Early this year, SDSU announced a grant received from the California Governor’s Office of Emergency Services to better prevent and respond to incidents of sexual assault on campus. SDSU was one of only two universities in California funded for this grant program.

In partnership with CCS, the grant aims to create a comprehensive coordinated response that is survivor-centered, provides confidential services, enhances the safety of sexual assault survivors, holds offenders accountable and includes prevention education activities.

The program is now in full swing and well underway with the placement of a full-time CCS sexual assault victim advocate on campus; a part-time police officer dedicated to sexual assault prevention; training and investigation; a campus-wide effort to train faculty, staff, and students on sexual assault awareness and prevention; and an expansion of SDSU’s Sexual Violence Task Force to include representatives from community agencies and local law enforcement.

CCS is grateful for this partnership!

GIOVANNI’S STORY — PROMOTING HEALTHY RELATIONSHIPS AND PREVENTING TEEN RELATIONSHIP VIOLENCE

“Oh my gosh! That’s me! I do that!” Giovanni shared in complete astonishment, as he became aware of his tendencies to engage in unhealthy relationship behaviors. Giovanni (not his real name) is a 17-year-old young man who completed the Teen Relationship Violence (TRV) Program facilitated by Center for Community Solutions’ Prevention Coordinators at Camp Barrett, a juvenile detention facility located in the eastern region of San Diego County.

The TRV program is a nine-week program composed of three core classes, which all Camp Barrett wards are required to complete, followed by six advanced sessions. The advanced sessions are voluntary and require wards to demonstrate genuine interest in their commitment to putting an end to unhealthy relationships. Students do so by submitting an application indicating why they are interested in continuing their learning and what behaviors they would like to improve.

In Giovanni’s application, he indicated that having grown up in a home where his father was aggressive towards his mother and where his mother would share her jealous thoughts with him, he assumed that these unhealthy behaviors were all part of a normal relationship. As he reviewed the differences between the wheels of Power & Control and Equality & Respect, he realized how much of his actions were about inflicting power and control over his partner. He wrote in his application, “I don’t want to be that person anymore. I need to stop being so jealous.”
During the advanced TRV class addressing the management of anger and jealousy, Giovanni seemed shocked by the explanation of the cycle of jealous, including how thoughts of jealousy have an easier chance of becoming violent acts of jealousy.

Giovanni shared with his classmates typical jealous behaviors that he and his peers would do such as going through his partner’s phone or Facebook, and showing up unannounced at their partner’s house “just to make sure she wasn’t lying.”

In advanced TRV, Giovanni and many of the young men in the class demonstrated an understanding of the characteristics of unhealthy relationships. Most importantly, they committed themselves to personal growth.

Our Prevention Coordinators are so impressed with the personal growth demonstrated by the students as they learn that contrary to the message carried by a large number of movies, television shows, social media, and other relationships around them, actions such as jealousy, manipulation, and the need to constantly be aware of a partner’s whereabouts are NOT healthy.

As Giovanni put it, “Where were you when I was starting to date? How was I ever to know that what I was doing was wrong?”

We can all start at home by talking to our youth about the importance of healthy relationships. CCS conducts healthy relationship skill building workshops, and teen dating violence prevention education throughout San Diego County to students and youth of all ages. Please contact our Director of Prevention Education, at 858-272-5777 for information on prevention workshops. 😊
Mark your calendars for Chef Showdown October 29, 2015

An “extreme makeover” of Chef Showdown 2015 is in the works to bring you an even more memorable, incredible, pampered experience. The best is yet to come!

So Save the Date!
Chef Showdown 2015 will be on Thursday, October 29 at The Port Pavilion at Broadway Pier.

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DEAR FRIEND,

Summer is approaching! For many of us it is an exciting time of the year. It is also a time of year when we encourage you to continue having discussions about healthy relationships and about consent - what it is literally and legally.

Across the country, and year after year, rape crisis centers like CCS see an increase in sexual assaults during the summer months. It is important to have conversations with your friends and family about the need to trust their instincts. **70% of sexual assaults are committed by someone we think we know and should be able to trust.** Sexual violence can be prevented and each one of us can play a part. Your first step can be having the conversation; next, it is important that you believe a friend or family member who trusts you enough to divulge a sexual assault.

Rape is the most underreported crime nationally and locally. It is the crime that we are more interested in blaming a victim instead of holding a perpetrator accountable. **On average, a sexual assault perpetrator has six victims.**

CCS not only assists survivors in their healing. We are also deeply invested in stopping the violence before it starts. Each year the State of California spends a mere $1.50 to support a sexual assault survivor – a small token of the costs of critical counseling and legal services provided by CCS. We need your help and here are some ways:

- You can make a donation to help us provide education and outreach to assist in preventing sexual and relationship violence.
- You can make a donation to support legal and counseling services for a survivor healing from the trauma they have endured.
- You can volunteer. CCS always needs volunteers; we count on our 250 volunteers who support our vital work in countless ways.
- You can have the conversation with your family and friends. All of us have a part in ending sexual violence.

Let’s say **No More** on our watch! We would welcome your support by volunteering or making a donation today.

With heartfelt thanks,

Verna Griffin-Tabor
CEO/Executive Director