

April 2009

Abril el mes preventivo...April is Sexual Abuse Prevention Month

Sexual assault is more common than we think:

- Every minute and a half somewhere in the US, a person is sexually assaulted
- 1 of every 6 women in America are victims of sexual assault and 1 in 33 men.
- About 44% of the victims are younger than 18 and 80% are younger than 30.
- 60% of sexual assaults are not reported to the police.
- 73% of victims know their attacker.

How to protect yourself against sexual abuse:

- Know beforehand your wishes and sexual boundaries. Know what is ok for you and what is not ok.
- Be clear with the person that you are with about what those boundaries are.
- Be alert to warning signs.
- If you aren't sure about going out again, instead of going alone, go with a group of friends.
- Don't go alone in a car with someone you have just recently met.
- Be careful about the use of alcohol and drugs.
- Don't let anyone pressure you into having sex.
- Trust your instincts. If you feel uncomfortable in a relationship, get out of it.
- Be careful about "rape date" drugs. Don't accept drinks from open bottles and don't leave your drink unattended.
- Stay in well-lit streets.
- If possible, have a cell phone.

Sexual assault leaves a devastating impact on its victims and our communities. To learn how to protect yourself and how to survive an assault, contact an organization that works against sexual abuse. Local organizations are listed.

Visítenos en el internet...Visit us on the internet www.conexioneslatinas.org

Nuevo video en español...New Video in Spanish from the State Bar of Wisconsin that offers training for Latinos who have to do a deposition

The State Bar of Wisconsin has prepared an educational DVD in Spanish on how to prepare for a deposition and has presented copies to Centro Hispano in Dane County. The DVD can be viewed or borrowed from Centro Hispano by calling them at 608-255-3018.

El laboratorio Winther... Winther Lab

Do you have problems? Don't know what to do? Need to talk to someone? Winther Lab can help with counseling. You can make an appointment and talk about your problems and options for having a healthy life. Please make an appointment. The consultations are free, confidential and open to the community. The lab has graduate students who are working towards their Masters degree. To make an appointment or receive information call 262-472-2842 Monday through Friday from 12:00 pm to 5:00

pm. We speak Spanish, but if a bilingual person isn't available we will ask your name and phone number. Later we will return your call. You can also leave a message in Spanish. We are located at the UW Whitewater on Prairie Street, Winther Hall, Room 3002F.

Feria de la Comunidad...Community Fair

ULFC invites everyone to participate in a Community Fair on Saturday, May 16, 2009. Starts at 11:00 am at the Jefferson Country Fair Grounds Activity Center, 503 N. Jackson Avenue, Jefferson

Exposición a la Sílice...Risks of Silica Exposure

This article from OSHA explains what silica is, what some of the dangers are, symptoms of silicosis, where construction workers may be exposed to silica, where industrial workers may be exposed to silica dust, what methods OSHA has set up for limiting silica exposure, and how to get more information about safety and health from OSHA. See the numbers at the end of the article.

Relaciones Saludables...Healthy Relationships vs. Unhealthy Relationships

In our life we have different relations with friends, parents, teachers, boyfriends and girlfriends. Remember that in a relationship the two people need to have a mutual understanding and work together on difficult questions. Nevertheless, sometimes relationship make one feel uncomfortable or in danger. Take a moment, review the following points and reflect on what kind of relationship you find.

Equality: Make decisions together

Control: Only one person makes the decisions and is very demanding such as telling you what to do, how to dress and who can be your friends.

Honesty: Share your feelings, thoughts, worries and fears with your partner.

Dishonesty: They tell you lies - hide things - are unfaithful.

Physical Safety: You feel safe and aren't afraid of being hurt.

Physical Abuse: They hit you.

Independence: Don't depend on the relationship to feel good

Intimidation: They threaten you saying "I'm going to leave you if..." Fear of expressing yourself, saying what you think because your partner will get mad.

Also speak with your children about healthy relationships.

- Show them that healthy relationships are based on respect, concern, confidence and the desire to help each other grow.
- Motivate them to choose friends that have the same values as your family.
- Talk with your children about the different ways in which boys and girls, men and women have physical contact when they are dating. Tell them what you believe is ok and not ok, and at what age.
- Help them understand the rules that exist with respect to physical contact before they have a boyfriend or girlfriend and help them know how to tell their boyfriend or girlfriend what those rules are.
- It's very important to talk with your children at an early age and frequently.
- Be sure your children know what it means to have oral, vaginal or anal sex. Remind them that waiting until marriage is a health decision.

Se Ofrece Terapia...Therapy in Spanish Offered

Have you searched for counseling in Spanish and not know where to go? There is an office in Delavan that offers counseling in English and Spanish. It is called "Heartfelt Conversations." It serves those who only speak Spanish or don't have insurance that covers mental health.

The office is located at United Church of Christ 123 E Washington in Delavan. It is open Thursday, Friday and Saturday afternoons. The cost is affordable. It is asked that the client offer what they can between \$0 and \$20. The maximum that is accepted is \$20.

The service offers treatment of adults with depression, anxiety, trauma, etc. There is also help for couples needing marriage counseling and for families. If there are problems with children, the office prefers to work with the parents to teach them how to treat the children.

Mr. Richard Broach is the therapist. He has a Masters in Community Counseling from UW Whitewater and his license as a Professional Counselor from the State of Wisconsin. He has worked with the Latino community for 30 years. He learned Spanish mainly in the Caribbean and says his accent is "Caribbean-gringo". Also, he was a Catholic priest for 24 years and now is pastor of United Church of Christ for 4 years.

If you are looking for counseling, call 262-215-7280 and leave a message. He will call you back as soon as possible to arrange an appointment.

UMOS Programa de Inmigración... UMOs Immigration Program

Immigration services are going to be offered at a reduced rate. The fee will be based on the client's income. The mission of the UMOs immigration program is to give power to our clients through: education, mediation, and legal representation. Priority will be given to migrant farm workers and ex-migrant farm workers. To make an appointment call Ramona or Alma at 608-249-1180.