

FEBRUARY 26, 2021



SAFE-T Newsletter



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“Why Don’t They Just Leave?”

Many times, I have heard people ask the question, “Why don’t they just leave?” when referring to an abuse victim. This question holds a lack of understanding of the term domestic violence. Once we understand the complexities of domestic violence, we can begin to respond to abuse, by supporting victims, rather than questioning them in the midst of a path they did not sign up for and they never dreamed they would walk.

Unless you have walked in their

shoes, lived with the shame and guilt of secrecy, do not judge them. You have no idea what they have gone through. You have no idea what they are up against. Unless you have felt the blows to your flesh, the piercing to your heart, or the sting of the hurtful words, do not judge them. You have no idea how they got there, how trapped they feel, or how desperately they want out. Stop asking why they stay. It would not even make sense to you if you knew. Instead of judging, help them. Offer a smile, give encouragement, listen in silence, and let them know you are there when they are ready. They do not need your judgment, but they do need your support. They do not need your pity, they need your prayers and a safe place to fall. Make their emotional and physical safety your priority, not the status of the relationship. The most dangerous time in an abusive relationship is the moment, that the victim leaves. Support them whether or not they choose to leave or to stay. Victims often leave an abuser six to seven times, before they leave for the final time. Remember that the abuser is already pressuring them to do what they want them to do. They do not need added pressure from family and friends also. (continued on page 6.)



FEBRUARY

Teen Dating Violence Prevention Awareness Month

Dating & violence should not be a couple

Youth have many relationships. They have them with parents, friends, boyfriends/girlfriends/partners, relatives, coaches, teachers, etc. It's important for youth to understand the difference between healthy and unhealthy relationships. If relationships don't feel, look or sound positive they may be unhealthy. It is important that they understand they have a choice as to how they want to be treated in relationships and how they will treat those persons in relationships with them.

Healthy

A healthy relationship means both you and your partner are:

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time away from each other
- Making mutual choices
- Economic/financial partners

Unhealthy

You may be in an unhealthy relationship if your partner is:

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time together
- Pressured into activities
- Unequal economically

Abusive

Abuse is occurring in a relationship when one partner is:

- Communicating in a hurtful or threatening way
- Mistreating
- Accusing the other of cheating when it's untrue
- Denying their actions are abusive
- Controlling
- Isolating their partner from others



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 March 17th, 2021 from 2:00 PM-4:00 PM.

If you are interested or have questions, please contact Program Director Mary Ferguson at 903-572-0973 or Email: mferguson@safe-tagency.com to register.





1014 W 1st St Mount Pleasant, TX 75455

Store: (903) 577-9035 9am - 6pm

We gratefully accept the following donated items:

Gently used clothing

Gently used shoes

Gently used furniture

Household items

Appliances

Pet items

Books

Toys

Curtains and Drapes

Electronics

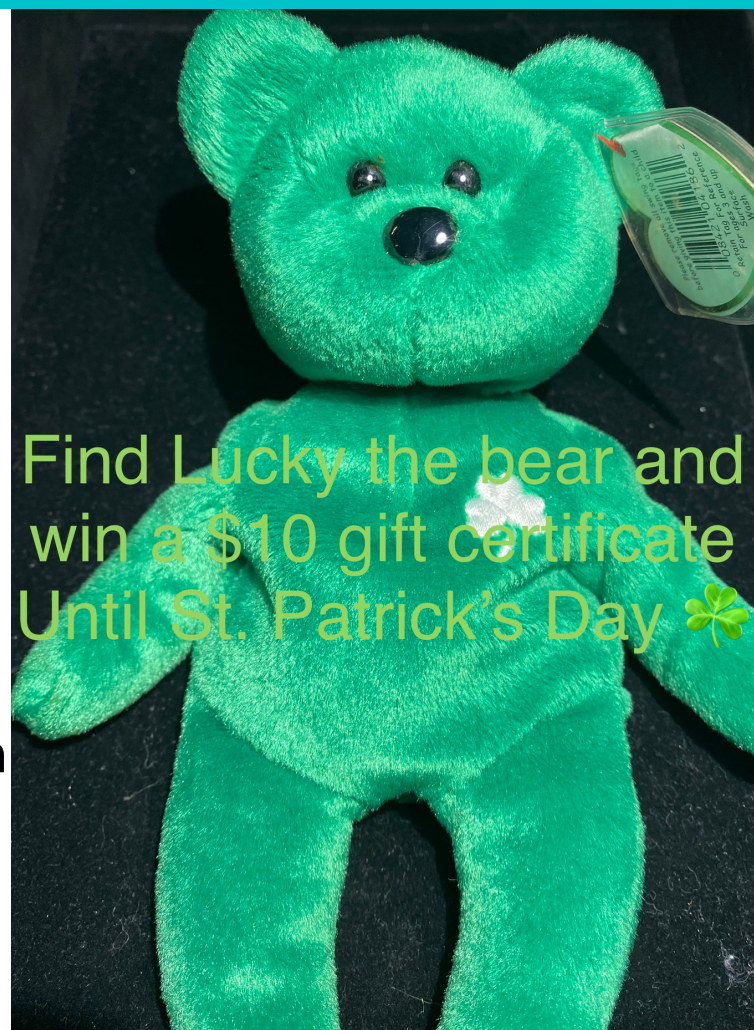
Lighting

Home hardware

On every Wednesday, we have a storewide 20% discount for everyone over 55.

March 1st is 10% off Storewide Sale.

Clothing Flash Sale 50% from 1pm-2pm.



Find Lucky the bear and win a \$10 gift certificate Until St. Patrick's Day 🍀

(Continued from page 2)

Remember, they are the expert of their own lives.

Victims experiencing domestic violence are already doing a lot to keep themselves and their children safe. Women who have experienced domestic violence can seek help in many ways including receiving shelter, safety planning, advocacy, and counseling services. Many

reasons victims stay in an abusive relationship include fear of losing custody of their children and the fear of what will happen if they leave. They often believe that the violence is temporary, that things will change, that they can stop the violence, or that divorce is wrong. They can have guilt about failure of the relationship, feelings of personal incompetence, lack of resources, and lack of social or family support. They may also not believe, that they are not in an abusive relationship. They have found ways to explain away the incidents in order to remain in the relationship. Unfortunately, many women make substantially less than men and therefore, may have limited resources to support themselves. The abuser may control access to money by restricting the ability to work, or access to credit cards and bank accounts. Without any good options, sometimes it is safer to maintain the status quo than to take a risk and maybe risk your life. Staying may be the only option or the safest decision to make. Do not judge, just be there to help.

Shelter Donations Needed!

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



- pillows, comforters & throws
- cleaning supplies
- underwear (men & women, all sizes)
- clothes detergent powder
- towels
- twin size sheets
- soap
- hand sanitizer
- socks (men, women, & children)
- baby wipes

Call 903-572-0973 for more information.





What is 1 thing you can do to support survivors? Join us in supporting survivors and complete the virtual postcard by clicking on the link below. Also, share this link far and wide to agency supporters, partners, friends, and family to complete as well.

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



COMMUNITY SUPPORT GROUP

Where survivors of abuse or persons with an abusive partner can come together for support, understanding and fellowship.

SAFE-T Crisis Center

When: Every Thursday of Every Month

Time: 5:00pm to 6:00pm

Where: Zoom

Meeting ID: 865 4875 3453

Passcode: 653690



903.572.0973

You can also click here to join from a web browser

<https://us02web.zoom.us/j/86548753453?pwd=VVExN3BPNjg1VTJBNDdBsSU9zdmFQUT09>



GATSBY GALA NIGHT

a one night only charity event for the benefit
of SAFE-T Crisis Center

APRIL

23

6:30PM

Lucy's Hacienda Event Hall
742 SE I-30 Access Road, Mt. Vernon Texas. 75457

ROARING 20'S OR FORMAL COCKTAIL ATTIRE
FOUR COURSE GOURMET DINNER
LIVE MUSIC, CASINO GAMES, OPEN BAR WITH SIGNATURE
COCKTAILS
TICKETS ARE \$250 00

SAFE-T Crisis Center 2nd Annual Gala

April 23, 2021

Corporate Sponsors

American National Bank

Stanley Landscaping

Newly Weds Foods

Egon Asphalt

Vera Bank

Merrill Lynch

Diamond C Trailers

Big Tex Trailers

Wal-Mart

R.S.V.P.

ON OR BEFORE 4/1/21

To pay online go to

<https://www.betterunite.com/SAFE-T>

Sponsorships Available

\$10,000 - PRESENTER

- 10 tickets to the event
- 7 Overnight Luxury Rooms (Full Breakfast the following morning)
- Presenter Recognition in event advertising, print material (logo), Facebook, website, and during the event
- Two Free Bottles of Champagne
- Private Butler Service for Table
- Free Valet Parking

\$5,000 - PATRON

- Eight tickets to the event
- Presenter Recognition in event advertising, print material (logo), Facebook, website, and during the event
- Two Free Bottles of Champagne
- Private Butler Service for Table
- Free Valet Parking

\$2,500 - CONTRIBUTOR

- Six tickets to event
- Contributor Recognition in event advertising and print material (logo), and on website
- Free bottle of champagne
- Free Valet Parking

\$1,000 - PARTNER

- 2 tickets to event
- Partner Recognition in event advertising and print material (non-logo), website
- Free bottle of wine
- Free Valet Parking

Contact Christie Burnett

cburnett@safe-tagency.com

or call 903-572-0973

Suitcases for SAFE-T

**We are collecting new and
gently used luggage/duffle bags of any size
January 25th through March 5th**

**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.**



The #suitcasesforsafet luggage drive has been extended until March 5th! We want to thank the middle school Future Business Leaders of America for their community service and for creating this drive. They are accepting any new and gently used suitcases and duffel bags of any size. The Mount Pleasant drop off locations are: Wallace Middle School, Mt. Pleasant Junior High, MP Pack-N-mail, Thurman's Pro-Med Pharmacy, and Divine Divas Hair Salon. If you are in Paris and would like to donate, Women United of Lamar County is also a drop off location.

If you have questions or would like to be a drop off location, please contact Dana Armstrong DArmstrong@MPISD.Net or Macy Russell, MRussell@MPISD.net
903-575-2040

Thank you to everyone helping make this a success!