital examinations
- Support during police reporting
- Assistance with Orders for Protection and Harassment Restraining Orders
- Assistance with understanding the criminal justice system
- Accompaniment to court proceedings for support
- Updates on the progress of court proceedings
- Notification of victims' rights

Crime Victims Resource Center is a free and confidential service funded by The Hormel Foundation, Minnesota Department of Public Safety-Office of Justice Programs, and United Way of Mower County.

Find us Online:  
[crimevictimsresourcecenter.org](http://crimevictimsresourcecenter.org)

Find us on Facebook:  
[facebook.com/CrimeVictimsResourceCenter](https://facebook.com/CrimeVictimsResourceCenter)