

Guest Columnists: Autumn and Amber

This month we have something special. Instead of a guest columnist, we interviewed the very first set of twins to ever go through the training process! Here is their Q&A.

Who decided to be an advocate first? Why did you make that decision?

Autumn: Amber decided to be an advocate first.

Did you talk the other into doing it, or did the other jump on the opportunity? Why did you think it would be good to get your twin involved?

Amber: I had told Autumn about it and she was the one who jumped on it immediately without me even asking her if she was interested in doing it with me. I thought it would be good to get her involved because we would have each other's support every step of the way and if things got difficult during training or advocacy, we would always have each other at the end of the day to vent to.

What was nice about having the support of your twin during training and/or what has been nice since you've both become advocates?

Amber: It was nice having Autumn during training because every day after training class, we debriefed about how it went and it aided in my growth as an Advocate.

Autumn: During training, it was nice having someone to ask questions, to clarify the overwhelming information given to you, to study with, and most importantly, a support system by your side. Since becoming advocates, the same holds true.

Was there anything frustrating about having your twin with you in training or has anything been

frustrating once you became advocates?

Autumn: Being twins, competition is inevitable. During training especially, I would constantly compare myself to her, thinking she did this and that better than I. However, I've come to accept neither of us are "better" than the other; we each bring a unique personality to advocacy.

How do your parents feel about both of you doing this?

Autumn: Our parents are very supportive of us both. They couldn't be more proud.

Amber: Both of our parents are very supportive and proud that we took on this challenge.

What do you think would have been different about this experience if you hadn't had your twin volunteering with you?

Autumn: This experience wouldn't be the same without her. Having my twin sister go through the same process by my side gives me the confidence to handle the challenging situations I have and will face as a SAAFE advocate.

Amber: If Autumn didn't volunteer with me, it would have taken me longer to be more comfortable with being myself and I don't think I would have opened up as much as I did. Having Autumn has challenged me in the best way and the whole experience is something I wouldn't change.

Thanks for agreeing to be featured, ladies!

MYTHBUSTERS!

- Myth: Lots of rapes are made up. Most women just regret having sex or say they were raped to get back at their ex.
- Fact: This is FAR from the truth! According to the US Bureau of Justice Statistics, only 2-3% of reported rapes are false allegations. That means 97-98% are true! The best thing to do if a friend discloses to you that she (or he) has been assaulted is to believe her (him). Thank your friend for confiding in you.
- Your friend can call the Link to talk to an advocate at any time at 419/352-1545. Ask for a SAAFE Advocate.

Advocate of the Month: Ellen!!!

Congratulations to Ellen, who has been an advocate with SAAFE since summer 2012. In October, she covered on-call duties during the business day when all of the staff were out of town/on Fall Break and we needed to have coverage! This is a very rare occurrence and we were so grateful when Ellen agreed to cover for the staff. In addition, Ellen's documentation on client case notes has been exemplary and her work was shared as an example during October's Review and Renew Gatherings for the advocates. Ellen takes many weekend and holiday on-call shifts so that our BGSU students can be home with family over breaks, which is very appreciated by all. Ellen recently earned her Master's degree in Counseling and we are all wishing her the best in finding the right placement to help others in a therapeutic role.

An advocate is available 24/7
419/352-1545
Here to empower, support, and advocate.

Mark your calendars!

We are excited to announce that there will be a fundraiser at Chipotle benefiting The SAAFE Center! 50% of the profits Chipotle makes will be given to The SAAFE Center! Be sure to tell your family and friends, mark your calendars, and eat at the Bowling Green Chipotle (1558 E Wooster Street)!

November 20, 4pm-8pm

Elizabeth Smart

On November 5th, abduction survivor Elizabeth Smart will be speaking to students at BGSU as a part of the BGSU Library's series, *Ordinary People, Extraordinary Stories*. She will be on BGSU campus on:

November 5th
BGSU Olscamp 101
2:30-3:30 pm
Admission is free.

The SAAFE Center will be providing a **Safe Room** for this event: a quiet place for audience members to go if the topic is triggering or upsetting to them in any way, where they can speak confidentially with an advocate. The SAAFE Center provides this service free-of-charge to any organization requesting it. Just call 419/352-1545 and ask for SAAFE.

Safe room for the 2:30pm event: OLSC 120
Safe room for the 8:00pm event: BTSU 208 (There is a fee for this event and tickets must be purchased in advance.)

An aside from Julie:

As a Stephen King fan, I often re-read books of his that I enjoy. Last month, I was reading volume two of the Dark Tower Series: *The Drawing of the Three* when I read something I didn't remember from the first time. A character in the book is remembering hearing about Rosa Parks refusing to move from her seat on the bus and describes it as an "almost soundless racequake which had begun to shake the south." Racequake. What an inspiring word. And that is what happened for all of us in the United States in the '60s as African-Americans pushed to have their voices heard. So let's now experience a "genderquake" in the U.S. Let's challenge others when women are called "you guys" (the argument being, 'what woman wouldn't want to be a male, how can that be an insult?'); when the 'B- word' is spoken as synonymous with 'woman'; when women's bodies are the constant comments out in public (street harassment), in casual conversation (slut-shaming), in the media as entertainment (*Modern Family*, *How I Met Your Mother*, add any dozen or more); when boys in high school hallways who are or who are perceived to be gay are called pussy or weak (because the worst thing for them is to be female, right?); when we need to stop minimizing it as 'bullying' for what is clearly sexual harassment ('slut,' 'whore' for any imaginable behavior); when violence against women is touted as just as much a danger for men to fear from women. A genderquake. All of us in it together. Turn off that talk radio, stop watching those mindless sitcoms, correct people's language, if you're a female, speak up and say you aren't a male and you aren't those nasty words, sign petitions, write letters, challenge, challenge, challenge and if people don't like you, that's okay. Those young girls growing up behind you are worth it to make a change. We do not have gender equality in this world and it's time for a genderquake. We hope in the months and years to come that the SAAFE Center will share news of this 'quake happening and we hope to be the ones doing some of it.

Women in Comedy Fundraiser:

Women in Comedy is a yearly event put on by BGSU students to benefit the SAAFE Center's emergency fund for survivors of sexual assault. It is a cast of all students who identify as women. There will be stand up, sketches, songs, and improv all to prove that women can be funny too!

The event has a suggested donation fee of \$5.00 and will be held on

Sun., Dec. 8 at 7:30 pm.

Location: TBA

A portion of the Wood Co. Clothesline Project (a service of the SAAFE Center) will be displayed.

In addition, there will be an all-male bake sale to collect additional donations. (More details to follow, check our FB and Twitter!)

On December 4th will be a fundraiser for the SAAFE Center at Stone's Throw: Tavern and Grill during their weekly Hump Day Revue (9pm)!

(176 E Wooster St Bowling Green)

Check our Facebook and Twitter for more details!

Drop In Hours:

The SAAFE Center is hosting drop in hours at the Women's Center (107 Hanna Hall) **Wednesdays from 4:00pm-5:00pm.**

The Psychology building, room 355, is also hosting On Campus Hours

Mon: 10am to 11am

Tues: 11am to 12pm

Wed: 8am to 9am
1:30pm to 2:30pm

Thurs: 1pm to 2pm