

THE BYSTANDER BULLETIN



Issue 2: Spring 2020

GREEN DOTS OF THE MONTH

"I had a conversation with my family about violence prevention."

"I talked to a friend about the warning signs of an abusive relationship."

"I sat down with a friend and gave them a thorough overview of Green Dot."

"I saw a man pushing drinks on an overly-intoxicated woman so I stepped in and got her water and made sure she had a safe ride home."

Welcome!

Happy Spring, Green Dot Greater Grand Forks!

We hope this newsletter finds you safe and healthy amidst the craziness of the world today. From social distancing to working remotely, school closures to quarantine, our community and world continue adjusting to a new normal. Despite these unexpected changes, one thing that remains the same is Green Dot Greater Grand Forks' commitment to preventing violence and promoting safety for all people in our community.

OUR GOAL IS TO MAKE GREATER GRAND FORKS A PLACE WHERE VIOLENCE IS NOT TOLERATED, AND WHERE EVERYONE DOES THEIR PART TO KEEP EACH OTHER SAFE.

Prevent with Proactive Green Dots

Even if you never see red dots happening, there are green dots you can do every day. We call these proactive green dots, which are things we can do and say to prevent violence (red dots) from even happening by making it clear to people in our lives that violence is not okay and everyone is expected to do their part to make our community safer. There are endless opportunities to do proactive green dots, including sharing a Green Dot Greater Grand Forks Facebook post, having a conversation about violence prevention with friends or family, hanging up a violence prevention poster, wearing a green dot pin or green dot shirt. Have any other ideas for proactive green dots? Tag us on Facebook and let us know!

WHAT'S YOUR

GREEN DOT?

If you'd like to share a green dot you've done recently, send it to Annabel at annabel@cviconline.org for the next newsletter!

Violence and crisis don't stop for COVID-19. The CVIC 24/7 crisis line continues to be available.

(701) 746-8900

Rolling out Resources: COVID-19

Social distancing has required us to be creative in engaging the community in our Green Dot efforts. We will soon be offering virtual tips and live discussions on our social media, and we are in the process of developing a Green Dot from Home toolkit. In the meantime, there are many ways you can still show your commitment to violence prevention. Stuck at home with family? Take some time to talk to them about the importance of violence prevention. Call up a friend and tell them about Green Dot. Consider virtual volunteering. Donate to a local food pantry or crisis organization (like CVIC!), share a Green Dot post on Facebook, or check in with a friend or family member you might be worried about.

We are in this together, and whether we are in the middle of a global pandemic or not we can still change the tide of power-based personal violence in our community and make Greater Grand Forks safer for all.

STAY SAFE, STAY HEALTHY, AND REMEMBER THAT WHILE NO ONE HAS TO DO EVERYTHING, EVERYONE HAS TO DO SOMETHING!



EVENT UPDATES

Due to COVID-19, the following events are cancelled or postponed:

- Green Dot Gear Changers at Spin for Kids - Cancelled
- Green Dot at Hands-On Learning Fair - Cancelled
- Bystander Training at Altru Health System - Postponed, date TBD
- Spring Action Event - Postponed, tentatively set for July

Share factual and accurate information about COVID-19 to help others understand the risk.

Contact your healthcare provider if stress gets in the way of your daily activities for several days in a row.

Take a break from watching, reading, or listening to the news. This includes social media!

Managing Stress and Anxiety During the COVID-19 Outbreak

Taking care of yourself and others and helping those around you cope with stress can help make our community stronger as we navigate the COVID-19 outbreak together.

These tips from the CDC can help you manage stress during the outbreak.

Connect with others. Talk with people you trust about your concerns and how you are feeling.

Take time to relax, unwind, and do something you enjoy every day.

Take care of your body. Practice deep breathing, exercise, eat healthy, and get lots of sleep.

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Green Dot CORE-ner

We held our first Green Dot Week of Giveaways in March, and it was a huge success! Giveaway prizes included custom Green Dot swag items, movie tickets, a Blue Moose gift card, a Hydroflask, and an RTIC tumbler. The goal of the giveaway was to grow our following and get the community to interact with our social media. The requirements for each prize entry ranged from sharing with a friend to responding to a scenario using Green Dot strategies. In just one week our Facebook followers jumped from 226 to 310 and our engagement increased by 294%. Big thanks to everyone who participated and to our CORE Team and Marketing Subcommittee for guiding the planning process! We are looking forward to doing more exciting giveaways in the future.

Gate City Bank Employees Complete Bystander Training



In February we held a very successful Bystander Training with our dedicated partner, Gate City Bank. Thirteen Gate City Bank employees and one CVIC employee completed the Bystander Training held at CVIC and left feeling empowered to do their part. We look forward to continued collaboration with Gate City Bank, and we thank them for their dedication to making Grand Forks safer for all people!

“Thank you so much for giving us your time & wisdom during the Bystander Training this week. It was very informative and I believe we all walked away with that feeling that we can make a difference.”
- Gate City Bank employee

Green Dot Part of GFRD Raising the Bar Program

We were pleased to be a part of Grand Forks Police Department’s inaugural “Raising the Bar” workshop and present a Green Dot overview talk to attendees. Raising the Bar was created by Officer John Lampi to give alcohol establishment owners and employees the knowledge and skills to help thwart alcohol purchases with fake IDs and lessen over-consumption and alcohol-related sexual assault. There were 27 alcohol establishment owners and employees in attendance, representing 18 Grand Forks-area alcohol retailers including Joe Black’s, Happy Harry’s, Buffalo Wild Wings and Brick & Barley. Attendees received Raising the Bar stickers and pins for establishment windows and server aprons to show that their businesses are committed to “Raising the Bar.” Lampi expects to hold these workshops every few months and has asked Green Dot to be a permanent part of the agenda. We are thrilled to be a part of this initiative and look forward to continuing to work with alcohol retailers to make Greater Grand Forks safer for everyone!



PROJECT PARTNERS



VIRTUAL VOLUNTEER OPPORTUNITY - STAYING SOCIAL WITH SENIORS



Grand Forks Senior Center and Greater Grand Forks Young Professionals are teaming up to beat social isolation by helping create meaningful connections in the community during these uncertain times. Sign up to reach out to a senior in Greater Grand Forks for an (almost) daily phone call. Spend a few minutes checking in and learning about each other OR spend an hour and get to know who could be your new best friend. [Sign up here](#)

● The Dot Docket ●

April 1-30:

Sexual Assault Awareness Month (SAAM)

April 7:

SAAM Day of Action

April 15, 2:00pm:

CORE Team Meeting

April 29:

SAAM Denim Day

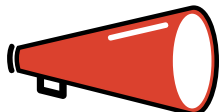
UPCOMING
EVENTS

**DONUTS &
GREEN DOTS**

Coming this summer

**Green Dot Donut
Giveaway**

Follow social media for more
details!



Attention CORE Team members!

We will be going virtual for our next meeting! Please keep an eye on your email.