

White Tiger's Vermont Girl Conference 2009
Essex, VT Monday April 13, 2009

To Parents of Interested teen: _____
Yes she can go: _____

Compass School has been invited to attend a "violence against women" conference especially for teen girls ages 15 and older... We are interested in attending because the Vermont Girl Conference brings an opportunity to focus awareness on sexual violence and its prevention and it is an opportunity to empower young women with the necessary resources to make healthy decisions about relationships and personal safety.

The conference will feature musical performances from female artists as well as presentations from frontline professionals, safety experts and victim rights advocates on issues important issues like: Abusive relationships, Stalking and harassment, Date rape, Party safety, Drug rape and Women's self-defense
This is the ideal "girl" fieldtrip experience .

As a follow up to this event, the teens that will be attending will also take their new found awareness and ideas and help plan, in part, next year's Compass School's Healthy Cultures Week.

We will be leaving Compass School on Sunday, April 12th at 12:00. We have the opportunity to spend the night in Milton just north of Burlington with Beth White's parents; do a bit of relaxing then get up Monday morning refreshed and ready to attend this important conference. Please bring a change of warm clothes for being outdoors and near a bonfire in addition to clothes for the conference!

The Conference is not providing LUNCH - BRING MONEY!

Janet's Cell # 1-802-558-4105; Beth's Cell # 1-802-508-6408 (603-357-1543)
Beth's Mom # 1-802-893-9855 (Joann White)

This event is sponsored by:

Paul Henry, Program Director, The White Tiger Group www.fearlesstiger.com
wtiger@gc.aibn.com
1-877-685-8880

Location: The Inn at Essex
70 Essex Way, Essex, Vermont 05452
www.vtculinaryresort.com

Schedule:

8:45 Doors open

9:00 - 9:30 Registration

9:30 -9:45

CONFERENCE INTRODUCTION PAUL

HENRY DANYLEWICH - AUTHOR & PERSONAL SAFETY EXPERT

9:45-10:30

STAYING SAFE IN DANGEROUS PLACES

PAUL HENRY DANYLEWICH - AUTHOR & PERSONAL SAFETY EXPERT

10:30 - 11:00

SEXUAL ASSAULT & DATE RAPE

JEANNE KACZKA-VALLIERE, Women's Rape Crisis Center , Burlington , VT

11:05- 11:35

MUSICAL PERFORMANCE BY KATIE SEVIGNY

11:35- 1:00

Lunch

Bring lunch money for nearby fast-food restaurants which are a short drive away, no outside food permitted in conference hall

1:00 - 1:40

MY DAUGHTER: KELLY ANNE

DOREEN HADDAD-DRUMMOND, Mother and Victim Rights Advocate

1:40- 2:10

HEALTHY AND ABUSIVE RELATIONSHIPS

DARRELL MORRIS, Women Helping Battered Women

2:10 - 2:30

WHAT TO EXPECT WHEN YOU CALL 911

SPEAKER : TJ Anderson, Vermont Police Academy

2:35- 3:05

MUSICAL PERFORMANCE

Anastasia

Directions:

91 - 89N - exit 17 - Lake Champlain Island Exits

The First Annual GIRL CONFERENCE

**First Annual
Albany Girl Conference**

Wednesday April 8th, 2009

The Grand Ballroom
Best Western Airport Inn
Albany, New York

**First Annual
Vermont Girl Conference**

Monday April 13th 2009

The Atrium
The Inn at Essex
Essex, Vermont

This event is sponsored and coordinated by Paul Henry
1-877-685-8880 www.fearlesstiger.com

First Annual Vermont Girl Conference, Monday April 13th, 2009
The Inn at Essex, Essex, Vermont

9:00 - 9:30 registration

9:30 – 10:00 Staying Safe in Dangerous Places
Paul Henry, author of "FEARLESS: The Complete Personal Safety Guide for Women"

10:00 – 10:30 Self Defense Tips
Azalea Leo, Self Defense instructor, The White Tiger Group
www.fearlesstiger.com

10:30 – 11:00 Sexual Assault,
Jeanne Kaczka-Valliere, Ph.D., Women's Rape Crisis Center of Burlington
www.stoprapevermont.org

11:00 – 11:30 A musical performance by Mia Adams
www.myspace.com/miaadamsandthescenicroots

11:30 – 1:00 Lunch

1:00 – 1:30 Jessica's Story

1:30 – 2:00 Abusive Relationships
Darrell Morris, Women Helping Battered Women
www.whbw.org

2:00 – 2:30 When to Call 911
T J Anderson, Vermont Police Academy
www.vcjtc.state.vt.us

2:30 – 3:00 A musical performance by Anastasia
www.anastasiasongs.com

First Annual Albany Girl Conference, Wednesday April 8th, 2009
Best Western Albany Airport Inn

9:00 - 9:30 registration

9:30 – 10:00 Staying Safe in Dangerous Places
Paul Henry, author of "FEARLESS: The Complete Personal Safety Guide for Women"

10:00 – 10:30 Self Defense Tips
Azalea Leo, Self Defense instructor, The White Tiger Group
www.fearlesstiger.com

10:30 – 11:00 Sexual Assault,
Amy Vincent, Albany County Crime Victim and Sexual Violence Center
www.albanycounty.com/cvsvc

11:00 – 11:30 A musical performance by Mia Phan

11:30 – 1:00 Lunch

1:00 – 1:30 Jessica's Story

1:30 – 2:00 Abusive Relationships
Jaclyn DeChiro, Equinox Domestic Violence Services, Albany, NY
www.equinoxinc.org

2:00 – 2:30 When to Call 911
PO Joe Farrell, North Greenbush Police Department

2:30 – 3:00 A musical performance by Rachel Vogt
www.rachelvogt.com

Paul Henry Danylewich



PAUL HENRY is the author of 'FEARLESS: The Complete Personal Safety Guide for Women'. He has also written numerous articles on personal safety, which have appeared in major women's magazines and police journals. Paul is the program director of the White Tiger Group – an organization that travels to schools across the nation teaching personal safety skills to women and girls.

He holds a university degree in sociology and education, and a post graduate degree in adult education from Concordia University in Montreal Canada. His safety advice has been featured in major publications like the Chicago Tribune, Toronto Star and Phoenix's Arizona Republic. He has been a guest safety consultant for NBC television in New York providing personal safety advice for shows such as "The John Walsh Show" and "Dateline" Paul has been a guest lecturer on personal safety twice at Arizona State University www.fearlesstiger.com

Rachel Vogt



Rachel's unique blend of pop, rock, R & B and jazz mesmerize and captivate audiences of all ages. This local Albany singer/songwriter has just released her debut album 'On My Way'

www.rachelvogt.com

Joseph T Farrell, North Greenbush Police Department

Is the Director of Training for The New York State Coalition Against Sexual Assault (NYSCASA). He has been with NYSCASA for five and half years. During this time he has presented across the state to multi-disciplinary audiences on responses to sexual assault; some of the disciplines he has presented to are campus resources, law enforcement, prosecution, and advocacy. In addition he has 22 years experience in Campus Law Enforcement, with the Department of Public Safety at Rensselaer Polytechnic Institute, Troy NY, combined with over 22 years as a police officer [current] with the North Greenbush NY Police Department.
www.nyscasa.org

Jaclyn DeChiro, Equinox Domestic Violence Services, Albany, NY

Jaclyn is a public education professional that works with women of all ages to help them better understand the issue of domestic violence www.equinoxinc.org

Anastasia



Anastasia

Born in Russia and now living in Ottawa, Canada, Anastasia has been singing and playing music since the tender age of four. Currently attending Carleton University, she has been a featured performer with the Girl Conference Series since 2007

www.anastasiasongs.com

Mia Adams



After graduating Bennington College in her native Vermont, this songbird packed her bags and migrated south to Nashville. Learning the ropes as a backup singer, Adams has performed live and/or recorded vocals with notables such as Norah Jones, Richard Julian, Amos Lee and Ellis Paul. Recently she had the pleasure of performing on The Today Show. Mia is also an accomplished actress. She has been featured in videos for Suzi Ragsdale and Buddy Mondlocks music on European MTV and made a cameo in Norah Jones Sunrise. Mia was featured in David Lee Murphy's video for The Road You Leave

www.myspace.com/miaadamsandthescenicroots

Amy Vincent, Albany County Crime Victim and Sexual Violence Center

Amy Vincent is the Prevention Educator at the Albany County Crime Victim and Sexual Violence Center. She has been a member of the agency since May 2006. Ms. Vincent graduated from the University at Buffalo with her Masters Degree in Social Work. For the past five years she has been dedicated to the issue of sexual violence and has worked in the prevention field during this time

www.albanycounty.com/csvvc

Jeanne Kaczka-Valliere, Ph.D., Women's Rape Crisis Center of Burlington

Jeanne joined the Women's Rape Crisis Center as their Director of Education and Outreach in January 2008. She worked as the Education Coordinator at Women Helping Battered Women prior to joining the WRCC. In March of 2007, she completed her doctoral thesis on the Role of Municipalities in Peacemaking. She holds a Ph.D. in Peace Studies from Coventry University in England. Her background in Peace & Justice studies guides her current work as an Anti-Violence Educator.

www.stoprapevermont.org

Darrell Morris, Women Helping Battered Women

Darrell has been working with Women Helping Battered Women for over two years. She is currently the Director of Education and Outreach. Women Helping Battered Women is the largest service provider for battered women in Vermont.

www.whbw.org

T J Anderson, Vermont Police Academy

T J is the Family Violence Training Coordinator. Previous to working at the Police Academy, TJ worked for nearly ten years as a full-time police officer for Rutland Police Department. After working a number of years as a midnight shift uniformed patrol officer, in October 1994 she was selected to be the department's first Child Abuse and Family Violence Investigator. This was a position she held until she left the department. While in this position, she investigated many family related criminal cases, to include, child sexual abuse, violations of court orders and stalking. She also conducted follow-up investigations on domestic assault arrests made by uniform patrol. TJ is certified by the VCJTC to train law enforcement officers on how to properly respond to domestic violence incidents and has trained officers statewide. She has publicly spoken on the subject of domestic violence statewide, in Russia and in Canada. She has also been an adjunct professor with Community College of Vermont teaching Family Violence

www.vcjtc.state.vt.us

Dating Bill of Rights

I have a right to:

Ask for a date

Refuse a date

Suggest activities

Refuse any activities, even if my date is excited about them

Have my own feelings and be able to express them

Say, "I think my friend is wrong and his actions are inappropriate"

Tell someone not to interrupt me

Have my limits and values respected

Tell my partner when I need affection

Refuse affection

Be heard

Refuse to lend money

Refuse sex any time, for any reason

Have friends and space aside from my partner

I have the responsibility to:

Determine my limits and values

Respect the limits of others

Communicate clearly and honestly

Not violate the limits of others

Ask for help when I need it

Be considerate

Check my actions and decisions to determine whether they are good or bad for me

Set high goals for myself

From the Domestic Violence
Advocacy Program of Family
Resources, Inc.

The person I am with:

- | | | | |
|---|--------------------------------------|-------------------------------------|---------|
| 1. Is very supportive of things that I do. | <input checked="" type="radio"/> Yes | <input type="radio"/> No | |
| 2. Encourages me to try new things. | <input checked="" type="radio"/> Yes | <input type="radio"/> No | |
| 3. Likes to listen when I have something on my mind. | <input checked="" type="radio"/> Yes | <input type="radio"/> No | 2 pts. |
| 4. Understands that I have my own life too. | <input type="radio"/> Yes | <input checked="" type="radio"/> No | |
| 5. Is not liked very well by my friends. | <input type="radio"/> Yes | <input checked="" type="radio"/> No | |
| 6. Says I'm too involved in different activities. | <input type="radio"/> Yes | <input checked="" type="radio"/> No | 1 pt |
| 7. Texts me or calls me all the time. | <input checked="" type="radio"/> Yes | <input type="radio"/> No | |
| 8. Thinks I spend too much time trying to look nice. | <input type="radio"/> Yes | <input checked="" type="radio"/> No | |
| 9. Gets extremely jealous or possessive. | <input checked="" type="radio"/> Yes | <input type="radio"/> No | |
| 10. Accuses me of flirting or cheating. | <input type="radio"/> Yes | <input checked="" type="radio"/> No | |
| 11. Constantly checks up on me or makes me check in. | <input type="radio"/> Yes | <input checked="" type="radio"/> No | |
| 12. Controls what I wear or how I look. | <input type="radio"/> Yes | <input checked="" type="radio"/> No | |
| 13. Tries to control what I do and who I see. | <input checked="" type="radio"/> Yes | <input type="radio"/> No | |
| 14. Tries to keep me from seeing or talking to my family and friends. | <input type="radio"/> Yes | <input checked="" type="radio"/> No | |
| 15. Has big mood swings - gets angry and yells at me one minute, and the next minute is sweet and apologetic. | <input checked="" type="radio"/> Yes | <input type="radio"/> No | |
| 16. Makes me feel nervous or like I'm "walking on eggshells." | <input type="radio"/> Yes | <input checked="" type="radio"/> No | 4.5 pts |
| 17. Puts me down, calls me names or criticizes me. | <input checked="" type="radio"/> Yes | <input type="radio"/> No | |
| 18. Makes me feel like I can't do anything right or blames me for problems. | <input checked="" type="radio"/> Yes | <input type="radio"/> No | |
| 19. Makes me feel like no one else would want me. | <input type="radio"/> Yes | <input checked="" type="radio"/> No | |
| 20. Threatens to hurt me, my friends or family. | <input checked="" type="radio"/> Yes | <input type="radio"/> No | |
| 21. Threatens to hurt him or herself because of me. | <input type="radio"/> Yes | <input checked="" type="radio"/> No | |
| 22. Threatens to destroy my things. | <input checked="" type="radio"/> Yes | <input type="radio"/> No | |
| 23. Grabs, pushes, shoves, chokes, punches, slaps, holds me down, throws things or hurts me in some way. | <input type="radio"/> Yes | <input checked="" type="radio"/> No | |
| 24. Breaks things or throws things to intimidate me. | <input type="radio"/> Yes | <input checked="" type="radio"/> No | |
| 25. Yells, screams or humiliates me in front of others. | <input checked="" type="radio"/> Yes | <input type="radio"/> No | |
| 26. Pressures or forces me into having sex or going farther than I want to. | <input type="radio"/> Yes | <input checked="" type="radio"/> No | |

Scoring

Give yourself 1 point for every "no" you answered for questions 1-4, 1 point for every "yes" response to questions 5-8, and 5 points for every "yes" to questions 9-26.

Score: 0 points

You got a score of 0? Not to worry—it's a good thing! It sounds like your relationship is on a pretty healthy track. Fostering healthy relationships takes some work—keep it up! Remember that while you may have a healthy relationship, it's possible that a friend of yours may not. If you think you know someone who may be in an abusive relationship, click [here](#) to learn how you can help that person end the abuse.

Score: 1-2 points

If you scored 1 or 2 points, you may be noticing a couple of things in your relationship that may be unhealthy, but it doesn't necessarily mean they are warning signs. It's still a good idea to keep an eye on them to make sure there isn't a pattern. The best thing to do is to communicate with your partner and let them know what you like and don't like. Encourage them to do the same. Remember, communication is always a step forward to building a healthy relationship. It's also good to be informed so that you learn to recognize the warning signs. Click [here](#) to learn more about the different types of abuse.

Score: 3-4 points

If you scored 3 or 4 points, it sounds like you may be seeing some warning signs of an abusive relationship. Warning signs should never be ignored. Something that starts small can get much worse over time. Relationships are never perfect—they take some work! But in a healthy relationship you won't find abusive behaviors. If you think your relationship may not be as healthy as you deserve, [contact us](#) for help. Or click [here](#) to get more information.

Score: 5 points or more

If you scored 5 points or more, you are definitely seeing warning signs and may be in an abusive relationship. You don't have to deal with this alone. Break the Cycle can help. We can help you learn about your different options and legal rights. [Contact us](#) to get more information.

From: <http://www.thesafespace.org/pop-quiz/quiz-is-your-relationship-healthy/quiz-scoring-is-your-relationship-healthy/>

Staying Safe On-line

Social networking sites, like MySpace and Facebook, allow you to stay in constant contact with your friends and increase your social circle. But they can also allow others to monitor your life and use information to harm you. Because you provide personal information on profiles, blogs, and message boards, these sites also have the potential to be very dangerous.

What Can I Do?

Here are some specific tips that can help you be safe online:

Don't:

- Say or do anything online you wouldn't in person. It may seem easier when you are not face to face, but this can get you into trouble.
- Post things you might not want people you don't know seeing and knowing. While phone numbers and addresses obviously let people contact you directly, things like school and team names, landmarks and photos may also make it easier for people to find out where you live, hang out or go to school.
- Respond to harassing, abusive or inappropriate comments. It won't make the person stop and it might get you in trouble or put you in danger.
- Use any form of technology to contact your abuser if you are in or coming out of a dangerous relationship. It can be dangerous and may be used against you in the future.
- Give your passwords to anyone (except your parent or guardian).
- Use the same password for all your accounts.

Do:

- Use the privacy preferences to keep your page as private as you can.
- Remember, it's not just about you. If you post information or photos about your friends or family, you may also be putting them at risk.
- Save or keep a record of all harassing or abusive messages, posts, and comments, in case you decide to tell the police or get a protective order.
- Choose passwords that are hard to guess and change all passwords regularly.
- Change your usernames and email addresses if the abuse and harassment will not stop. It may seem extreme but it may be your best option.
- Report inappropriate behavior to the site administrators.
- Trust your instincts! If you think something is wrong or are feeling threatened, tell someone who can help you.

Dating Safety

- Consider double-dating the first few times you go out with a new person.
- Before leaving on a date, know the exact plans for the evening and make sure a parent or friend knows these plans and what time to expect you home. Let your date know that you are expected to call or tell that person when you get in.
- Be aware of your decreased ability to react under the influence of alcohol or drugs.
- If you leave a party with someone you do not know well, make sure you tell another person you are leaving and with whom. Ask a friend to call and make sure you arrived home safely.
- Assert yourself when necessary. Be firm and straightforward in your relationships.
- Trust your instincts. If a situation makes you uncomfortable, try to be calm and think of a way to remove yourself from the situation.

From the Domestic Violence Advocacy Program of Family Resources, Inc.

Safety Planning for Teens

You should think ahead about ways to be safe if you are in a dangerous or potentially dangerous relationship. Here are some things to consider in designing your own safety plan.

- What adults can you tell about the violence and abuse?
- What people at school can you tell in order to be safe--teachers, principal, counselors, security?
- Consider changing your school locker or lock.
- Consider changing your route to/from school.
- Use a buddy system for going to school, classes and after school activities.
- What friends can you tell to help you remain safe?
- If stranded, who could you call for a ride home?
- Keep a journal describing the abuse.
- Get rid of or change the number to any beepers, pagers or cell phones the abuser gave you.
- Keep spare change, calling cards, number of the local shelter, number of someone who could help you and restraining orders with you at all times.
- Where could you go quickly to get away from an abusive person?
- What other things can you do?

From <http://www.acadv.org/dating.html>

Cell Phones and Abuse

Cell phones are a great way to keep in touch with friends and family. However, they also can play a role in teen dating abuse. Because phone calls, texting and messaging allow you to be in constant communication, cell phones can be a powerful tool for abusers to monitor and control their girlfriends or boyfriends day and night.

What Do I Need to Know?

If you are feeling threatened or suffocated by your partner's constant need to keep track of you, it may be a sign that you are in an unhealthy and potentially dangerous relationship. If the person you are with says or does anything that makes you afraid, lowers your self-esteem, or manipulates or controls you, it is verbal or emotional abuse. Whether in person, online, or by phone, abuse is the same. You have the right to be in a safe and healthy relationship, free from all types of abuse.

What Can I Do?

Whether you feel like someone is already abusing or controlling you with a cell phone, or you want to prevent it from ever happening, here are some specific tips that can help you safely use your cell phone:

- Remember, it is always okay to turn off your phone. (Just be sure your parent or guardian knows how to contact you in an emergency.)
- Do not answer calls from unknown numbers. Your abuser can easily call you from another line if he/she suspects you are avoiding him/her.
- Do not respond to hostile, harassing, abusive or inappropriate texts or messages. Responding can encourage the person who sent the message. You won't get the person to stop – and your messages might get you in trouble and make it harder to get a restraining order or file a criminal report.
- Many phone companies can block up to ten numbers from texting or calling you. Contact your phone company or check their website to see if you can do this on your phone.
- Remember that pictures on cell phones can be easily shared and distributed. Be careful what images you allow to be taken of you.
- If you are in or coming out of a dangerous relationship, you should not be using any form of technology to contact your abuser. It can be dangerous and may be used against you in the future.
- It may seem extreme, but if the abuse and harassment will not stop, changing your phone number may be your best option.