



APRIL is Sexual Assault Awareness & Prevention Month



APRIL 2016



**Eliminate Sexual Assault:
Know your part.
Do your part.**

**SEXUAL ASSAULT.
SEXUAL HARASSMENT.
NOT IN OUR ARMY.**

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Behind the Fight"
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Sexual Assault Awareness and Prevention Month (SAAPM) is recognized in April by both civilian and military communities. The Department of Defense observes SAAPM by focusing on creating the appropriate culture to eliminate sexual assault and requiring a personal commitment from all Service members, Family Members and Department of the Army Civilians at every level. We all have a part in combating sexual assault and SAAPM offers an excellent opportunity to focus attention on our individual roles.

We all have a role in preventing sexual assault and localizing SAAPM activities is a great way to extend this message.

"Not in My Squad. Not in Our Army. We Are Trusted Professionals is a bottom-up approach to sexual assault and sexual harassment prevention. It's also about everything in regard to the Army profession, and getting our subordinate leaders - those first line-level leaders who have direct influence over their Soldiers every day, to take ownership of this problem - sexual assault."

- Sgt. Maj. of the Army Daniel A. Dailey

April SAAPM Events

1 April / SAAPM Awareness Kickoff
Army Community Service Building 1526, 9 a.m. to 4 p.m.

5 April / PX SHARP Booth sponsored by 4th CAB
9 a.m. to 6 p.m.

5, 12, 19, & 26 April / Teal Tuesdays
ACS Staff & others who would like to show your support of prevention by wearing the color teal.

6 April / MG(R) Shadley The GAME Presentation sponsored by 4ID, ACS, and Evans Army Community Hospital
McMahon Auditorium - 9:30 to 11 a.m.

12 - 14 April / Got Your Back SHARP Training
McMahon Auditorium, 2 sessions per day at 9:30 a.m. or 1 p.m.

20 April / Commissary SHARP Booth sponsored by 2IBCT
9 a.m. to 6 p.m.

27 April / National Denim Day (Unit Lead)

29 April / Junior NCO SHARP Training
McMahon Auditorium - 9:30 to 11:30 a.m.

* Events are subject to change, for more information call (719) 526-5785/8625 or 524-2441

Sexual Assault Awareness & Prevention Month

IMPORTANT PHONE NUMBERS (24/7/365)

Crime reporting to
Military Police Desk Sergeant
(719) 526-2333
Ambulance/Fire - 911
SHARP HOTLINE
(719) 338-9654
Domestic Violence Hotline
(719) 243-7907
Chaplain After Hours (EOC)
(719) 526-3400
MEMORIAL HOSPITAL Operator
(719) 365-5000

Other Helping Agencies, Fort Carson, CO:

Behavioral Health
(719) 526-7155
EEO
(719) 526-4413
Employee Assistance Program
(EAP)
(719) 526-2196 (DoD Civilians)
MFLC
(719) 338-7216
Chaplain
(719) 526-5279
SWS
(719) 526-4585
TESSA CRISIS LINE
(719) 633-3819
Special Victims Counsel (SVC)
(719) 526-6459

DoD Additional Resources

Safe Helpline:

Operated by RAINN and is the nation's largest anti-sexual violence organization and RAINN operates the National Sexual Assault Hotline. (24/7) DoD Safe Helpline: 877-995-5247

Safe HelpRoom:

Allows sexual assault survivors within the DoD community to connect with and support one another in a moderated and secure online group chat.
Wed (8-10a EST) and Thurs (2-4p EST).
www.safehelpline.org
Text to 55247



**SEXUAL ASSAULT.
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A Survivor's Story...

This was my second Christmas overseas away from my family, and we had a lot of new soldiers PCS over to Germany. I already knew how depressing it was being away from your home during the holidays, especially going somewhere where you don't know anybody and you're alone. Well out of the Soldiers there was one in particular that seemed to be infatuated with me. At first I was not interested but, my friends convinced me to give him a chance.

I and the Soldier had one or two sexual encounters but, it was never anything serious. After a while, I declined sexual contact and eventually stopped talking to him because it started to feel more like he was violating my personal space rather than, just being "friendly." This seemed to trouble him and he went back to some of our mutual friends and started telling them that I wasn't treating him right and that I was being mean to him. My friends addressed me with his concerns and I told them how I felt about the situation. They told me how it was not fair for me to treat him poorly and I was the person that introduced him to everyone so, to please my friends, I started to be cordial with the Soldier while still trying to keep my distance.

Over the course of the next month and a half, I felt that I was forced to hang around this Soldier because we shared mutual friendships with most of the people we hung out with. He would over share intimate stories with the group (myself included) about many of his sexual encounters with men. I guessed that this was in an attempt to make me jealous. Fast forward to Feb 14th 2015, it was Valentine's Day and a German Holiday called Fasching. There was a gift left outside of my barracks room door full of Valentine's stuff from the Soldier. I went to him to thank him and to return the gift. I jokingly said I'd keep this bottle of wine. He insisted that I keep everything. I kept it and didn't think anything more about it.

Later that night, I went out to a nightclub alone. I went to a paint party at a club that my friends and I frequent. I knew there were going to be regulars there that I could party with. While I was there I ran into the Soldier that I was previously intimate with. By that time, I was really drunk and barely responsive. All I remember from that point was being fed more drinks and him saying he was going to get me home safely. I don't remember anything until I looked and discovered that I was in someone else's room and the room was completely unfamiliar. I fell asleep and woke up to unwanted sexual acts happening to me. To sum it up I tried to stop it but, felt too weak and after a while, I passed out and don't remember anything after that until, I woke up in the shower naked. The Soldier was staring down at me and asked me, did you enjoy it? I couldn't tell you if I responded or not because after that all I remember is, waking up the next morning in someone else's room, quickly gathering my belongings and leaving. After the incident occurred, I didn't speak to him or anyone else for about a week. I went to work and returned to my room everyday not making any stops between. I'd received numerous messages from the Soldier trying to apologize for his actions and saying he knew what he did was wrong and eventually I just deleted the messages and blocked his number.





Service provider Spotlight



VICTOR M. RUBIO, MSW LSW VICTIM ADVOCATE ARMY COMMUNITY SERVICE

My goal as a Victim Advocate is to provide emergency and follow up services to victims of domestic violence. As I do my job, I always do my best to protect the dignity and right to self-determination of each individual. In order to provide effective advocacy services, I rely heavily on my 20 years of military experience, my professional social work training, and the support of my advocacy team. I am a strong believer that through education and other preventive measures we can reduce the devastating effects that domestic violence has on our military families and community.

A Survivor's Story... (continued)

After about a week and half of isolating myself; not talking to anyone and suffering from insomnia; I finally got the courage to tell my best friend about what happened. She encouraged me to report it. Especially because the assault was affecting me in every area of my life. The very same day, I went to my NCO and told him about the entire incident. My NCO suggested that I see my SHARP Representative to report it and either way, he told me that he was required to report it.

I elected the Unrestricted Reporting option and chose an expedited transfer from Germany to Fort Carson. My choice was mainly because a lot of soldiers in the barracks found out about the incident. It got hard for me because my perpetrator did everything in his power to make it seem as if I lied about it to everyone. I didn't even want to talk about it.



I chose not to go through with a Courts Martial because I wanted more than anything to put the situation behind me but, no one respected my wishes. Subsequently for the next 2-3 months, I had constant nightmares and problems leaving my house. I felt depressed and my work was affected. I began receiving messages once a month from a LT recommending that I get tested for HIV. I dismissed it and figured that it was a standard part of the process for all sexual assault victims. Eventually, I received a call from my best friend asking if I'd been getting tested for HIV. She then informed me that my perpetrator had contracted the virus. I am thankfully, HIV Negative. At that point, I'd completely given up and did not know what to do with myself. After much deep thought and contemplation, I decided that I was going to make this guy own up to what he had done to me. Today is February 10th, 2016 and I have been through hell over the past year. Certain members of my Leadership Chain seemed to do everything within their power to force me out of the Army and especially after I shared my story, it only seemed to make matters worse. My automatic promotion took several months beyond the actually date of my promotion. I received many negative counseling statements for things I felt could have been handled differently. I felt that this was a form of retaliation on the part of my leadership. I learned that I gravitated to an unhealthy relationship and also have a failed marriage as a fallout of my sexual assault. I now realize that I have an inability to communicate and to show affection because of what happened to me. I am currently going through the MEB process for PTSD and anxiety.

Although I am unhappy with how my life has played out since the incident, I have to reflect on the good things that have come out of my circumstances. I am currently enrolled in college and majoring in social work. I'd like to help homeless Veterans get off the street and eventually help rape, and domestic violence survivors as well. I've learned that it may have taken a horrific experience for me to figure out what I want to do with my life but, the silver lining is that even the worst experiences can turn the corner to a positive ending.

My case is still ongoing.

Tips for Safe Online Dating

Approximately 1/3 of US relationships began online and here are just a few ways to practice safe online dating.



- 1. Plan it. Say it. Do it** - It is your date. Agree on what you both want or don't want from the date before you meet up. Do not feel pressured to meet before you are ready or for any longer than you are comfortable with - a short first date is best.
- 2. Always meet in a public setting** for several dates and until you are comfortable, stay in public. The safest plan is to meet somewhere public and stay somewhere public. Have your own transportation both there and back and not feel pressured to ride with or to go home with your date. If you feel ready to move to a private environment, discuss this with your date and be sure that your expectations match your date's.
- 3. Get to know the person**, not the profile - The way people interact online is not always the same face-to-face. Do not be offended if your date is more guarded when meeting in person or if things do not progress as rapidly face-to-face.
- 4. Not going well? Make your excuses and leave** - Do not feel bad about cutting a date short if you are not keen. You do not owe the other person anything, no matter how long you have been chatting or what has been suggested.

A Message from Fort Carson SHARP of the YEAR

I am SFC Raquel Mendoza. For the past two years, I have served as the 4ID Sustainment Brigade Sexual Assault Response Coordinator (SARC). I have always had an interest in the SHARP program ever since it started, which guided me towards my degree program in Sociology.

Sexual violence is a social problem that has long lasting effects on victims and their loved ones. I think this program is one of the most important instruments we have to raise awareness to combat sexual violence not only in our ranks, but in our society as well. One great outcome I am seeing more often than before is leaders of all ranks stepping up and taking ownership of being the change agent. That positive change is also effecting new junior leaders who are mimicking that leadership style of not tolerating sexual harassment and sexual assaults in our Army. Although I am seeing some positive change, we still have a long way to go.

Recently, Soldiers of 247th QM CO helped me execute training geared towards addressing the new hook up culture. I developed the concept during one of my face-to-face meetings with junior enlisted Soldiers of 4ID SB. These Soldiers introduced me to new terms being used to hook up such as "Netflix and Chill", which means, come over to watch a movie and have sex. They also showed me how texting is used to communicate sexual innuendos using emoji's. When asked whether or not they felt these terms could be viewed as sexual harassment, most replied they never connected the two... I did. Speaking with junior Soldiers helped me realize that we have an obligation to address the new culture and help senior leaders understand what innuendos are being used in their formations. The opportunity to deliver this training to 4TH Infantry Division Soldiers presented itself when I found out the DCSM was looking for the type of skit-based training that addresses the current issues our Soldiers face as it relates to sexual harassment and sexual assault. I was eager to present my training concept to the DCSM for approval. After gaining approval, the training received stellar reviews and has already been requested by numerous agencies.

I enjoy training our Soldiers. I feel a sense of responsibility and ownership in fixing this under-reported issue. However, we cannot correct what we do not know, so I try and will continue trying, to remain in the know so I can continuously tailor my training to what is current and relevant.

I am honored to be the FORSCOM SHARP of the Year as well as being nominated to represent FORSCOM at the HQDA SHARP of the Year competition.

How do I help Someone in Need?

Identify IMMEDIATE needs? (Medical, safety, emotional). Remain CALM, non-judgmental and listen.

Do not leave person alone, tell others to go for help. Do not disturb POSSIBLE EVIDENCE – if in doubt, do not touch anything.

Discuss their options, help them make INFORMED DECISIONS.

Do not pressure for details (especially in the case of an alleged sexual assault). Do not anticipate victim response; trauma is different for everyone. Listen for Suicide Comments. Take what is being said SERIOUSLY. Use the "Ask, Care, Escort" (ACE) approach:

ASK: The question, "Are you considering suicide?"

CARE: Listen and be direct and honest.

ESCORT: Offer to go with them to get help.



SFC Raquel Mendoza
FORSCOM SHARP of
the Year



FT Carson 24/7 SHARP Hotline: 719-338-9654