



SANTA BARBARA RAPE CRISIS CENTER  
CENTRO CONTRA LA VIOLACION SEXUAL

# VOLUNTEER NEWSLETTER

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## TECHNOLOGY SAFETY PLANNING WITH SURVIVORS

### *Tips to discuss if someone you know is in danger*

*Technology can be very helpful to victims of domestic violence, sexual violence, and stalking, however it is important to also consider how technology might be misused.*

- 1. Trust your instincts.** If you suspect the abusive person knows too much, it is possible that your phone, computer, email, or other activities are being monitored. Abusers and stalkers can act in incredibly persistent and creative ways to maintain power and control.
- 2. Plan for safety.** Navigating violence, abuse, and stalking is very difficult and dangerous. Advocates at the National Domestic Violence Hotline have been trained on technology issues, and can discuss options and help you in your safety planning. Local hotline advocates can also help you plan for safety.  
(*National DV Hotline: 800-799-7233 or TTY 800-787-3224.*)
- 3. Take precautions if you have a “techy” abuser.** If computers and technology are a profession or a hobby for the abuser/stalker, trust your instincts. If you think he/she may be monitoring or tracking you, talk to a hotline advocate or the police.
- 4. Use a safer computer.** If anyone abusive has access to your computer, he/she might be monitoring your computer activities. Try to use a safer computer when you look for help, a new place to live, etc. It may be safest to use a computer at a public library, community center, or Internet café.
- 5. Create a new email account.** If you suspect that anyone abusive can access your email, consider creating an additional email account on a safer computer. Do not create or check this new email from a computer your abuser could access, in case it is monitored. Use an anonymous name, and account: (example: [bluecat@email.com](mailto:bluecat@email.com), not

YourRealName@email.com) Look for free web-based email accounts, and do not provide detailed information about yourself.

**6. Check your cell phone settings.** If you are using a cell phone provided by the abusive person, consider turning it off when not in use. Also many phones let you to “lock” the keys so a phone won’t automatically answer or call if it is bumped. When on, check the phone settings; if your phone has an optional location service, you may want to switch the location feature off/on via phone settings or by turning your phone on and off.

**7. Change passwords & pin numbers.** Some abusers use victim’s email and other accounts to impersonate and cause harm. If anyone abusive knows or could guess your passwords, change them quickly and frequently. Think about any password protected accounts - online banking, voicemail, etc.

**8. Minimize use of cordless phones or baby monitors.** If you don’t want others to overhear your conversations, turn baby monitors off when not in use and use a traditional corded phone for sensitive conversations.

**9. Use a donated or new cell phone.** When making or receiving private calls or arranging escape plans, try not to use a shared or family cell phone because cell phone billing records and phone logs might reveal your plans to an abuser. Contact your local hotline program to learn about donation programs that provide new cell phones and/or prepaid phone cards to victims of abuse and stalking.

**10. Ask about your records and data.** Many court systems and government agencies are publishing records to the Internet. Ask agencies how they protect or publish your records and request that court, government, post office and others seal or restrict access to your files to protect your safety.

**11. Get a private mailbox and don’t give out your real address.** When asked by businesses, doctors, and others for your address, have a private mailbox address or a safer address to give them. Try to keep your true residential address out of national databases.

**12. Search for your name on the Internet.** Major search engines such as “Google” or “Yahoo” may have links to your contact information. Search for your name in quotation marks: “Full Name”. Check phone directory pages because unlisted numbers might be listed if you gave your number to anyone.

Created 2003, Revised 2004, 2005. **Safety Net: National Safe & Strategic Technology Project**

at the National Network to End Domestic Violence [www.nnedv.org/SafetyNet](http://www.nnedv.org/SafetyNet)

# VOLUNTEERS OF THE QUARTER: TOOLS FOR CHANGE CAMPAIGN COMMITTEE



From Left to Right, Bottom Row: Rachel Piltch, Erin Johnson  
Middle Row: Kimiko Kuroda, Amy Peterson, Leigha Bolduc, Maria Zamudio  
Top Row: Rani Apodaca, Alena Donovan, Hathor Hammett  
Behind the Camera: Renée Bergan  
Committee members not pictured: Andrea Guerrero, Jennifer Baker, Juan Arredondo,  
Darah Tabrum, and Sarafina Tabrum

SBRCC is pleased to honor the “Tools for Change” Campaign committee as the Volunteers of the Quarter.

This dedicated committee formed in December 2006 to craft a sexual violence prevention campaign in honor of April, Sexual Assault Awareness Month. They created a creative, strategic campaign called “Tools for Change: *Building Lives Free from Sexual Violence*,” which focuses on empowering Junior High School youth to create safer school environments and healthy relationships based on equality and respect.

The committee designed a multifaceted campaign to help dismantle rape culture and stop youth sexual assault before it starts. They kicked off the campaign with an assembly at Carpinteria Middle School featuring a spoken word performance by award-winning poet, Ishle Park. The committee created 500 Youth Toolkits containing sexual violence prevention materials, including an “Alternative Dictionary” that encourages youth to explore how their language contributes to harassment and inequality, as well as a collection of positive songs that serve as alternatives to mainstream music that often glorifies sexual violence. Committee members distributed the toolkits during a series of workshops that reached every student at Carpinteria Middle School, as well as other youth throughout our community. They provided a presentation and informative toolkits

for parents to talk with their teens about sexual violence prevention, as well as materials for teachers and administrators to create positive change throughout the campus community. The committee designed striking visual displays for the campaign that were exhibited at Carpinteria Middle School and the Santa Barbara Public Library. Finally, committee members gave numerous radio and television interviews about the Tools for Change campaign. And, just as importantly, the committee had a lot of fun and formed awesome new friendships while working together!

SBRCC extends our deepest appreciation to this passionate, creative, and dedicated collective. Thank you for imagining a world where youth grow up free from sexual violence and oppression, and thank you for your powerful efforts to transform this vision into a reality.

# **ANNOUNCEMENTS**

**MONTHLY ADVOCATE MEETING:**  
**MONDAY, JUNE 12, 2007, 6:00-8:00 P.M.**

All, current advocates who are on the hotline especially **must** attend the advocate meetings. I do understand that many of you are busy and are not able to make it to the meetings. However, it is important that you communicate with me in order for you to do alternative activities to receive your mandatory in-service hours. The advocate meeting for this month will focus on working with challenging clients on the hotline. Also, I want to let you all know that you each do great work and I appreciate the commitment you have made to SBRCC.

*~Yesenia Curiel, Crisis Intervention Coordinator*

**Want to Share Your Experience as an Advocate?**  
**Be on the Advocate Panel!**  
**Tuesday, June 26 at 6:15pm at SBRCC**

Whether you've been an advocate for a long time or just a little while, we want to hear from you! This is open to all certified volunteers, not just those who work on the hotline!

The goal of the Advocate Panel is to give trainees an opportunity to hear about real experiences from the Advocates who volunteer at SBRCC. Some possible topics include:

- how you participate as a volunteer (Advocate on the Hotline, Speaker's Bureau, Long-term Counselor, Crisis Counselor, SAAM volunteer, etc.)
- tips for the Hotline and In-person Crisis Counseling
- suggestions for how to handle difficult audience members when giving a presentation
- personal experiences (the good, the bad, and the ugly) you've had while volunteering and interacting with clients
- initial fears or concerns you had when you began as an Advocate
- how you take care of yourself
- valuable things you've learned
- suggestions for new Advocates

These ideas are just to get you started, and you may share any experience or advice that you think will be beneficial for the new Advocates.

Please contact Katie Vasquez at 963-6832 x 19 or [katie@sbrcc.net](mailto:katie@sbrcc.net) to sign up!

<p style="text-align: center;"><b><u>DONATE OLD CELL PHONES</u></b></p>
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Did you know you can support SBRCC by donating your used cell phones? The agency receives a financial contribution for each phone we collect, so please tell your friends and family to drop off their old and tired cell phones at our office.