

Breaking the Cycle

Our Education Specialist, Rebecca Moore, describes CODA's efforts to prevent future cases of domestic violence and sexual assault through prevention and intervention education.

I was invited to take on the role as Education Specialist here at CODA in November 2013. Part of my job would be to educate the teens, as well as adults, in our five-county area on domestic violence prevention education. That sounded like a real challenge and I am always up for something new. I had no idea how much it would teach me in return. Every day is a new and exciting challenge. I quickly realized this was a "think outside the box" task. I have had so much fun going to the different schools and community events. This has been amazing and I cannot wait to see what the future brings.

I cannot talk about teen dating violence prevention without first sharing Heather Norris' story. Heather was a beautiful 20-year-old who was brutally murdered by her estranged high school boyfriend and abuser in 2007. Heather's mom, Debbie Norris, advocated to have a law enacted that would ensure domestic violence prevention education for all Indiana teens. Because of Debbie, Heather's Law was put into place April 12, 2010. Heather's story is very emotional and the teens truly relate to her. When they discover she lived and died just a short distance from here, they take notice and realize that it could happen to them -- not just those in large cities and far away states. The students are then educated on healthy versus unhealthy relationships, and what to do if they find themselves in an unsafe situation.

Education sessions presented to the high school students take two class hours. By the end of the second day, students have the information necessary to get help for themselves or their friends. I also encourage them to contact me if they do not have anybody else they feel comfortable talking to. I work very closely with the classroom teachers as well as the school

counselors to ensure the safety and wellbeing of all the students involved. It is not uncommon for students to reach out if they have concerns or need additional information. Some just want to say thank you for helping them realize that they are in an unhealthy relationship and that resources are available to help them leave.

This past school year I have had the opportunity to speak with students on internet safety and protecting yourself from being victimized online. There has been an overwhelming response from classroom teachers, school counselors, and school corporation administrative personnel on this topic. It is very concerning that so many young children do not realize the dangers of meeting and interacting with people online. Finding ways to make it interesting and catch their attention has been a welcome challenge.

Many adults in our community also benefit from CODA's presentations. We are invited to health and safety fairs as well as churches and various community events. It was a real pleasure to be a part of Take Back the Night at ISU with the Women's Studies students. I had the opportunity to visit with the classes multiple times during the semester and was able to learn from them while they were learning from me.

In the future I am looking forward to more community presentations and just hope I leave a small seed with at least one individual every place I go. That small seed will continue to grow and hopefully be replanted in others. By bringing awareness to the students and adults throughout our community I hope we can get dialogues started in a public manner that can help to break the taboo of domestic violence and sexual assault. As more individuals stand up and speak out for the victims, more victims will realize they are not alone and will start to gain a sense of empowerment.



24-Hour
Crisis
Line

800-
566-
2632

**To learn more about domestic violence and CODA's services,
visit www.codaterrehaute.org.**

Your Donations at Work

We are extremely grateful to the many people in our community who have donated to CODA. Take a look at what you helped us to do in 2014:

- provided emergency shelter for 104 women, 3 men, and 106 children for a total of 4,255 nights
- provided legal advocacy services via our Courthouse office to 1,651 domestic violence victims
- answered 466 calls from victims of domestic abuse and sexual assault through the 24-hour crisis phone line
- presented prevention education programs to 772 elementary school students; 1,123 middle/high school students; and 263 adults

This summer, we'd also like to provide some field trips and outdoor activities for the children who are living at our emergency shelter. Would you be able to support this effort to make the summer a little more fun for our youngest clients?

Donations of any level can be mailed to our office at 4470 S. Houseman Street, Terre Haute, 47802, or can be made via PayPal at www.codaterrehaute.org. **Thank you!**

Thank you so much to the **Clara Fairbanks Foundation** for their generous grant that allows us to share our news with you.



Want to see your logo here? We are looking for sponsors for our future issues. If you or your business might be able to help, please contact us at 812-234-3441 or codadirector@codaterrehaute.org.

Calendar of Events

**October 17
2015**

Monte Carlo Masquerade

Indiana Theatre, Terre Haute

Casino-style gaming, dancing, and more. Mark your calendar for the best Halloween party in town!



The CODA Cookbooks are here! Thank you to all who submitted recipes. Except for a few duplicates, we were able to use each recipe that was submitted.

We can't wait for you to start trying all of the delicious recipes in the book. Please call our office at 812-234-3441 to purchase your copy for \$15.

Thank You

Thank you to **Stein Mart** for their generous donation of over \$10,000 in brand new women's clothes. Because our clients often arrive at our shelter with only the clothes on their backs, this amazing donation is truly appreciated.

To be removed from our mailing list, or to receive an electronic version instead, please contact us at 812-234-3441 or codadirector@codaterrehaute.org.

Council on Domestic Abuse, Inc.
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Terre Haute, IN 47802