



CrossRoads

Sexual Assault Response and Resource Center

The Power of Knowledge: Community Education at CrossRoads

Community education is such a vital and exciting part of CrossRoads! I really enjoy going out into our community and educating people on sexual assault prevention. I have had the pleasure of working with grades K-2 in our elementary schools, grades 6-8 in our middle schools and grades 9-12 in our high schools. I have also had the pleasure of working with the Burlington Housing Authority summer program and the Salvation Army Boys & Girls Club summer program. When I present the elementary school curriculum, the children get to interact by looking at a series of pictures and calling out answers and using red flags for bad touches and green flags for good touches. I am teaching the children about emotions, good and bad touches, strangers, staying safe and what to do if they think they ever are getting a red flag touch. By the end of the presentation, the children know that they can Say No, Get Away and Tell a Helper if they ever get a red flag touch. In the middle schools, not only do I present to the health classes, I also have an eight week long girls' group that I teach. This specialized curriculum allows the girls to discuss various topics that include sexual assault prevention, healthy relationships, self-esteem, body image, eating disorders, body mutilation, values, goals, violence, harassment, gender roles and resolving conflicts. My goal this year is to reach as many people as possible and to start a girls' group at the high school level as well. I also service adult education for our community. Some of the adult programs I have presented to are UNCG master's psychology program, UNC Horizons program, Alamance Community College and Elon University. I also participate in health fairs for the City of Burlington, City of Graham, Alamance Regional Medical Center, the Burlington Royals and various businesses in our community. I really enjoy presenting to churches, civic groups, clubs and businesses. If you are interested in having me present to your group or business, please feel free to contact me at (336) 228-0813 and I will be glad to meet with you, go over the curriculum and schedule a good time for the presentation. I believe there is power in knowledge. By educating our community, the people are gaining the power to say enough is enough. I look forward to continuing my journey with CrossRoads and our community! Thanks for all of your support!!

Mandy McGill

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Survivors of Childhood Sexual Abuse

Adults who encounter memories of childhood sexual abuse often feel that they are alone. Today more adults are acknowledging the fact that they were sexually abused as children and as a result still suffer from the aftereffects of the abuse. Survivors may find themselves having trouble sleeping or excessive sleeping, nightmares, lack of trust, shame, powerlessness and much more. It is true that sometimes children will not remember the abuse until they become adults and begin having feelings of hopelessness. They have chosen to repress the memory of the abuse as a coping skill. It is possible to heal! A support group for survivors of childhood sexual assault will help facilitate your working through your emotional pain, the aftereffects of the abuse and offer support as you continue your healing process. It will help foster an environment for a survivor to share their feelings, to gain support and to give and receive encouragement.

Crossroads is offering a closed eight-week support group for Women Survivors of Childhood Sexual Abuse that will facilitate sharing and support among group members.

When: Tuesday's beginning September 30th through November 18th.

For more information, please call Crossroads Sexual Response and Resource Center at 336-228-0813 and ask for Cheryl or Danielle.

Upcoming Events

Sept.22—Children & Teen therapy groups

Young Ladies (ages 8-12)
Teen Girls (ages 13-18)
Young men (ages 12-18)

Sept. 23-26 Orientation for New Volunteers. Call CrossRoads for further details.

Sept. 28 –Make a Sundae, Make a Difference HomeBuilders Shelter at City Park from 2 until 4

Sept. 30 –Adult Support Groups

Sept 30 –Volunteer Training begins. Call CrossRoads for further details.

Oct 9 - We will begin selling beautiful, fresh-cut wreaths and garlands from the NC mountains

Yes, I want to help end and prevent sexual violence!

I am enclosing my gift in the amount of:

_____ \$1000 _____ \$500 _____ \$250 _____ \$100 _____ \$50 _____ Other\$ _____

Name: _____ Phone: _____ Email: _____

Address: _____ City: _____ State: _____ Zip: _____

This gift is in the honor of: _____ /in memory of: _____

Please send acknowledgement to:

Name: _____ Phone: _____ Email: _____

Address: _____ City: _____ State: _____ Zip: _____

Please contact me about volunteer opportunities

***We are a 501 (c)(3) non-profit corporation. Your gift may be tax deductible according to the IRS guidelines.**

Please make checks payable to: CrossRoads



Lessons of Pain



"It Shouldn't Hurt To Be A Child"

The school I went to was very bad. It taught me how to not trust and how to be sad.

I learned all about getting touched, by someone I loved very much.

Even then I knew it wasn't suppose to be, all the while no one ever protected me.

This was one of the first lessons I got. How wicked it felt; how wrong I thought.

My schedule was very simple you see. All day I didn't tell; at night my dad molested me.

Once I told another teacher who happened to be my mom. She said he won't do it again, he's sorry, and on, and on.

Every year class stayed the same. Stuffing my feelings, thinking I am to blame.

Until I met a girl who went to the same school. Her brother was her teacher and very cruel.

She told me I'm suppose to tell my mom to help me. "There are places where people talk to you and me."

They help you learn it's not your fault and let you cry about the things you

were taught.

But wait this isn't where my story ends. All that therapist wanted to talk about was my friends.

So again I quieted all my pains. I was older so my dad didn't do those things.

I studied how to hate the ones I love. I even grew angry at our God above.

A few years later I was even smarter. I turned into my teachers "REBELLIOUS DAUGHTER"

Everyone thought I was a bad girl. I wished they could have lived in my world.

I had a baby boy at seventeen. I loved him but I didn't love me.

That's when I took my final course. I let him with his dad and went full force.

I learned all about drugs and sex. Got raped and beat, had no self respect.

Then one day I said okay; called my dad and he was on his way.

Just to find out my sister had started school. I wanted to believe him; I was a fool.

My brother and I were upset. We told my dad he could not get away with this.

CPS made him move out and we all went to a CAC. I met someone and they are helping me.

Two years ago I started a new school. Learning how to live and love healthy is the rule.

Today I am close to my son. I also have fallen in love with someone.

I'm trying to change all I've learned. I'm not mad at God; I know he's concerned.

That bad school lasted 23 years. So sometimes it brings a lot of tears.

I know it will be a while before I'm well. There are many like me with that same story to tell.

Children's Corner

Helping People Word Scramble

After unscrambling the following words you will find a list of "helping people". If you ever have a problem or feel uncomfortable about something it is important to tell someone **you** trust. The people you trust and can talk to are your "helping people". Unscramble the following words, then use the letters that replace the question mark (?) to find the message below!

1. OUNCELORS _ _ _ _ ? _ _ _ _ _
2. EATHCRE ? _ _ _ _ _
3. RANGDARPNEST _ _ ? _ _ _ _ _ _ _
4. YFAMIL _ _ _ _ _ ?
5. TORPAS _ _ ? _ _ _
6. OLCEIP NAM _ _ _ _ _ _ _ ? _
7. FATHERA ? _ _ _ _ _
8. OCTDRO _ _ _ _ _
9. OHTMER _ _ _ _ ? _

_____ !



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Volunteers

CrossRoads relies on dedicated volunteers. Each year we host 2-3 trainings for those interested in working with the agency. After volunteers complete this intense crisis intervention and community education training, they begin staffing our 24-hour crisis line, providing community education presentations, and assisting with agency events. Without volunteers we would not be able to fulfill our mission in the community.

We currently have 21 wonderful volunteers serving in our programs. They are: Alex Cashion, Ashleigh Robertson, Ashley Day, Avra Stackpole, Beve Smith, Blanca Leon, Christine Fitzpatrick, Claudia Patterson, Danita Warren, Emily Paradowski, Erica Trollinger, Erin Callihan, Jennifer Pitts, Kasey Joseph, Kayla Rodrigues, Kelly Harrington, Kourtney Cloak, Kristina Burnett, Rachel Kaplan and Sarah Pugh.

We would like to thank each of you so much for your time and dedication to CrossRoads.

For more information about our volunteer programs and training please call our office at (336) 228-0813.

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