



STOP!

In the Name of Love

Patch Program



Girl Scouts of the Green and White Mountains

Serving New Hampshire and Vermont

Revised 1/2009 kag

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INTRODUCTION

This patch program was designed to provide Girl Scouts with an opportunity to learn about healthy relationships and domestic violence. Additionally, this patch program will provide participants with knowledge and skills for addressing domestic and dating violence in their lives and the lives of their friends and families.

Many of the patch program requirements were originally developed by Junior Girl Scout Troop 47 in Keyser, West Virginia. Troop 47 worked with their leader Linda Bratcher and also had assistance from the Mineral County Domestic Violence Task Group. Their program has been modified by Vermont Law School students Emilee Drobbin, Jessica Werber and Natasha Moodie, to incorporate the new GSUSA Girl Scout Leadership Development Program model and includes resources available in New Hampshire and Vermont. Natasha is a former Girl Scout and Emilee is a Gold Award recipient. Emilee has furthered this program as part of her Albert Schweitzer Fellowship. The Albert Schweitzer Fellowship helps hundreds of graduate students each year dedicate their time and service to helping others.

STOP! In the Name of Love – Sensitive Subject Permission Slip

Dear Parent or Guardian,

Group Leaders must obtain the written consent of parents or guardians for every Girl Scout wishing to participate in an activity or meeting held regarding sensitive subject matter. If your daughter does not return this signed permission slip for the activity, she will not be allowed to participate. The contact person (listed below) is the liaison between the group and the parents. The contact person will answer your questions about this activity and will notify parents and guardians about any activity changes, delays, postponements or cancellations.

Troop/Group # _____ is planning to complete activities to earn the Stop! In the Name of Love patch. The Stop! In the Name of Love patch program was designed to discuss healthy relationships and domestic violence at an age-appropriate level.

Please return this form with your daughter on or before _____.

Girl's name: _____ has permission to participate in the Stop! In the Name of Love patch program activities.

Signed: _____

Date: _____

----- Cut here and keep for reference-----

ACTIVITY INFORMATION FOR PARENTS

Group/Troop contact person: _____

Phone number: _____

On the following dates _____, Troop/Group # _____ will be completing activities to earn the Stop! In the Name of Love patch. The Stop! In the Name of Love patch program was designed to discuss healthy relationships and domestic violence at an age-appropriate level.

Stop! In the Name of Love: Patch Requirements

Junior Girl Scouts: Complete starred (*) Discover Activity + 1 additional Discover Activity + 1 Connect Activity + 1 Take Action Activity

Cadette Girl Scouts: Complete starred (*) Discover Activity + 1 additional Discover Activity + 2 Connect Activities + 1 Take Action Activity

Senior Girl Scouts: Complete starred (*) Discover Activity + 1 additional Discover Activity + 2 Connect Activities + 2 Take Action Activities

Ambassador Girl Scouts: Complete starred (*) Discover Activity + 1 additional Discover Activity + 2 Connect Activities + 3 Take Action Activities

DISCOVER ACTIVITIES

Girls Develop a Strong Sense of Self

- *1. Invite a qualified speaker to your group from a local domestic violence program. Ask the speaker to discuss what a healthy relationship is, what domestic violence is how to prevent domestic violence and what options there are for someone in an abusive situation. Note: Someone who counsels adult women may not be qualified to speak to ten-year old girls. Be very sure the speaker knows the age-level she/he will be addressing and can provide age-appropriate information. (Resource List available on page 8.)

Girls Develop Positive Values

- List as many ways as you can think of that you and your family can have a positive, mutually respectful relationship, such as talking a problem out instead of using abusive language or violence. (Resource List available on page 10.)

Girls Gain Practical Life Skills

- Define “conflict.” Discuss some conflicts you and/or your friends have had and what caused them. How do you feel when you are in conflict? Is it better to talk to the person you are in conflict with or keep it inside? Why? Practice using “I” statements: I feel _____, when you _____, because _____. (Example: I feel hurt when you tease me because we are friends. I felt angry when you picked on Amy because she is nice.)

Girls Seek Challenges in the World

- Find out how to get help if you are (or if someone you know is) a victim of domestic violence. Fill out a safety plan (page 9) and make safety cards with a list of phone numbers of people you would contact.

Girls Develop Critical Thinking

- Play a game of charades. Express different feelings: happiness, anger, fear, frustration, etc. Make two teams and try to guess the feeling being described.

- Think of some problems that might occur when people are angry. Write them down on slips of paper. In a group, take turns pulling out the slips and think of positive ways to handle the problem.

CONNECT ACTIVITIES

Girls Develop Healthy Relationships

- Clip newspaper or magazine articles about domestic violence and share with your troop/group. Discuss your feelings about these articles.

Girls Promote Cooperation and Team Building

- Learn about the domestic violence laws in your state and then discuss whether or not you feel these laws are strict enough. Learn how you could work to change the law if you think it needs revising. (Resource List available on page 16.)

Girls Can Resolve Conflicts

- Complete a "Conflict Journal." Write down for one week the things that made you angry. What did you do? Brainstorm some positive ways you can deal with anger.
- What does it mean to be a "proactive bystander"? What actions can you take to help those in need without putting yourself in danger? For one week write down any conflicts you observe and consider ways you can be a proactive bystander. Discuss the conflicts you have observed and possible solutions with your troop.

Girls Feel Connected to Their Communities

- Design a poster or display to teach your community about domestic violence. Try to include ways to protect yourself and others. Discuss places where you can display the poster in your neighborhood. If possible, get permission and display the poster.
- Read a book (age-appropriate) or watch a movie (age-appropriate) on domestic or dating violence. Discuss a healthy relationship and a non-healthy relationship. Make a list of the differences. (Resource List available on pages 11-15.)

TAKE ACTION ACTIVITIES

Girls Can Identify Community Needs

- Do a service project that will benefit victims of domestic violence or your local shelter. Before you begin, contact the agency to see if your project will address a current or future need. Some ideas are a clothing drive, a blanket drive, etc.

Girls Are Resourceful Problem Solvers

- Participate in a self-defense class or organize a class in your community.

Girls Advocate for Themselves and Others

- Participate in the Clothesline Project. The Clothesline Project is a visual display of shirts with graphic messages and illustrations that have been designed by women survivors of violence, in remembrance of women who have died from violence and those that wish to speak out against violence. The purpose of the project is to increase awareness of the impact of violence against women, to celebrate a woman's strength to survive, and to provide another avenue for her to courageously break the silence that often surrounds her experience. To learn more about participating in the Clothesline Project, visit http://www.clotheslineproject.org/How_to_Start_a_CLP.htm.
- Find out where to go for help if you are or you know a victim of domestic violence. Share this information. You could write a letter to your local newspaper or post the list (with permission) on a community bulletin board.

Girls Educate and Inspire Others to Act

- Find examples of domestic violence in popular music and music videos. How do these lyrics and/or visual representations make you feel? Talk to your friends about the messages and images. Are your opinions similar? Find a way to make your feelings known. (Resource List available on page 20-24.)

Girls Feel Empowered to Make a Difference in the World

- Obtain or draw a map of your community and locate "safe places." Some examples are schools, stores, libraries, etc. Share your list.

RESOURCES FOR * DISCOVER ACTIVITY

Some Qualified Guest Speakers

Name: Tracy Penfield
Organization: SafeArt
Title: Director of SafeArt
Address: PO Box 251 Chelsea, VT 05038
Phone: 802-685-3138
Topic: Issues of abuse: prevention, intervention, healing.
Special knowledge and interest in dating/sexual violence.
Compensation: If just a single presentation, then free.
If several workshops, then an honorarium.

Name: Judy Szeg
Organization: Safeline
Title: Domestic and Sexual Violence Specialist
Address: PO Box 368 Chelsea, VT 05038
Phone: 802-685-7900
E-mail: judy@safelinevt.org
Topic: Flexible, will work with group leaders. Can speak generically or specifically about domestic violence within dating relationships.
Compensation: Free services

Name: Abby Tassal
Organization: WISE (Women's Information Service)
Title: Youth Outreach Program
Address: 79 Hanover St # 1, Lebanon, NH 03766
Phone: 603-448-5922
Website: www.wisefoftheuppper valley.org
Topic: The WISE Outreach Program Coordinator works with area middle and high schools to teach relationship skills to students. One objective of the program is to empower young people to make healthier life decisions.

Note: Contact a local domestic violence agency to find more qualified guest speakers.

RESOURCE FOR DISCOVER ACTIVITY

Find out how to get help if you are (or if someone you know is) a victim of domestic violence. Fill out a safety plan and make safety cards with a list of phone numbers of people you could contact.

My Safety Plan

When I get scared I can think about

When I get scared I can go to

When I am feeling down or afraid I can talk to

These are the safe exits from my house

In an emergency I can

My Important Numbers

My phone number

The police

A neighbor, friend or relative's number

Keep it with you to read in times of crisis.

RESOURCE FOR DISCOVER ACTIVITY

List as many ways as you can think of that you and your family can have a positive, mutually respectful relationship, such as talking a problem out instead of using abusive language or violence.

Examples of ways to have a positive, mutually respectful relationship, and healthy approaches to dealing with and expressing anger:

- Using feelings of threat and distress to cue yourself that you are beginning to be angry
- Using humor to defuse the tension in the situation
- Using movement or exercise to drain anger away
- Becoming more flexible and accepting of things others do
- Writing about the anger
- Drawing pictures about anger
- Looking for and admitting you're part of the problem
- Sharing feelings and discussing the issue from an emotional level
- Gently confronting the irrational ideas of yourself and the other person
- Problem solving the issue using conflict negotiation
- Taking time out to cool off, and then come back to address the problem
- Breathing and calming to talk your anger down (I can handle this. I'm fine. etc.)
- Observing your physical reactions, thoughts and feelings
- Finding the errors in your thinking that triggered anger
- Trying to see the issue from the other person's point of view
- Using relaxation techniques such as meditation, prayers and breathing exercises.

RESOURCE FOR CONNECT ACTIVITY

Read a book (age appropriate) or watch a movie (age appropriate) on domestic or dating violence. Discuss a healthy relationship and a non-healthy relationship. Make a list of the differences.

SOME FILMS ON DOMESTIC VIOLENCE

Though the films listed below are sorted by age, please preview a film prior to using it to assure that the content would be appropriate for use with your troop/group.

- **The Color Purple** (1985) PG-13

Taking place mostly in rural Georgia, the story focuses on female African-American life during the 1930s in Southern America, addressing the numerous issues in the black female life, including their exceedingly low position in black social culture. The story is told through a series of diary entries and letters. Celie is a poor, uneducated young woman who, at 14, is sexually abused and impregnated twice by a man she believes to be her father, Alphonso. After her children are taken away to "be with God," she is forced to marry a widower, with several children, who is physically abusive.

- **Fried Green Tomatoes** (1991) PG-13

Evelyn Couch meets an elderly woman named Ninny Threadgoode in a nursing-home waiting room. Ninny tells her the story of the now-abandoned town of Whistle Stop, Alabama, and the people that lived there, specifically the tale of the relationship between Imogen (Idgie) Threadgoode and Ruth Jamison, the two women who ran the Whistle Stop Cafe. Evelyn Couch finds herself being empowered by the stories of the strong-willed Idgie and the fiercely loyal and independent Ruth, including how Idgie helps Ruth to become free from her abusive husband. Evelyn also finds a true best friend in Ninny.

- **The Piano** (1993) R

The Piano tells the story of a silent but strong-willed Scotswoman, Ada McGrath. Ada's father arranges for her marriage to New Zealand frontiersman Alistair Stewart and she is shipped off with her young daughter Flora and her beloved piano to live with Alistair. Ada has not spoken a word since she was six years old, expressing herself instead through writing, through sign language (for which her near-adolescent daughter has served as the interpreter), and through her piano in songs of her own creation. Ada suffers torment and loss when Alistair sells her piano to a neighbor, George. Ada learns that she may earn back her piano by giving George piano lessons, but only with certain other conditions attached. Ada has an affair with George, and after discovering the affair, Alistair furiously returns home and chops off Ada's index finger with his axe, threatening to take them all off, one by one, if she continues to see George.

- **The Joy Luck Club** (1993)

Four older women, all Chinese immigrants living in San Francisco, meet regularly to play mah-jong, eat, and tell stories. Each of these women have adult Chinese-American daughters. The film reveals the hidden pasts of the older women and explores cultural conflict and the relationships between mothers and daughters. The film is structured as a series of vignettes told from the perspectives of the different women. Most of the stories exemplify the suppression and abuse of women in Chinese culture.

- **To Wong Foo Thanks for Everything, Julie Newmar** (1995) PG-13

After Vida Bohemme and Noxeema Jackson win a major drag contest, whose prize is a trip to Hollywood, Vida persuades Noxeema to take along the inexperienced 'drag princess' Chi-Chi Rodriguez so they can give him pointers on how to be a drag queen. The duo trade in their airplane tickets for cash and buy a beat-up old Cadillac and set off for Los Angeles. While on the road they are pulled over by homophobic and racist Sheriff Dollard, who tries to sexually assault Vida, thinking Vida is a woman. While recovering from the incident at a rest stop, their car breaks down. They take refuge in a bed and breakfast owned by Carol Ann and her abusive car-repairman husband Virgil.

- **Enough** (2002) PG-13

Enough is a psychological thriller. It stars Jennifer Lopez as Slim, a young waitress who one day finds the man of her dreams in the diner where she works. A few years later, they have a young daughter, Gracie, and it is revealed that her "perfect" husband, Mitch, is abusive towards her and is cheating on her.

- **Madea's Family Reunion** (2006) PG-13

An unstoppable force of nature, Southern matriarch Madea may have finally taken on more than she can chew. She has just been court-ordered to be in charge of Nikki, a rebellious runaway, who has been in foster care most of her life. Her niece Lisa is getting hitched to one of the most eligible bachelors in Atlanta. BUT the conflict is that her fiancé was abusing her for the last three months and she can't escape him.

- **Sleeping with the Enemy** (1991) R

Newlywed Laura (Julia Roberts) discovers that, in private, her handsome husband (Patrick Bergin) is an enraged psychotic who takes out his frustrations on her with his fists. Tired of being a punching bag, Laura orchestrates her escape by faking her death and starting over in a small Iowa town where she meets a new beau. But her peace is quickly shattered when she discovers her husband is hot on her trail.

- **The Burning Bed** (1984) NR

In 1977, after suffering years of physical abuse at the hands of her brutal husband, Mickey (Paul Le Mat), Michigan housewife Francine Hughes (Farrah Fawcett) killed him one night by setting fire to him as he slept. Prosecuted with the utmost vigor of the law, Hughes's case made legal history. Fawcett received an Emmy nomination (and proved herself a serious actress for the first time) for her role in this acclaimed TV adaptation of a true story.

BOOKS ON DOMESTIC VIOLENCE

Though the books listed below are sorted by age, please preview a book prior to using it to assure that the content would be appropriate for use with your troop/group.

- **Never, No Matter What** by Mary Leah Otto (1988)

Up to age 8

Description: We meet Mark's family in an abusive situation and follow him, his sister Sara and their mother out of their abusive home and into a women's shelter. This picture book is suitable for youngsters 8 and under. A question-and-answer guide for adults and children developed by The Women's Place, YWCA, St. Thomas, Ontario is included.

- **The Words Hurt: Helping Children Cope with Verbal Abuse** by Chris Loftis (1997)

Ages 4-8

Description: Physical abuse is not the only thing that scars a child. Words hurt too, and children often have no way of handling the harsh criticism of parents. In *The Words Hurt*, readers follow the story of Greg, whose father's problems have caused him to lash out at this son and fail to express the love he truly feels. Beautiful illustrations and a moving story provide critical support for children suffering from verbal abuse — reassuring them that they are good, not bad people, and are not alone.

- **Daddy, Why Do You Hurt Mommy?** by Katrina Carmichael (2006)

Ages 4-8

Description: *Daddy, Why Do You Hurt Mommy?* depicts the life of a little girl named Maya, who is a witness to domestic violence. Through love, faith, and strength she stays positive and sees the brighter side of things. Maya's story is seen through the eyes of so many children who are witnesses to domestic violence because in so many cases their stories go untold. Maya will share her life journey through a series of books.

- **Camp of the Angel** by Aileen Arrington (2003)

Ages 9-12

Description: For 11-year-old Jordan and her brother, it's a good day when Papa isn't mad. But no matter how careful they are, there are days that bring bruises and the need to make excuses at school; it's been worse since their mother left and Papa has been drinking more. Though it's hard keeping secrets, and often lonely, she never tells, knowing that after the social worker leaves, Papa is meaner than before. Then Jordan and Brother befriend a stray cat, which ultimately inspires Jordan to stand up to Papa. Told simply, but effectively, this story compassionately portrays the physical and emotional toll of child abuse while it explores the bonds of family loyalty. Arrington's descriptive prose intimately details Jordan's thoughts in one- or two-page chapters that lend impact to even small, reflective moments in time. Readers will sympathize with Jordan as her courage and strength grow and she learns to face difficult truths and to do what's right.

- **Domestic Crime** (Crime and Detection Series) by Isobel Brown (2002)

Ages 9-12

Description: This is a good read, a really thoughtful book about the worldwide problem of domestic violence. Isobel Brown avoids the pitfalls of sensationalism, which spoils most writing on the subject.

- **Date Violence** (Life Balance) by Elaine Landau (2005)

Ages 9-12

Description: Facts and advice, interspersed with stories of date violence, make this book educational as well as illustrative. Landau helps those who are new to dating to distinguish between healthy and unhealthy relationships by providing understandable warning signs of emotional, physical, and sexual abuse. In the "Dating 101" section, the University of Nebraska Cooperative Extension's research-based guidelines list the nonnegotiable principles of healthy dating. The cycle of domestic violence, date rape and date-rape drugs, legal issues, and getting help are covered. This book will help young people make informed decisions and more wisely navigate the emotionally charged, confusing issues associated with adolescent relationships.

- **A Place for Starr: A Story of Hope for Children Experiencing Family Violence** by Howard Schor (2002)

Ages 9-12

Description: This book could not have been any better. Howard Schor's poetry is remarkable and Mary Kilpatrick's illustrations are breathtaking! *A Place for Starr* is a book that will make you stop and think about what you have and it will truly bring tears to your eyes.

- **A Safe Place to Live: A Story for Children Who Have Experienced Domestic Violence** by Michelle A. Harrison (2002)

Up to age 12

Description: Excellent illustrations and text tell a story of domestic violence between parents in a way to help the child (up to age 12 or so) feel safe and loved. Multicultural images, with police presented as friends.

- **What Jamie Saw** (Newbury Honor Book) by Carolyn Coman (1999)

Ages 10+

Description: With wrenching simplicity and mesmerizing imagery, Coman articulates nine-year-old Jamie's baffled, stream-of-consciousness observations of a violent act that robs him of his security, but not his innocence. Awakened in the middle of the night by some primal sense of alarm, the sleep-disoriented boy watches his stepfather reach into his baby sister's crib and throw her across the room. And then he watches his mother Patty step into the bedroom doorway and catch her flying baby. Patty deposits her pajama-clad children into the safety of her rusty old Buick, collects the bare necessities, and leaves. With the help of her friend Earl, Jamie's teacher, and even her mother-in-law, Patty finds her way back to work and into a support group for battered wives. In a trailer out in the middle of nowhere, she and Jamie tough it out, slowly reinventing their lives. Revealed through the boy's clear, unprejudiced eye, characters, though rough and uneducated, are not stereotyped. It is Jamie who is most delicately and lovingly wrought. His love of magic tricks, illusion, and sleight of hand sustains him through the bad times.

- **Freaky Green Eyes** by Joyce Carol Oates (2003)

Grades 7-10

Description: Freaky Green Eyes is the name 15-year-old Franky gives to her stronger self, the part that has to deal with the enigma that is her parents' relationship. With a nod to the O. J. Simpson case, Oates pulls readers into a fast-paced, first-person thriller that begins when Franky's mother, an artist, begins spending alone time at her cabin. It's immediately clear that her situation isn't idyllic; Franky's father, former football hero and popular sportscaster Reid Pierson, is calling the shots as to when his wife can come and go. There's no nuance to Reid's character. He's a charming, controlling bully who rules his family; should his will be thwarted, he gets physical. When Mrs. Pierson and a male friend disappear, there's also no mystery about who's behind the abduction; the clues, if that's what they are meant to be, are awkwardly dropped. Yet what could have been a predictable plot becomes an absorbing page-turner as Franky slowly lets herself accept the violence that has always been in her family and finds the courage to stand up to her father.

- **Breathing Underwater** by Alex Flinn (2002)

Ages 13+

Description: It was only a slap. Well, maybe more than one. And maybe Nick used his fist at the end when the anger got out of control. But his girlfriend Caitlin deserved it--hadn't she defied him by singing in the school talent show when he had forbidden her to display herself like that? Even though he'd told her that everybody would laugh at her because she couldn't sing and was a fat slob? Both were lies. Because Caitlin was so beautiful, the only person who understood him. Out of his desperate need for her came all the mean words and the hitting. But now Caitlin's family has procured a restraining order to keep Nick away, and the judge has sentenced him to Mario Ortega's Family Violence class, to sit around every week with six other angry guys who hit their girlfriends. And to write a journal explaining how he got into this mess.

- **When Dad Killed Mom** by Julius Lester (2003)

Ages 14+

Description: Jeremy and Jenna had to cope with the traumatic consequences of their father's actions. The fact that their parents were having problems did not prepare this fifth-grade boy or his 14-year-old sister for the day when they were pulled from class and told the horrifying news. Support from a trusted teacher and a family friend help, but the loyalties that once divided their family now threaten to alienate the siblings. In the months after their mother's death, Jenna finds temporary solace with a boyfriend, and Jeremy is welcomed by a younger student's family. Both go through periods of sadness, anger, and confusion, but emerge united by the opening of their father's trial. A courtroom confrontation with their father leads to his confession, and his life sentence in prison. Author Julius Lester has created believably conflicted characters, and his dialogue includes explosive, but teen-appropriate expletives. He presents Jeremy's and Jenna's individual introspection in alternate passages throughout the novel. The book makes good use of this style with narrators Johnny Heller and Carine Montbertrand as the young protagonists. Both performers do a fine job of expressing a gamut of youthful emotions. A YALSA Teen's Top Ten book, *When Dad Killed Mom* deals with the domestic violence, sexual molestation, and suicide, and their effect on the people who live in the aftermath of these tragedies.

RESOURCE FOR CONNECT ACTIVITY

Learn about the domestic violence laws in your state and then discuss whether or not you feel these laws are strict enough.
Learn how you could work to change the law if you think it needs revising.

- **New Hampshire's Domestic Violence statutes are accessible at:**

http://www.womenslaw.org/NH/NH_statutes.htm

- **Vermont's domestic violence statutes are accessible at:**

http://www.womenslaw.org/VT/VT_statutes.htm

RESOURCE FOR TAKE ACTION ACTIVITY

GENERAL WISH LIST FOR DOMESTIC VIOLENCE SHELTERS

We recommend contacting the shelter you wish to donate to determine what their particular and current needs are.

Bathroom Supplies: toilet paper, toothbrushes/toothpaste, hand soap etc., full-size hair shampoo and conditioner, full-size bath products (unopened), body lotions

Cleaning Supplies: dishwasher soap, Lysol, bleach, garbage bags, paper towels, laundry soap, dryer sheets, hangers, laundry baskets, liquid & bar soap, liquid laundry detergent, brooms & mops, sponges

For Children in the Shelter: new toddler car booster seats, new strollers: lightweight & 2-seaters, new underwear & socks (for children 0-10), pajamas kids new, Similac with iron (powder), Pedialyte, children's Tylenol and cough syrup, diapers, baby wipes, baby wash and baby powder, baby shampoo, diaper rash cream, coloring books (non-violent), new magic markers, Play-Doh, pads of blank white paper, sticker & sticker books, playing cards, watercolor paint sets, bubbles, small hand held games, arts and craft supplies, construction paper, crayons, teddy bears; stuffed animals, backpack filled with paper, pens and notebooks

Furniture: living room furniture for the shelter, sofa, armchair, recliner, ergonomic office chairs, end tables, TV stand/entertainment system, bureaus/dressers, shelving, baby furniture, clean mattresses, any kind of furniture that is in good shape

Gifts Certificates for goods or services: local grocery stores, hair salon gift certificates, video rentals or movie tickets, moving van services or rentals, storage space rentals, phone cards, department stores, bus tickets or other transportation needs, vehicle repair, fast food coupons, book stores, office supply stores, gas stations

Household Supplies: pillows, pots and pans, silverware, kitchen utensils/towels, Kleenex, bath towels and wash cloths, bed sheets - new (single & double), blankets and bedspreads, light bulbs, sets of dishes, radios & CD players, coffee maker (new or good condition), vacuum (new only), curtain rods & curtains (new or good condition), non-perishable food items i.e., flour, sugar (unopened), cell phones with chargers

Medical and Emergency Supplies: Band-Aids, aspirin and Advil, cough syrup, vitamins, throat lozenges, first aid supplies, flashlights, light bulbs, batteries (AA and AAA)

Toiletries for Women in Shelters: deodorant, bras and underwear (new only), hairbrushes, hair ties, hair spray, tampons/sanitary napkins, hair dryers

A LIST OF SOME SHELTERS THAT AID ABUSED FAMILIES

VERMONT SHELTERS

- AWARE Aid to Women in Abuse and Rape Emergencies
PO Box 307, Hardwick, Vermont 05843. 802-472-6463
- BATTERED WOMEN'S SERVICES & SHELTER of Washington County
PO Box 652, Barre, Vermont 05641. 802-223-0855
- CLARINA HOWARD NICHOLS CENTER
PO Box 517, Morrisville, VT 05661. Crisis Hotline #'s: In Lamoille County: 802-888-5256, Outside Lamoille County: 800-228-7395 (Domestic Violence)
- NEW BEGINNINGS
12 Valley St., Springfield, VT 05156. 802-885-2368
- PAVE - Project against Violent Encounters
PO Box 227, Bennington VT 05201. 802-442-2370
- RUTLAND COUNTY WOMEN'S NETWORK & SHELTER
PO Box 313, Rutland, VT 05702. 802-775-6788
- SAFELINE
PO Box 254, Chelsea VT 05038. Hotline/Crisis: 802-685-4514
- STEP ONE
63 Main Street, Newport VT 05855. 802-334-0148
- UMBRELLA
One Prospect Avenue, St. Johnsbury VT 05819. 802-748-8645
- VOICES AGAINST VIOLENCE
PO Box 72, St. Albans, VT 05478. 802-524-8538
- WOMEN'S CRISIS CENTER
Box 933, Brattleboro, VT 05302. 802-257-736
- WOMEN HELPING BATTERED WOMEN
PO Box 1535, Burlington, VT 05402. 802-658-3131
- WOMENSAFE
PO Box 67, Middlebury, VT 05753. 802-388-9180

NEW HAMPSHIRE SHELTERS

- **A SAFE PLACE**
P.O. Box 674, Portsmouth, NH 03802. 603-436-7924 (Portsmouth office), 603-330-0214 (Rochester office), 603-890-6392 (Salem office)
- **BRIDGES: DOMESTIC & SEXUAL VIOLENCE SUPPORT**
P.O. Box 217, Nashua, NH 03061-0217, 603-672-9833 (Milford office), 603-889-0858 (Nashua office)
- **MONADNOCK CENTER FOR VIOLENCE PREVENTION**
12 Court Street, Keene, NH 03431-3402. 603-352-3782 (Crisis Line), 1-888-511-MCVP (toll-free hotline)
- **NEW BEGINNINGS**
P.O. Box 622, Laconia, NH. 603-528-6511
- **RAPE AND DOMESTIC VIOLENCE CRISIS CENTER**
P.O. Box 1344, Concord, NH 03302-1344, 603-225-7376
- **RESPONSE to Sexual & Domestic Violence**
54 Willow Street, Berlin, NH 03570. 603-752-5679 (Berlin office), 603-237-8746 (Colebrook office). 603-788-2562 (Lancaster office)
- **SEXUAL ASSAULT SUPPORT SERVICES**
7 Junkins Avenue, Portsmouth, NH 03801. 603-436-4107 (Portsmouth Office), 603-332-0775 (Rochester Office)
- **SEXUAL HARASSMENT AND RAPE PREVENTION PROGRAM (SHARPP)**
12 Ballard Street, Durham, NH 03824, 603-862-3494
- **THE SUPPORT CENTER AT BURCH HOUSE**
P.O. Box 965, Littleton, NH 03561. 603-444-0624 (Littleton office), 603-747-2441
- **WISE**
79 Hanover Street, Lebanon, NH 03766. 603-448-5922
- **WOMEN'S SUPPORTIVE SERVICES**
11 School Street, Claremont, NH 03743. 603-543-0155 (Claremont office), 603-863-4053 (Newport office)

RESOURCE FOR TAKE ACTION ACTIVITY

Find examples of domestic violence in popular music and music videos. How do these lyrics and/or visual representations make you feel? Talk to your friends about the messages and/or images. Are your opinions similar? Find a way to make your feelings known.

"A Broken Wing." Martina McBride, Greatest Hits, RCA 2001. (Country) A woman manages to leave an abusive situation, and despite years of oppression, learns to fly.

"Black Eyes Blue Tears." Shania Twain, Come on Over, PDG/Polygram 1997. (Country) A woman finds her self-esteem and decides "I'd rather be standing than live on my knees."

"Change." Patty Griffin, Flaming Red, A&M Records 1998. (Folk Influenced) A woman tries to change herself to make her abuser stop hurting her.

"Concrete Angel." Martina McBride, Greatest Hits, RCA 2001. (Country) This song is about the solace an abused little girl finds in a statue: "But her dreams give her wings and she flies to a place where she's loved..."

"Devil's Food." Fleming & John, Way We Are, Universal, 1999. (Pop/Rock) Addresses emotional abuse.

"Every Breath You Take." The Police, Synchronicity, A&M Records 1983. (Rock/Contemporary) Isn't this *romantic* song about stalking?

"Face to Face." Garth Brooks, Chase, Capitol 2000. (Country) A song about facing bullies of all sorts, including a date rapist.

"Go Girl." Lila McCann, Something in the Air, Electra 1999. (Country) A friend advises a friend to get out of a bad relationship.

"I'm OK." Christina Aguilera, Stripped, RCA 2002. (Rock) This song is about a grown child addressing her father about the abuse she witnessed as a child against her mother.

"Luka." Suzanne Vega, Solitude Standing, A&M 1987 and Tried and True, Polygram Int'l 1999. (Alternative Rock) An unforgettable song that exposes domestic violence through the eyes of a child, Luka.

"Never Again." Nickelback, Silver Side Up, Roadrunner Records 2001. (Alternative Rock)
A song about abuse from a child's point of view, witnessing his mother's abuse.

"(The) Thunder Rolls." Garth Brooks, No Fences, EMD/Capitol 1990. (Country)
This song and video about wife beating, made country music history ... and controversy. In the lyrics, the story seems to be about a wife who is tired of being cheated on by her husband, so she shoots him one night. The video is about domestic violence, with Brooks playing the husband who clobbers his wife. She shoots him, presumably to defend herself and her children.

"Why Don't You Leave Him?" Mary Lee's Corvette, True Lovers of Adventure, Wild Pitch Records 1999. (Pop/Rock) This song was written in reaction to a startling statistic – that 75% of all women who are killed by their husbands or lovers are killed AFTER they leave.

Citation: About 75% of the calls to law enforcement for intervention and assistance in domestic violence occur after separation from batterers. One study revealed that half of the homicides of female spouses and partners were committed by men after separation from batterers (Barbara Hart, Remarks to the Task Force on Child Abuse and Neglect, April 1992) <http://www.aardvarc.org/dv/statistics.shtml>

3. List any follow-up activities the girls are planning on doing with the information they learned through this patch program:

4. What resources did you use from and/or in addition to the ones provided in this patch program packet?

5. In what way (or ways) did this patch program help to build girls' courage, confidence and/or character?

Return this evaluation to:

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