



# CASA News

Citizens Assisting and Sheltering the Abused  
301.739.4990 • 24 Hour Hotline: 301.739.8975 (301.739.1012 TTY)

Spring Summer 2019

## I Ask....for Consent.

The theme for this year's Sexual Assault Awareness campaign by the National Sexual Violence Resource Center is **I Ask For Consent**. This is a proactive stance toward ending sexual assault. The theme addresses what is consent, how to ask for consent and how to accept the answer of no consent. This campaign is geared toward all ages and learning consent in all areas of our lives.

### What is Consent?

- When someone gives consent, they're giving permission for something to happen or agreeing to do something.
- This means they need to know specifically what they're agreeing to— so make sure what you're asking is clear.

### When and How to ask for Consent?

- Always ask for consent before you begin any sexual activity, including kissing, cuddling, and any kind of sex—even if your partner consented in the past.
- Ask in a way that makes it clear it would be okay if they said “no” - otherwise you might be pressuring them to do something they don't want to do.

### What is Not Consent?

- Your partner may not tell you “no,” but that doesn't mean they are saying “yes.”
- If someone says nothing, “um...I guess” or an unsure “yes,” they're likely communicating that they don't really want to do the thing you are asking about.
- In these cases, you don't have clear consent. Check in with your partner about how they're feeling— or suggest another activity.

### Non-Verbal Cues

- Pay attention to your partner's body language.
- If they pull away, tense up, look uncomfortable, laugh nervously, or are quiet or not responding, you should check in.

### Dealing with the “No”

- Sometimes your partner will say “no,” and that's okay.
- Reassure them that you're glad they can be honest with you.

### Why Consent Matters

- Talking about what your partner wants to do ensures sex is consensual and makes it more enjoyable.
- You'll feel more confident about what you're doing, and your partner will feel comfortable getting close to you.

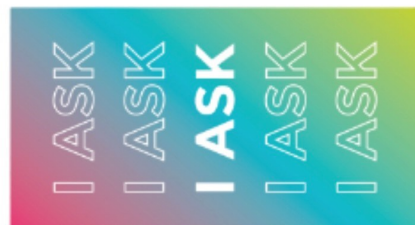
**Learning consent can start very early in life.** Thinking about the children in your life. Whether you are thinking of your child, grandchild, niece, nephew or friend's child, you want them to always feel safe and secure. Help kids feel safe by teaching them that the choices they make about their bodies deserve to be respected.

### Ask for consent in everyday interactions.

- For example, “Do you want a hug goodbye today?”

### Accept “no”

If you ask a child for a hug or kiss and they say “no,” accept their answer cheerfully, even if you are disappointed. Don't show anger or pout, even playfully-this sends mixed messages. A child should never be forced to show physical affection to an adult, even if they're a relative or family friend. This idea could go against your family or cultural norms or be different from what you experienced as a child. Think about ways you can uphold your values while also incorporating consent.



[www.nsvrc.org](http://www.nsvrc.org)



Like our Facebook page for up to date information on ways to support our agency, news and articles relating to domestic violence and sexual assault, and upcoming events. Find us at [www.facebook.com/casawashco](http://www.facebook.com/casawashco).

**Inside:**

- Online Dating Tips
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# SURVIVOR'S INPUT



Thank you to all of our survivors who submit artwork and writings for the newsletter.



# THANK YOU

Each year, we are so grateful for our local community members who donate money and items to our agency. We received donations of food, personal care items, sheets and blankets, toys, baby items and office supplies. At the holidays we received full meals for Thanksgiving to help our many needy families. For Christmas we had numerous individuals and groups donate gifts for our clients and their children. This program served 25 families this year. We were able to help with toys, games, art supplies, books, gift cards and new clothing for these families. We are truly appreciative of every donation that can be utilized by our clients. Thank you to all those who donated and for thinking of others who are in need. Thank you to those who have made a financial donation to the agency to help us in providing services to those in need.

Thank you to the Women's Giving Circle at the Community Foundation. Here their representative, Stacey Crawford presented our Executive Director, Vicki Sadehvandi, with a check for \$1500.00 for Shelter Services.



Pictured are: Mary Bowman, golfer, and JoAnn Papa, golf tournament coordinator. Mary donated her \$200 winnings from the cash raffle back to CASA!

*We are in need of cellphones for our 911 safety phones. If you have any old cellphones that you no longer use please consider donating them to CASA. If you still have the charger and the phone will turn on we can use it for a 911 safety phone to help those in need!*

# ONLINE DATING TIPS

Online dating has been increasingly popular in recent years because it has expanded the pool of potential connections, as well as made it easier to communicate anonymously. Lots of people use phone apps to meet potential partners or engage in sex, and many of those encounters occur without issue. Whatever your reason for using these apps, here are important tips to help you achieve your goals and lower your risk of violence or other negative experiences with these platforms.

## Online:

- Set Expectations
- Be honest about sex
- Meet in public
- Be smart about substances
- Check in with your self
- Trust your instincts
- Protect your health

## Offline:

- Protect your privacy
- Do some research
- Trust your instincts
- Report suspicious behavior

<https://umatterprinceton.edu>



# CASA EVENTS

...Save the Date...



**CASA, Inc.**

presents

**Quarter Auction  
Fundraiser**

**Saturday, October 12, 2019  
Morris Frock American Legion  
Post 42  
405 Northern Avenue**



**CASA STAFF**

CASA Main Office staff participated in Sexual Assault Awareness Month Denim Day.

On June 3, 2019 CASA held the 14th Annual RUN, JANE, RUN Golf Event at Black Rock Golf Course. There were 26 teams with 99 players participating. CASA was able to raise \$21,000 during this event.



# LEGAL UPDATES

## **HB679/SB872 Workplace Harassment Reforms– Passed**

The legal changes include:

**Expansion of Workers Protected**– Expanded to include all employers, including those with only one employee. Personal staff of elected officials and independent contractors are now included. Within the General Assembly, provisions help enforce anti-harassment policies against a wider range of workers.

**Longer Time to Seek Remedies**– Victims of harassment will have 2 years to file a complaint with the local human relations commission and 3 years to file a lawsuit.

**Employer Liability**– Expanded to include discrimination and harassment by co-workers who have the authority to affect an employee's workplace through direction, supervision, evaluation, but do not have authority to hire and fire a victim. Remedies against co-workers who commit harassment were also expanded.

The bill goes to the Governor who can sign it into law, permit it to become law without his signature or veto the bill.

## **SB657/HB1249 Preventing HIV for Rape Survivors– Access to HIV Prophylaxis– 3 year pilot– Passed**

Maryland currently pays for emergency medical expenses of sexual assault survivors related to the assault, but refuses reimbursement for HIV prophylaxis beyond the first packet of medication. Even starter packs are provided to only some survivors, leaving others with no access to treatment. This is in violation of current medical guidelines and creates a significant barrier for survivors who want to prevent HIV. This bill creates a 3 year pilot program to provide n-PEP to rape survivors when medically appropriate.

## Wish List

We are in need of the following items:

- Disposable diapers (size 4,5,6)
- New sweat pants and shirts (all sizes)
- Pre-teen boys pajamas and robes
- Inexpensive alarm clocks
- Umbrellas
- New socks, underwear and flip flops of all sizes
- Canned goods (SpaghettiOs, juice, tuna), peanut butter and jelly, other non-perishable food items
- Paper products
- Twin size sheets, blankets and pillow cases
- Gift cards for clothing/grocery/gas

## Donate

If you are looking to donate to CASA, Inc., to help victims of domestic violence and sexual assault, there are several options.

- You can use the enclosed envelope and send in a check or money order.
- You can donate online using PayPal at [www.casainc.org](http://www.casainc.org) (click on *Get Involved*)
- During your estate planning and or creating or modifying your will, please keep CASA in mind.
- To find out how CASA can help you turn your highly appreciated assets into a charitable donation to CASA without capital gain tax burden, please call us today at 301.739.4990 or email us at [casa5@myactv.net](mailto:casa5@myactv.net).

**A donation of any amount can help someone in need.**

### EXECUTIVE STAFF

Vicki A. Sadehvandi.....Executive Director  
Krista Kershner.....Deputy Director  
Crista Shoemaker.....Fiscal Manager

### OFFICERS

Vicki Green.....President  
Dr. Ashley Whaley.....Vice President  
Laura Allis.....Treasurer  
Shirley Nigh.....Secretary

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*An Equal Opportunity Affirmative Action Employer. CASA, Inc. does not discriminate on the basis of race, color, national origin, ancestry, religion, sex, disabilities, or age in the provision of services.*

*Let the Healing Begin.*

