



SAFE-T
NEWSLETTER
February 4, 2021



WELCOME

Founded in 1995 by Carol Gresham, SAFE-T serves victims of family violence, sexual assault, child abuse, dating violence, and stalking in the communities of Titus, Camp, Delta, Franklin, Hopkins, Lamar, Morris, Red River, and Wood counties.

We are committed to providing shelter, educational prevention services and crisis intervention services to victims of family violence, sexual assault, and child abuse.

Self-Empowerment and Self-Encouragement

It is hard to understand why self-worth is important if you do not understand what it really is. Self-worth is being able to feel good about yourself with no influence from another person or outside source. Self-esteem...

FINISH READING ON PG. 2



Are you talking to your teens about dating violence?

February is Teen Dating Violence Awareness Month and it is the perfect time to start...

FINISH READING ON PG. 5



VOLUNTEERS NEEDED!

FINISH READING ON PG 3.



February is Teen Dating Violence Awareness and Prevention Month

IF YOU WERE NOT ABLE TO ATTEND 2/3/2021 SAFE-T WEBINAR ABOUT TEEN DATING VIOLENCE, IT IS NOW AVAILABLE TO WATCH ON THE SAFE-T CRISIS CENTER YOUTUBE CHANNEL.



Thank you for watching. Please like, subscribe, and share.

<https://youtu.be/hPyt9QXXhe4>

(Self-Empowerment conti. from Pg.1) is something you get from outside yourself. Self-esteem comes from having met some criteria others have devised. Self-worth is something different. Self-worth is the belief, that you are a valuable person, regardless of what you have or have not accomplished. It is the belief that you matter, not because you compare favorably to other people or because you meet some measure of excellent performance, but, that you have value simply because you are you. Self-worth comes from within to give you the ability to receive self-esteem.

Self-worth seems to shield us from many types of mental illness and emotional problems. Low self-esteem has been identified as a factor in addictions, depression, anxiety, and relationship issues.

People who do not value themselves tend to get into unhealthy relationships. Having healthy self-worth not only helps prevent poor mental health, but it also has many other positive benefits too.

About 1 in 9 female and 1 in 36 male high school students report having experienced sexual dating violence in the last year.

#TDVAM2021
#LOVEISRESPECT
#KnowYourWorth

(Source: CDC)

Nearly 1 in 11 female and approximately 1 in 15 male high school students report having experienced physical dating violence in the last year.

#TDVAM2021
#LOVEISRESPECT
#KnowYourWorth

(Source: CDC)

“Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life; DEFINE YOURSELF!”

-Domestic Violence Survivor



COME VOLUNTEER FOR SAFE-T!

Domestic Violence & Sexual Assault

Volunteers needed at all SAFE-T

locations: Mount Pleasant, Paris, & Sulphur Springs. **If you are interested in becoming an Advocate for Domestic Violence and Sexual Assault Survivors, a Face-to-Face Technology Training will be held February 17th, 2021 from 2:00 PM-4:00 PM.

Please call 903-572-0973 or

Email: mferguson@safe-agency.com to register.

(Self-Empowerment Conti. from Pg.2) Making decisions can be excruciating if you have poor self-worth. Finding healthy self-worth within yourself can help make reasoning and decision-making easier choices. You can have more honest relationships, when you have a higher sense of self-worth because you do not feel the need to hide who you are. This goes for romantic relationship and also work relationships, friendships, and family relationships. Relationships become more honest when you value yourself.

People who value themselves highly do not demand perfection of themselves. They are so in tune with their basic humanity that they know perfection is not a realistic goal for themselves. They do not feel threatened by the knowledge, that they will make mistakes, or that the world they live in, is not always safe and reliable. When you feel good about who you

This is a student project of the Future Business Leaders of America – Middle Level students at Wallace Middle School and Mount Pleasant Junior High. We are so proud and honored that they choose to serve their community and survivors of Domestic Violence and Sexual Assault in this way.

Your donations of gently used or new luggage and duffle bags will be given to persons and families fleeing violence because victims of abuse should not have to carry their belongings in a trash bag. Their possessions are not trash.

Drop off locations include Thurman's Pro-Med Pharmacy, Wallace Middle School, Mount Pleasant Junior High, MP Pack-N-Mail, and Divine Divas.

For more information, please email Dana Armstrong, darmstrong@mpisd.net, or Macy Russell, mrussell@mpisd.net, or call them at 903-575-2040.

Suitcases for SAFE-T

We are collecting new and gently used luggage/duffle bags of any size Jan 25th through Feb 19th

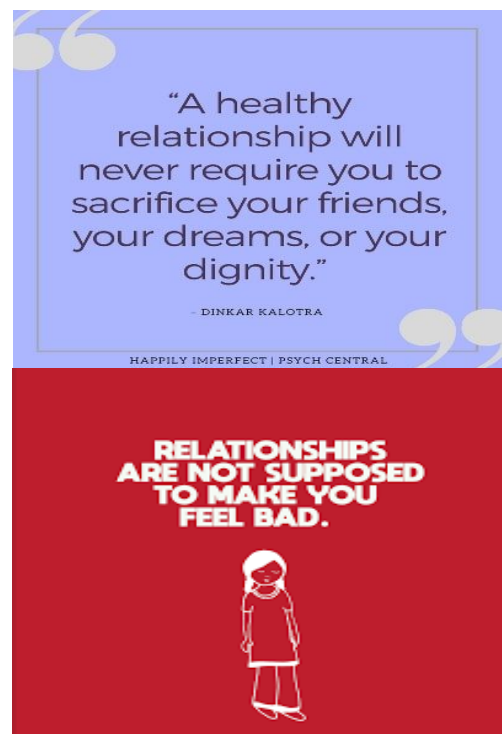
Your donations will be given to persons and families fleeing violence because victims of abuse should not have to carry their belongings in a trash bag.



are, you never feel like a failure even after something you have done goes wrong. You see the action as a failure, but you do not generalize that label to include your identity. Valuing yourself makes you more resilient to setbacks.

Sometimes, we are so worried about being criticized, that we criticize ourselves before anyone else has the chance. Even without someone's input, you can build your self-worth by looking at the good in who you are.

Sometimes, you define yourself in a very harmful way. Instead of labeling yourself with negative words, try labeling the behavior or thought that is concerning you. Rather than saying, "I am stupid for thinking that," try saying, "That idea was not right." The difference is that you cannot change who you are. In fact, you may have little control over what thoughts pass through your mind, but you can change the thoughts you dwell on and choose to act on. Positive thoughts lead to positive lives. the manipulator is projecting their own insecurities and will never accept responsibility for their errors.



Teen Dating Violence or TDV is a type of Domestic Violence. A study published by the National Council on Crime and Delinquency found that girls and young women are victims of Domestic Violence at almost triple the national average. This means that one in three female adolescents in our community is being physically, sexually, emotionally, and/or verbally abused by the person they are dating. (1)

Domestic Violence Trauma has long reaching effects. Teen Dating Violence is Domestic Violence and can have severe short-term and long-term effects on our youth. Victims of TDV are at higher risk for depression and/or anxiety; considering suicide; alcohol, drug and tobacco use and addiction; anti-social behavior, including lying, theft, bullying, or hitting; unintended pregnancies; engaging in risky sexual behavior; eating disorders; doing poorly in school; decreased self-esteem; and continued Domestic Violence relationships. (2)

The National Center on Domestic and Sexual Violence lists the following common warning signs exhibited by victims and abusers. (3)

Common Warning Signs – Abusers

- Checking cell phones, emails or social networks without permission
- Extreme jealousy or insecurity
- Constant belittling or put-downs
- Explosive temper
- Isolation from family and friends
- Making false accusations
- Constant mood swings towards you
- Physically inflicting pain or hurt in any way
- Possessiveness
- Telling someone what they can and cannot do
- Repeatedly pressuring someone to have sex

Common Warning Signs – Victims

- Sudden changes in appearance, diet, or sleeping habits
- Failing grades or dropping out of school activities
- Sudden changes in mood or personality
- Avoiding friends and family
- Becoming secretive or withdrawn
- Apologizing and/or making excuses for the dating partner
- Constantly checking cell phone or email
- Responding immediately when contacted by dating partner
- Gets upset when unable to respond
- Unexplained bruises, scratches, or marks

Domestic Violence and Sexual Assault are grossly underreported crimes. Intimate Partner Homicide is the most extreme form of Domestic Violence. In 2019, 150 women in Texas were murdered by their male partners. Five of these women were teenage girls, the youngest being 15 when she was killed. (4) The time to start talking to our children about Teen Dating Violence is now.

What can you do? Know the warning signs and talk to your children about healthy relationships. Start Strong is a great resource for building parents' confidence and learning how to engage teens about healthy relationships. <http://startstrong.futureswithoutviolence.org/materials-for-parents/>

If you are worried that you or someone you know is in a Teen Dating Violence relationship, please call us at any of our locations. You can also call or text our hotline at any time 903.575.9999. We are here to listen. We have resources available to help you get through what has happened.

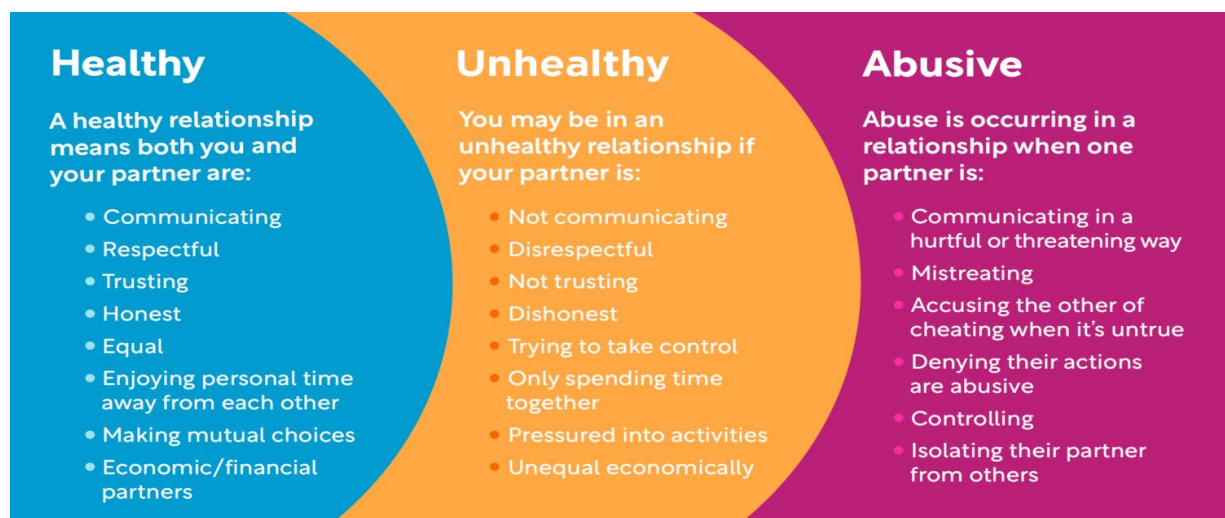
For more information on statistics used in this article:

(1) https://www.nccdglobal.org/sites/default/files/publication_pdf/focus-dating-violence.pdf

(2) <https://www.cdc.gov/violenceprevention/intimatepartnerviolence/teendatingviolence/fastfact.html>

(3) http://www.ncdsv.org/images/LKL_WhatEveryParentMustKnowAboutTDV_2-2013.pdf

(4) http://tcfv.org/wp-content/uploads/2020/10/2019HTV-SF-Women_final.pdf





Current funding for family violence centers does not begin to address the dangerously growing capacity crisis. Last year, approximately 1 out of 2 survivors were turned away due to lack of space. Although shelters and programs like SAFE-T maximize scarce resources to save lives, we're still unable to support a significant number of survivors' needs. You can help by completing the virtual postcard below and letting your state representatives and senators know that fully funding these life-saving services should be a top priority this legislative session. Please share this message and link far and wide to agency supporters, partners, friends, and family to complete as well.

<https://tcfv.org/purple-postcard>

SAFE-T Shelter Cont....

SAFE-T provides shelter to men, women and children when they are fleeing their abuser. The current shelter capacity is 16 bodies, this is including children. SAFE-T is asking for community assistance in the form of donations so we can expand our shelter to provide services and a safe place for families in need. Without the community, we wouldn't be able to do what we do! Thank you for continuing to support us and the community.

At the moment the shelter is in need of cleaning supplies, women and men underwear (all sizes), washing powder, towels, twin size sheets, soap, hand sanitizer, socks, and baby wipes.

Please drop off all donations at our Main Office at 204 Patrick St. Mount Pleasant, TX or the Thrift Store at 1014 West 1st St in Mt. Pleasant, TX

Mount Pleasant SAFE-T Thrift Store
Monday-Saturday 9am-6pm
Wednesday is 20% OFF
We will have the love bear hidden in the store starting 1/14/21 until 2/14/21.
Anyone who finds him will win \$10 gift certificate.

