



The Bystander Bulletin

Volume 11: Fall 2022

GET INFORMED: POWER-BASED PERSONAL VIOLENCE

CVIC

National Sexual
Violence Resource
Center

National Resource
Center on Domestic
Violence

National Domestic
Violence Hotline

Centers for Disease
Control and
Prevention

Autumn Leaves & Pumpkin Pies

Fall is here!!! I'm sure you all are impatiently waiting to celebrate Thanksgiving with your family and friends this season.

The trees appear resplendent in the golden sunlight and the leaves have begun to change color. The temperature is growing cooler and the days are getting shorter. It's time to spend cozy evenings indoor sipping warm beverages and eating comfort food.

Let us all try to do a fun proactive Green Dot this Fall. Here are some ideas. Paint a pumpkin and/or leaves green, wear a Green Dot pin at the pumpkin patch or bake green cookies for family and friends.



JOIN OUR
TEAM

Now you have the opportunity to join the Green Dot CORE Team and help end power-based personal violence in Greater Grand Forks and create a safer community for everyone.

Please visit the following link,
www.greendotggf.com/core-team

What is your Green Dot?

Share your proactive Green Dots with us, gopikal@cviconline.org, and have a chance to be featured in the next newsletter!

The CVIC 24/7 crisis line to support anyone impacted by violence. (701) 746-8900

Green Dot CORE-ner

Matthew Ternus, Prevention & Education Specialist from the Community Violence Intervention Center and Korrine Olson, RN Case Manager at Altru presented a sixty minute Green Dot Bystander Overview training to thirty staff members at the Ralph Engelstad Arena in Grand Forks on July 27, 2022.



Upcoming:

Prevention & Education Specialists Matthew Ternus and Gopika Kalugampitiya will be presenting a sixty minute Green Dot Overview Talk at Super Target in Grand Forks on October 3, 2022.

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THE DOTS



GreenDotGGF



@greendotggf



greendotggf.com

FALL
2022

Green Dot CORE-ner

Green Dot Trot 2022 presented by SCHEELS and powered by Gate City Bank was held on September 10, 2022 at the Greenway, Grand Forks. This year, we had 67 registrations, 22 virtual and 45 in-person. The event began with a welcome speech and a ninety-second Green Dot Overview delivered by Matthew Ternus.



We would like to thank our Green Dot Trot 2022 sponsors Grand Forks SCHEELS, Gate City Bank, Altru, Greenway Takeover Festival crew, HB Light & Sound, Visit Grand Forks, Texas Roadhouse, and Impact Nutrition. Thank you to CVIC staff and our Green Dot Trot volunteers for contributing towards making the Green Dot Trot 2022 presented by SCHEELS a successful event.

PROJECT
PARTNERS



October: Awareness Month

National Domestic Violence Awareness Month was launched in October 1987 to raise awareness about domestic violence and to connect individuals who require services with the organizations that provide assistance to victims and survivors of domestic violence.

It is crucial to identify domestic violence because of the seriousness and danger that can result. If we fail to identify domestic violence for what it is, it can endanger the victims by leaving them vulnerable to continued violence, result in an inappropriate response that is not trauma-informed, and not be able to hold individuals who are doing the harm accountable.

If you see harmful behavior, you can use the 3-Ds of Green Dot bystander intervention.

Direct: Do or say something yourself. For example, talk to two individuals who are engaging in an argument or check on someone you might be worried about.

Distract: Create a distraction to defuse the situation, such as accidentally spilling a drink or starting an unrelated conversation.

Delegate: Ask someone else to get involved, such as a Police officer. Ask for help of a trusted leader, a mentor or a supervisor.

No one has to do everything, but everyone has to do something.

LGBTQ History Month



LGBTQ History Month is an observance of LGBTQ history and a time to highlight the importance of civil rights movements in progressing gay rights.

We all know that power-based personal violence doesn't discriminate and that it impacts everyone regardless of race, gender or sexual orientation. LGBTQ+ communities experience violence at a similar or higher rate than heterosexual individuals. It is important for us as Green Dot bystanders to expand our knowledge on the subject and be an ally.

Click on the following link to learn more.

<https://pflag.org/allies>

KEEP IN MIND...

It is important to make self-care a part of our daily routine. It could be a simple act of having a cup of tea or coffee while watching an episode of your favorite TV show or engaging in a five-minute meditation session to calm your mind.

Here are some self-care tips.



- Go out for a walk, exercise, move your body.**
- Eat nutritiously.**
- Meditate/pray/reflect.**
- Write a gratitude journal.**
- Meet with family and friends who make you happy.**
- Get enough sleep.**
- Engage in a hobby.**



The Dot Docket

September

National self-care awareness month

October

LGBT History Month

National domestic violence awareness month

October 3

Bystander Intervention Training at Super Target

October 7

Tabling at Super Target for domestic violence awareness

Interested in a Green Dot
60 or 90 Minute Overview?

Email Gopika at
gopikal@cviconline.org
for more information.



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