



Fall 2018

# STANDINGSTRONG

Blackburn Center News

## **BUILDING OUR FUTURE: How Changing Expectations for Boys Can Reduce Gender-Based Violence**

How many times have you heard the phrase “boys will be boys,” or “man up”? If you are like most people, you have likely heard them more times than you can count. While these phrases may seem innocuous, they — and others like them — can have a serious impact on kids, both in terms of how boys view girls and for boys’ own mental and physical health.

The way that boys are often socialized in our culture can lead to a host of problems later in life. Many boys are encouraged to not cry, or to only express their emotions through anger or aggression. As they grow older, this can lead to mental health issues. It may be why adolescent boys and adult men have an increased risk of self-harming behaviors, depression, anxiety, and aggressive attacks on others. According to the Centers for Disease Control and Prevention (CDC), the suicide rate is four times higher in men than women — a fact that may be attributable at least in part to how our culture expects men and boys to never show weakness or seek help. By itself, a failure to talk about feelings can be dangerous to your health. A Harvard School of Public Health study found that men who suppress their emotions are 33 percent more likely to die prematurely than people who regularly express what they are feeling.

In addition, the same cultural norms that teach boys that it isn’t OK to cry often teaches them (directly or indirectly) that girls are inferior. For example, boys might be told to “stop being a girl” if they cry, or that they “throw like a girl” if they aren’t good at sports. As they grow up, they are often encouraged to prove their masculinity by being sexually aggressive with young women, or to view women as sexual objects. This can translate into boys and young men viewing girls and women as less than equal — which can have lifelong consequences.

When boys are raised with the belief that girls are not equal and that feminine traits (like showing emotion or crying) are bad, it can lead to the gender-based violence that is so prevalent today. For example, the #MeToo movement has exposed a shocking level of sexual assault and harassment in the workplace. Would the men committing these abuses be doing so if they believed that the women they victimized were their equals? Most women have experienced some form of workplace sexual harassment or unequal treatment. Much of it can be traced directly back to a belief that women are inferior, or that they are sexual objects to be dominated by men. This attitude starts in childhood, with the way that we talk to boys.

At Blackburn Center, we believe that by changing social norms, we can end gender-based violence. That is why primary prevention has been a focus of our community education for more than a decade. We know that it is important to end these toxic gender norms, both for the sake of ending the violence AND to help boys lead healthier, happier lives. Research shows that the attitudes taught in childhood can have a long-term impact. By working to change the way that kids think in a more positive way, we can build a brighter, violence-free future.

**If you, or someone you know, needs Blackburn Center’s services, call the 24/7 Hotline: 724.836.1122 or 1.888.832.2272.**

**All of our services are CONFIDENTIAL, can be ANONYMOUS and are offered at no charge to clients.**

- 24/7 Hotline
- Shelter for Victims of Intimate Partner Violence
- Counseling and Therapy
- Medical and Legal Advocacy/ Accompaniment
- Support Groups
- Education & Prevention Programs

### MISSION STATEMENT

Blackburn Center advocates for the rights of all individuals to live free from domestic and sexual violence and other forms of violence by eliminating root causes and providing for the well-being and safety of survivors/victims.



## GROWING COMMUNITY EDUCATION OPTIONS

Throughout the year, we have been exploring the idea of how we can help break down some harmful gender stereotypes through our education programs. In the 2017-2018 school year, our education and prevention team reached over 14,000 students and teachers. This summer, our team has expanded our primary prevention lessons on the topic of gender norms. For the past several years we have offered an early elementary school lesson examining gender stereotypes. We use the story book "Princess Grace" and a "Superheroes and Princesses" activity to introduce the concept of gender stereotypes, and to encourage students to examine narrow definitions of what it means to be a boy or a girl. By the end of the lesson, student responses are much more inclusive.

We recently developed another elementary level program on gender stereotypes, which was piloted through the

Greensburg Hempfield Area Library and the Greensburg Partial Hospitalization Program by Centerville Clinics. Using two storybooks, "Red" and "Amazing Grace," the children participated in interactive activities designed to help them think critically about our ideas of what is considered "boy stuff" and "girl stuff." One activity involved asking kids to sort common toys into a "boy circle" or a "girl circle." Through discussion and asking simple questions (like about who plays with what), the circles intersect more and more, until just about everything ends up in the common "kids" circle in the middle.

Through this activity and others, we hope to encourage kids to think beyond what is marketed to them and the harmful messages that they may receive about what is expected of them as boys or girls. In these ways, we believe that our children can grow up in a violence-free community!

## 2018 ALL OCCASION CARD

*For 19 years, Blackburn Center has offered a meaningful way to mark important occasions and celebrate special people in your life through our Special Occasion Card.*

*For each \$25 gift to Blackburn Center, we sent a card to the person specified and included a personal message inside the card. Please consider this way to touch the lives of thousands of people in our community as you touch the lives of those you honor.*

### In MEMORY of

Joann Cazden  
Ginny Chedrick  
Viola Cote  
Doretha Dickey  
Rosalind Douds  
John P. Gercher  
James, Shirley, Jeffrey and Julie Hayek  
Clara Hoffman  
Alma R. Hood  
Catherine Lekawa  
E. Jane Marchand  
Andrew Markus  
Rosalie Panebianco  
William R. Pfouts  
Mary Louise Truxal

### In HONOR of

All brave people  
All domestic violence victims  
Vickilynn Barnot  
Jackie Bevilacqua  
Becky Campbell  
Len and Judy Caric  
Peg Carpenter  
Julie Ebersole  
Jean McKenna  
Carmella Neil  
Hannah Stackawitz

### BY

Roger Cazden  
First Presbyterian Church Women-Irwin  
Anonymous  
Rev. Linda Landers  
Richard Douds  
Anonymous  
Joelyn Aukerman  
Jackie Timko  
Patty Queer Bogdan  
Nancy A. Smith  
Joan M. Vernail  
Anonymous  
Beth Iezzi  
Kathryn J. Pfouts  
Darlene Delaini



### BY

Cheryl McCabe  
Westmoreland County Assistance Office  
Kitty Hricenak  
Lori Balawajder  
Anonymous  
William and Lorraine Burke  
Rob Carpenter  
Betsy Borza  
Ernie, Ann, Jake, Sam and Gina Emmerling  
Patricia Neil  
Jan Stackawitz

### GENERAL

Anonymous  
James and Peggy Bash  
Nancy Boyer  
Mr. and Mrs. W. Barry Brautigam  
Calvary Lutheran Church-Murrysville  
Charter Oak United Methodist Women  
Michael and Maureen Crevak  
Pat and Nancy Cummerick  
Deborah Ann Dalesandro  
Deanna Della Vedova  
Melissa Fassio  
First Church of the Brethren of Ligonier –  
Women's Fellowship  
M. Darlene Frederickson  
Robert Gelman  
Timothy and Suzan Gingery  
John Goettlicher  
Richard Gray  
Rebecca Henry  
Eileen E. Katter  
Joanne Kaylor  
Dr. Herbert Kramer  
Christine Lee  
Mr. and Mrs. Joseph Moyar  
Joan Newill  
Edward and Victoria Oles  
Donald and Dana Park  
Catherine Reeves  
Christopher Robertshaw  
Laurie Rosko  
Karen Smith  
Frank and Mary Stillman  
Dee Thomas  
Emil and Kathy Varnise  
Youngwood Lion's Club

## ANNUAL REPORT SERVICE NUMBERS: Fiscal Year 2017-2018

- 3,912 nights of shelter
- 8,928 hours of counseling/therapy
- 2,174 Legal accompaniments
- 194 medical contacts with victims
- Over 14,000 students and teachers participated in 1,551 education programs
- 197 trainings to 5,293 professionals
- We work on every college campus in the county

To reduce costs and environmental impact, we will be posting Blackburn Center's Annual Report on our website: [www.blackburncenter.org](http://www.blackburncenter.org). The full 2017/2018 report will be available for your review in November. Please let us know if you'd like a hard copy sent to you; call 724-837-9540, x144.

### Look at our List, and Check it Twice...

As the holiday season approaches, please make our needs list part of your holiday gift giving. Making a gift of items from the needs list, or donating the financial resources to purchase those items, helps us provide for the basic needs of individuals and families staying at our shelter. It is also a unique and wonderful way to honor someone special on your holiday list. Once you make your donation, we'll be happy to send a card acknowledging your gift on their behalf. Donating items helps to sustain the shelter program, and maintain the support groups the agency provides for women and children. Some of these items are made available to women and their children who are establishing their own homes and need support with basic household items.

Please put the items in bold at the top of your shopping list, and help Blackburn Center manage donations by bringing only new items. If you have used items to donate, the agency can provide a list of thrift shops in the area that make items available to Blackburn Center shelter residents at no cost to them

For more information about donation opportunities, contact:  
Blackburn Center  
PO Box 398, Greensburg, PA 15601  
724.837.9540  
[www.blackburncenter.org](http://www.blackburncenter.org)

## BLACKBURN CENTER NEEDS LIST

Items needed throughout the year for Blackburn Center's clients/shelter residents.

### KITCHEN

Aluminum foil  
Coffee (regular)  
Coffee creamer  
Cookie sheets  
Cooking oil  
Food items: any canned food, other non-perishables, etc.\*  
Glass baking dishes  
Kitchen towels & dish cloths  
Paper products: paper towels  
Paper towel holders  
Plastic pitchers  
Plastic wrap  
**Pots & pans**  
Silverware: service of 4  
**Skillets**  
Small appliances: **electric can openers, coffee makers, toasters**, mixers, etc.  
**Zip-lock bags:** 2 gallon, **2.5 gallon**, & quart size

\*Food items we especially need include: all kinds of soups, jelly, canned tuna, canned chicken and other meats, canned or bottled juices.

### BATHROOM

**Hair brushes**  
**Hair care products for women of color**  
Hair conditioner (full-size)  
Paper products: toilet paper  
Shower curtains & liners  
Toddler training toothpaste  
**Towels:** durable bath & hand towels and washcloths

### BEDROOM

**Alarm clocks**  
Baby monitors  
**Bed-in-a-bag sets (twin & full)**  
**Blankets – cotton (twin & full)**  
**Comforters (twin & full)**  
**Pajamas sets: summer-weight (No nightgowns, please)**  
**Women- small, medium, large, 2x**  
Children's sizes  
Boys – sizes 4-5  
Girls – sizes 5, 6, 8, 10, 12, 14  
Pillows - washable

### MISCELLANEOUS

60-watt lightbulbs, or equivalent  
Adult coloring books  
Borax  
**Brooms & dustpans**  
Colored pencils  
Diapers – size 5 & 6 only  
Duffel bags  
**Extension cords**  
Fabric softener sheets  
Flashlights  
**Gasoline cards (GetGo & Sheetz)**  
**Gift cards (Giant Eagle, Walmart Shop 'n Save & Target)**  
Laundry detergent  
**Mops**  
Mr. Clean Magic Erasers  
Outdoor garbage bags  
**Play-doh**  
**Square Sterilite laundry baskets**  
**Sweat suits:** small, medium & large  
Tool kits  
**Trac-Phones & cards**  
**Underpants:**  
Women's sizes 4, 5, 6, 7  
Boys' sizes L & XL  
Girls' sizes 6, 7, 8



# BlackburnCenter

Standing together to end violence.

PO Box 398  
Greensburg, PA 15601-0398

## Board of Directors

Sheila Confer, President  
Anne-Marie Welty, Vice President  
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Ruth Tolbert  
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Quatrini Rafferty, Solicitor

Nonprofit Organization  
U.S. Postage  
PAID  
Permit NO. 648  
Greensburg, PA

## PURPLE PURSE CHALLENGE

Each October, the *Purple Purse Challenge* unites nonprofits in a competition to raise funds for life-changing services to help domestic violence survivors. Held during Domestic Violence Awareness Month, the Challenge offers incentives and prizes that benefit Blackburn Center.

For the last five years, The Allstate Foundation has conducted its Purple Purse campaign to help more people understand domestic violence, the prevalence of financial abuse as part of the dynamics of domestic violence, and the promise of financial empowerment services to help end abuse. Blackburn Center is one of the 300 organizations in the US selected to benefit from this challenge.

Incentives will include a limited-edition leather purple purse designed by Serena Williams. Anyone making a *Purple Purse Challenge* donation to Blackburn Center of \$50 or more will be entered into a drawing to win this purse. There will be mini-challenges throughout the month to help us win the grand prize of \$100,000 from The Allstate Foundation. The first challenge will be the *Gear Up Bonus Promotion* beginning now until October 2. Every organization that has at least 3 team members join their Purple Purse Challenge fundraising team before the Challenge begins on October 2 at 12:00 p.m. ET will be entered to win \$500. **Help us win the first challenge by going to <https://www.crowdrise.com/o/en/campaign/blackburncenter-purplepurse2018> and join Blackburn Center's team!** And stay posted through that site for future opportunities to support Blackburn Center's mission! For more information, visit [PurplePurse.com](http://PurplePurse.com), or contact Joelyn at [joelyn@blackburcenter.org](mailto:joelyn@blackburcenter.org).

Blackburn Center is funded in part by United Way of Southwestern Pennsylvania, PA Department of Public Welfare funds, including Title XX and Act 44 funds, foundations and local contributions. A copy of official registration and financial information for Blackburn Center may be obtained from the PA Department of State by calling within Pennsylvania 1.800.732.0999. Registration does not imply endorsement.

## MARK YOUR CALENDAR FOR APRIL 2019



### Walk a Mile in Her Shoes®

The 9th Annual Men's March to Stop Rape, Sexual Assault & Gender Violence

Westmoreland County's WALK A MILE IN HER SHOES® event, sponsored annually by Blackburn Center, has become a signature opportunity for this community to raise our voices and challenge the culture of violence that fuels the incidence of domestic and sexual abuse.

Online registration information for the walk will be available via Blackburn Center's website soon!

## REMINDER...

### United Way Campaign

All Westmoreland County United Way agencies need your help, now more than ever. The stronger they are, the stronger we are. Please consider directing your contribution to the Community Impact Fund or to Blackburn Center. Blackburn Center's donor designation number is **382**.



United Way of Southwestern Pennsylvania  
United Way of Southwestern Pennsylvania serves Allegheny, Westmoreland, Fayette & Southern Armstrong Counties



October is Domestic Violence Awareness Month