



PASSAGES, INC. Summer Newsletter

Volume 5 | Issue 3 | Editor Sarah Pedley

In the midst of the summer season, we bring you this newsletter to share important messages through our community, while reflecting on accomplishments of PASSAGES, Inc.

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TRUTH OR MYTH? Challenging Harmful Myths About Sexual Violence

Written by Alaina Shaffer
Prevention Education Coordinator

As a prevention educator of a rape crisis center, my work revolves around educating the community about sexual violence issues, preventing future violence, and promoting social change. Confronting the misconceptions of SV is essential in each program I facilitate. As you read this article, please take a moment to challenge any stereotypes or assumptions you may have believed regarding sexual violence. These myths can not only suppress a survivor's right to healing, but also aid perpetrators of sexually violent crimes in avoiding accountability for their actions. When perpetuated, these harmful and inaccurate beliefs contribute to a society that tolerates harassment, sexual assault, and rape.

MYTH #1: Sexual violence does not really happen very often.

TRUTH: Every day, hundreds of Americans affected by sexual violence. In fact, "every 68 seconds an American is sexually assaulted." This means that by the end of a 1-hour lunch break, almost 53 people have been victimized in our country by this heinous crime, and every 9 minutes, this victim is a child ("Statistics").

MYTH #2: Most acts of sexual violence involve physical weapons, such as guns or knives.

TRUTH: Some believe that rape can only occur if the perpetrator uses physical force or weapons against a victim, but this is not the case. According to RAINN, "in 11% of sexual assault incidents, the perpetrator used a weapon." Most often, sexual violence involves coercion, manipulation, and other forms of threats or bribes.

MYTH #3: Sexual violence can only be perpetrated by someone unknown to the victim.

TRUTH: While there is value in teaching people about stranger danger and traveling in pairs, these are not the most effective prevention strategies when hoping to reduce the number of sexual assaults. In fact, 8 out of 10 rapes are committed by someone known to the victim. Also, children who are sexually abused are victimized by someone they know 93% of the time ("Perpetrators"). This is why it is essential to teach children, and adults, how to set boundaries, uphold those boundaries, and ask for help when someone makes them uncomfortable. However, in any case, sexual violence is never the victim's fault.

MYTH #4: If someone is in a relationship or married, their partner cannot rape them.

TRUTH: As stated above, most incidents of sexual assault are perpetrated by someone known to the victim. The victim may even love and trust the person who assaults them. Approximately 33% of sexual assaults are committed by a current or former spouse or paramour of the victim ("Perpetrators"). This is referred to as marital rape if the perpetrator and victim are married. Remember, you do not owe anyone, even your partner, any physical touch, affection, or sexual contact that you do not want to give. Loving, healthy relationships are built on mutual respect of consent and boundaries.

MYTH #5: Survivors of sexual violence sometimes "ask for it" by their provocative behaviors.

TRUTH: It is never the victim's fault! It does not matter what they were wearing, who they were with, where they were, how much they were drinking, or how flirtatious they were acting, no one is ever asking to be assaulted. Beliefs that rape or harassment is somehow the victim's fault displaces where the real blame must lie, which is on the perpetrators of sexually violent crimes.

References

"Perpetrators of Sexual Violence: Statistics." RAINN, 2022. <https://www.rainn.org/statistics/perpetrators-sexual-violence#:~:text=In%2011%25%20of%20rape%20and,the%20perpetrator%20used%20a%20weapon.&text=Personal%20weapons%E2%80%94such%20as%20hands,2%20out%20of%203%20cases.&text=90%25%20of%20rapes%20and%20sexual%20assaults%20are%20perpetrated%20by%20one%20offender.> "Statistics." RAINN, 2022. <https://www.rainn.org/statistics>.



PROGRAM PREVIEW

B.A.B.E.S. in the Classroom

The BABES Program provides introductory information on self-image, feelings, peer-pressure, drugs and alcohol, violence, personal safety, and coping skills. Seven lovable puppet characters are used to bring these valuable lessons to life for children in grades Pre-K – 2. Students love to get to know the individual personalities of each of the puppets as they learn from them. Buttons and Bows McKitty engage students as they learn together with their puppet friends, Donovan Dignity, Myth Mary, Early Bird, Recovering Reggie and Rhonda Rabbit.

BABES is taught over eight half hour sessions. Each lesson begins with a puppet show to introduce the topic. Students then engage in a discussion and questions to ensure understanding and further their learning. Lessons end with a chance for each student to interact with the puppets.

Throughout the program, students are learning skills that help them become members of the “BABES Club.” The puppets explain that being a member is for kids that have learned the importance of keeping themselves healthy and safe using the lessons taught in class. At the conclusion of the eight weeks students are each presented with a membership badge by one of the puppets.

BABES is presented in daycares and classrooms across Clarion, Clearfield and Jefferson Counties by the Prevention Education team at PASSAGES, Inc.



Thank you to everyone who supported our “Women’s Rights are Human Rights” T-shirt fundraiser! We sold 29 shirts and raised \$287



VOLUNTEER



A couple of our volunteers in training over spring break! Jenna and Chrissy have completed their 40-hour counselor advocate training! PASSAGES, thanks them and all of our volunteers for their dedication to serving survivors of sexual violence.

YOU CAN MAKE A DIFFERENCE TODAY

PASSAGES, Inc. is able to offer FREE and confidential services to our community, partly, because of generous donors like you! We ask that you consider a monetary donation through PayPal, Venmo, or check!

To donate today please visit our website at www.passages-inc.org and click "donate" OR

Send check or money order to:
PASSAGES, Inc.
415A Wood St.
Clarion, PA 16214



Volunteer Opportunity

PASSAGES is now looking for compassionate people to join our team as Direct Service Volunteers! If you live in Clarion, Jefferson, and Clearfield and are interested in making a difference in the lives of survivors, please call 814-226-7273



PASSAGES EVENTS



PASSAGES staff spent time out in the community spreading information about our services and programs! Pictured above is Sarah at “Family Celebration Day” in Sligo, and Joy and Alaina at “Customer Appreciation Day” in New Bethlehem.



Karyssa and Sarah spent time at “National Night Out” in Punxsutawney, decorating cookies with community families!

PASSAGES, Inc. would like to thank Timberland Federal Credit Union for your generous donation! Timberland FCU participated in various events during Sexual Assault Awareness Month, including “Walk-a-Mile” and our teal ribbon fundraiser.

*“I am not what happened to me.
I am what I choose to become.”*

-Carl Jung



Upcoming Events

PASSAGES, INC. PRESENTS:
HEALING FROM THE
INSIDE OUT

Yoga with Nicky

200hr RYT



Location: Clarion Library
Meeting Room
September 12th, 19th & 26th
6:00pm-7:00pm
Please RSVP to Sarah:
814-226-7273

ALL LEVELS WELCOME

PLEASE ARRIVE 10-15 MINUTES PRIOR TO THE START OF CLASS ALLOWING YOURSELF TIME TO SETTLE INTO YOUR SPACE. PLEASE WEAR COMFORTABLE CLOTHING THAT ALLOWS FOR MOVEMENT. BARE FEET ARE BEST ONCE ON OUR MATS. A FEW EXTRA MATS WILL BE AVAILABLE OR BRING YOUR OWN. BLANKETS AND TOWELS WILL WORK WELL ALSO.

PASSAGES, Inc. provides free and confidential services to any person in need of assistance as a result of sexual violence



Story Time with Miss Alaina

"INTERNET SAFETY"

Presented by PASSAGES, Inc. on FB Live every Tuesday evening at 7:30pm

Week 1 (8/9): Chicken Clicking



Week 2 (8/16): #Goldilocks:

A Hashtag Cautionary Tale



Week 3 (8/23): The Technology Tail (part 1)



Week 4 (8/30): The Technology Tail (part 2)

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Penn Highlands DuBois
East Campus

STERN CENTER FOR BEHAVIORAL HEALTH



635 Maple Avenue
DuBois, PA 15801
814-375-6363

Progressive Behavioral Health Services for:

- Children and Adolescents
- Substance Abuse Treatment
- Inpatient and Outpatient Treatment

Penn Highlands Healthcare is at the pulse of the region's behavioral health needs with the opening of the Stern Center for Behavioral Health. Located on the Penn Highlands DuBois East Campus, this new state-of-the-art hospital offers an unparalleled therapeutic approach to promote stabilization and help children and adolescents manage their emotions and deal with life situations. A staff of licensed professionals develops individualized and structured treatment plans using a multidisciplinary approach to address the unique behavioral health needs of children and adolescents.

Even the smallest details to keep inpatients and outpatients safe and comfortable were considered when designing the Stern Center for Behavioral Health.

This new patient-centric facility offers:

- A safe, secure and supportive environment.
- Private and separate inpatient and outpatient entrances.
- Walk-in Clinic for children, adolescents and adults in crisis.
- Outpatient Center for counseling and assessment for mild to severe behavioral health conditions.
- Private inpatient rooms.
- Comfortable Group Therapy Rooms.
- Engaging Play Therapy Rooms.
- A safe, functional Gym for physical exercise.
- An uplifting Sensory Stimulation Room.
- A calming Seclusion Room where children and adolescents are free from outside stimulus.
- A 12-desk Classroom for continued learning.
- A courtyard and several atriums that provide a tranquil environment.
- A Cafeteria for group dining.

Growing our footprint. Here. Here for you.

 PENN HIGHLANDS HEALTHCARE
MASTER FACILITIES PLAN



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**PENN HIGHLANDS
HEALTHCARE IS
GROWING,
EXPANDING,
ADVANCING.**

- Penn Highlands State College – a state-of-the-art, technically advanced hospital and medical office building that is scheduled to open in spring 2024.
- Penn Highlands DuBois Emergency Department/Patient Tower – The five-floor tower will feature 30 Emergency Department bays, a 12-bed Observation and Clinical Decision Unit and four-bay vertical care fast-tracking area which will enable the ED to create a Level II trauma center.
- Penn Highlands DuBois West Wing Annex – Features will include a new Ambulatory Surgery Center, a physicians lounge, administrative offices and conference rooms, as well as new food service areas. Space allows for future expansion of the Maternal and Child Center, Maternity Department, The Heart Center and Cardiopulmonary Services.
- Penn Highlands Healthcare Center of Excellence – A three-story building on the Penn Highlands DuBois campus for orthopedics, pediatrics and women's health Centers of Excellence.
- Penn Highlands Clearfield Emergency Department Renovations — a modernization to improve safety and patient flow.
- Brookville Medical Office Building – A three-story office building for primary and specialty care super clinics for multiple providers.
- Pinecrest Manor – Updates to all resident rooms and public areas with new furnishings and convenience features.

Other recent projects include new Community Medical Buildings in Clarion and Runxoutawney.

New Outpatient Behavioral Health Waiting Area



New Inpatient Child and Adolescent Unit



You can help us grow... Your donation to our Master Facilities Plan will help bring even more advanced life-changing care right here. We are honored to partner with you to help care for the communities that we choose to call home. www.phhealthcare.org/footprint.

Growing our footprint. Here. Here for you.

PENN HIGHLANDS HEALTHCARE
MASTER FACILITIES PLAN



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THE PASSAGES KID'S KORNER

PASSAGES, Inc.
1-800-793-3620
CLARION, JEFFERSON &
CLEARFIELD COUNTIES



*Bathing suits cover the private parts of our bodies. No one should try to touch your private parts and you should not touch someone else's private parts either. It is never a game or something you should do to earn candy or a special present. If someone does try to touch your private body parts, **say no, get away from them** and then **tell a grown up** that you trust. Can you color in the bathing suits?*

