



"Speak up for those
who cannot speak for
themselves..."

(Proverbs 31:8)

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SpeakingOut News

December 2010

SpeakingOut

against Child Sexual Abuse, Inc.

(A 501(c)(3) Non-Profit Organization)

Child Sexual Abuse Awareness & Prevention

We also Touch on Healing!

SpeakingOut on Behalf Of

All Children who have ever been (Child & Adult Survivors),
are being or will be sexually abused.

Primary Purpose

Raise Awareness on Child Sexual Abuse in an effort to
Aid in the Prevention of this Horrific Crime

Vision

Raise Awareness all Across America

Primary Focus

On the Home (Parents & Grandparents)
"Child Safety begins at Home"

Other Focal Points

Churches, Daycares/Caregivers, Schools
& Anyone who works with/around Children

Available For

Speaking Engagements
Awareness/Prevention Workshops called "A Safe Place"
Information Table Set Up

Presented From

Parent's Perspective and in some areas, a Survivor's Perspective

"In October 2010, Susan came to speak at our annual Nursing In-service for about 100 RN's. The topic on childhood sexual abuse had been requested several times and our committee was very impressed with SpeakingOut's website. Susan's presentation received many positive comments including; "really enjoyed, one of the best in-services, would definitely recommend this speaker to others, well prepared and very knowledgeable". The content was delivered in a manner that not only provided detailed statistics and education, but also compassion and awareness that this topic needs. Anyone working in the medical field should attend. It has given us the ability to not be afraid to ask questions and properly refer anyone that has been affected by this horrible crime. The brochures and posters available on the website are great resources that we plan to have available in our clinics." ~Michele Weatherbie, East Tennessee Regional Health Dept., Chair of Nursing In-Service Committee (10/15/10 Nursing In-Service, Knoxville, TN)

Making a Difference in 2011

Child Sexual Abuse Awareness & Prevention is imperative for the safety of children of all ages all across America. Every time any Adult (Parent, Grandparent, Teacher, Caregiver, Healthcare Professional etc...) gets educated on this topic, they have the opportunity to walk away with knowledge, confidence & the tools needed to join in the fight against Child Sexual Abuse. Parents and Children alike need to know the dangers out there. Unfortunately, we do not live in a society where we can just ignore this crime.



It is estimated that...

1 in 5 Boys & 1 in 3 Girls



will be sexually violated in some way by the time they turn 18 years old.

**The Sexual Abuse of a Child, regardless of their age, is the
*Ultimate Violation & Betrayal of a Child***

It is also a Crime!

***Each & Every Child Matters;
worth our Time, our Efforts & even our Money***

**As a Non-Profit Organization, we rely on Caring People Like You to work toward our Mission;
Your Charitable Contributions allow us to continue to move forward in the fight against this crime.**

We would like to thank each & every person, group & agency who has provided support in 2010, as well as prior years. We could not have accomplished all that we have since March 2008 without your support. There is still so much to be done; we have only begun to scratch the surface of this horrific crime in America! But we cannot do this alone. In order for us to continue fighting against the sexual abuse of innocent children,

We Need Your Support in 2011.

Regardless of whether you can commit to \$2 a month, \$5 a month, \$10 a month or more...

Every dollar YOU contribute helps us continue working toward our Mission.

There is no \$\$\$ amount too large or too small.

MAKE YOUR 2011 PLEDGE TODAY!

TOGETHER...

***We Can Make A Difference in the Lives of Children,
as well as in the lives of Adult Survivors of Childhood Sexual Abuse!***

2011 SpeakingOut Pledge Form

2011 SpeakingOut Pledge Form

Yes! I would like to join in the fight against Child Sexual Abuse in America... Stop Child Sexual Abuse!

Name _____

Company _____
(if applicable)

Address _____

City/State _____

Zip Code _____

Phone _____

Email _____

My 2011 Monthly Pledge of:

_____ \$2
 _____ \$5
 _____ \$10
 _____ \$20
 _____ \$_____ (Enter Amount)

My 2011 One-Time Donation of:

_____ \$_____ (Enter Amount)
 _____ \$20
 _____ \$50
 _____ \$100
 _____ \$500

Simply fill out the Pledge Form & send in...

⇒ Scan/Email to susansd@speakingout-csa.com
 ⇒ or Mail to SpeakingOut, P.O. Box 5826, Oak Ridge, TN 37831

Thank You for Your Support!
We look forward to Making A Difference
in 2011 with your help.



My 2011 Monthly Pledge or One-Time Donation will be sent via:

_____ Check/Money Order by Mail made payable to SpeakingOut; P.O. Box 5826, Oak Ridge, TN 37831

_____ Online at www.speakingout-csa.com; PayPal Donate Button

Message to Adult Survivors

You Don't Have to be a Victim any longer... CHOOSE TO BE A SURVIVOR

"Those who created yesterday's pain do not control tomorrow's potential..."

IT WAS NOT YOUR FAULT!

Regardless of how old you were, regardless of how long it went on & regardless what your abuser or anyone else has ever told you, it was not your fault. You were a CHILD! You were taken advantage of by someone in authority over you. Your innocence was stolen from you...stolen being the key word. The only shame in that is that of your abuser. Do more than just hear these words...

Believe with all your heart that it was never your fault.

There was nothing that you did to cause your abuse. There was nothing wrong with you why you were picked out. It is as simple as this... the Abuser either had access or gained access to you. The molesting & raping of children is their (the abuser's) issue; a choice they made. You did nothing wrong. So when you question why you, why you may not have told anyone or why you didn't or couldn't stop them, remember that you were just a Child.

HOW TO DO MORE THAN "JUST SURVIVE"

Reveal the Truth

Uncover the Crime committed against You when you were a Child. Don't keep it a secret any longer. There's No Shame in it for You, regardless of how it may feel. Again, You Were a Child... an Innocent Victim.

Talk About It

There is Healing in being able to talk about the violation You endured as a Child. Find that person or group that you feel safe with & trust to discuss your Abuse openly. The purpose is to face what happened to you & move forward. Because of the sensitivity of this topic, if you fail to find that right person/group at first, try again. There are people out there that are willing to listen. YOU ARE NOT ALONE!



Seek Professional Help

(If Needed/As Needed)

Support Group, Therapy, etc...

You can also do your own Research to find the right avenue for You.

For example, you may want to talk to your Pastor about local resources.



Do Something About It!

Get Involved in the Fight against Child Sexual Abuse... Whatever that means for you.

Help break the cycle of this horrible crime.

Truly Heal, Overcome & Conquer

Society (People) have misused, abused & distorted sex in just about every way possible. One of these ways is by the Molesting, Raping & Exploiting of Children. It was never meant to be used as a weapon against anyone, especially innocent children.

"You intended to harm me, but God intended it for good to accomplish what is now being done..."

(Genesis 50:20)

Recent Events

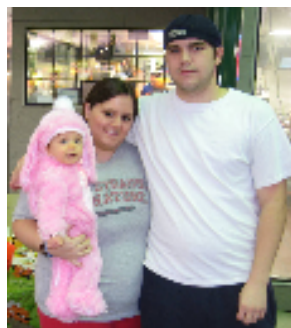
200 Male Adult Survivors SpeakingOut about Childhood Sexual Abuse

Far too many people believe that Child Sexual Abuse primarily affects girls, when in reality it affects multitudes of boys as well. No child, whether boy or girl, should ever have to deal with such violations. On November 5th, 200 Male Adult Survivors of Childhood Sexual Abuse stood up together on the Oprah Show to speak out about the abuse they endured as children. Then on November 12th, these men talked more in-depth about how they were violated, by whom, how they felt as a child, how the abuse they endured has affected their lives and relationships, etc... At SpeakingOut, we are so proud of the 200 Men who decided it was time to go public in an effort to raise awareness, encourage other men to come forward and to either begin and/or continue on the road to Healing... to conquer the sexual abuse they endured during childhood. If you did not get a chance to watch the show on November 5th & 12th, be sure to visit oprah.com to watch online.

More Information on the Sexual Abuse of Boys coming in the January 2011 Issue of SpeakingOut News.

Sonic Halloween Party

SpeakingOut participated in this event that was held at Sonic of Oak Ridge located 608 Oak Ridge Turnpike from 5 – 9 pm on October 31st. While Sonic handed out a SpeakingOut business card with every food/drink order, SpeakingOut handed out candy to the kids & took pictures for the costume contest. It was a safe & fun event for the kids with 1st, 2nd & 3rd place winners of the costume contest. We would like to thank Sonic of Oak Ridge for inviting us to participate and for donating 10% of the net sales from the event. We appreciate your support and look forward to continuing our relationship in the coming year.



Radio Program on Community Issues

The President/Founder of SpeakingOut has been invited to be a guest on an upcoming Radio Show in Alexandria, LA. This will be another wonderful opportunity to talk about Child Sexual Abuse Awareness & Prevention. If you reside in the State of Louisiana, be sure to tune in....

Wednesday, December 22nd

1 - 2 PM (Central Time)

KAYT-FM 88.1

The Heart and Soul of CentLA

Sponsor of This Month's Newsletter



Divine Splendor Coaching, LLC

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Oak Ridge, TN 37831

Ph: 865-308-5460

Fax: 888-662-4439

Email: Helen@divinesplendorcoaching.com

Website: <http://www.divinesplendorcoaching.com>

Helen D. Wix

Certified Life and Spiritual Coach

Reiki Master Practitioner

**ARE YOU A SEXUAL ABUSE SURVIVOR?
HAVE YOU TRIED TALK THERAPY BUT STILL ARE NOT WHERE
YOU'D LIKE TO BE IN LIFE?**

**BE A THRIVER, NOT JUST SURVIVOR!
LIVE THE LIFE OF YOUR DREAMS!**

To find out how, visit <http://www.divinesplendorcoaching.com>

Become a Sponsor of SpeakingOut News

Advertise in SpeakingOut News for only \$10....

**Advertise Your Agency or Company,
An Upcoming Event, Your Book, etc...**

For a \$10 donation, you can become a Sponsor of one month's issue of SpeakingOut News. This in turn allows you the opportunity to place an ad in our newsletter. Advertise one time, monthly or periodically... you decide. SpeakingOut News is generally distributed by the end of each month, or the very beginning of the month for that month's issue.

Your Donation & Ad must be received by the 20th of each month.

Approval of your ad is required & must be obtained from SpeakingOut prior to placement.

Email your Ad today to request approval & become a Sponsor of SpeakingOut News.

AKA SpeakingOut

SpeakingOut

against Child Sexual Abuse, Inc.

(A 501(c)(3) Non-Profit Organization)

Susan Suafoa-Dinino

(President/Founder)

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P.O. Box 5826

Oak Ridge, TN 37831

Visit Our Website...
www.speakingout-csa.com

Follow Us on Twitter...
www.twitter.com/speakingoutcsa

From All of Us at
SpeakingOut,

MERRY CHRISTMAS

&

HAPPY NEW YEAR

Have a Wonderful & Safe
Holiday Season!



Great Holiday Shopping Ideas
coming soon. Be sure to look
for our email coming next week.

Open Volunteer Position

If you or anyone you know are interested in serving as a Director on our Board of Directors, please contact us today. We currently have 1 open position that we are looking to fill to add to the four Directors currently on Board.

Board of Directors

Susan Suafoa-Dinino

Gayle D'Ambrosio-Crabtree

Tom Shope

Helen Wix (Newest Member)

Other Board Members

Lisa Bowling (Officer/Secretary)

Non-Board Member Volunteers

Susan Otto (Administration)

Kathy Ely (Accountant)