

THE BYSTANDER BULLETIN



Issue 4: Fall 2020

Welcome!

Fall greetings, Greater Grand Forks! Along with cooler air and falling leaves, fall brings an important milestone for Green Dot Greater Grand Forks. In September 2019, Green Dot officially launched in the Greater Grand Forks community, kicked off by the first-ever Green Dot Trot. As we close the door on the second annual Trot, we celebrate one year since Green Dot officially became a part of the community. This issue of the Bystander Bulletin is dedicated to celebrating the first year successes and looking forward on what is to come. Thank you for celebrating this journey with us!

GET INFORMED: POWER-BASED PERSONAL VIOLENCE

CVIC

National Sexual Violence
Resource Center

National Resource Center
on Domestic Violence

Break The Cycle

National Domestic
Violence Hotline

Centers for Disease
Control and Prevention

**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.**

How to be a GREEN DOT BYSTANDER

Learn to recognize red dots

Remember the 3D's:

- Direct
- Delegate
- Distract

Engage in proactive and reactive green dots

Get involved at greendotggf.com

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!



Green Dot CORE-ner

From brainstorming action events to facilitating bystander trainings, the Green Dot CORE Team has been instrumental in Green Dot GGF's successes. Thank you to our fantastic CORE team members and supporters for an awesome first year of Green Dot! If you would like to join the CORE Team and help end power-based personal violence in Greater Grand Forks, visit <https://www.greendotggf.com/core-team>



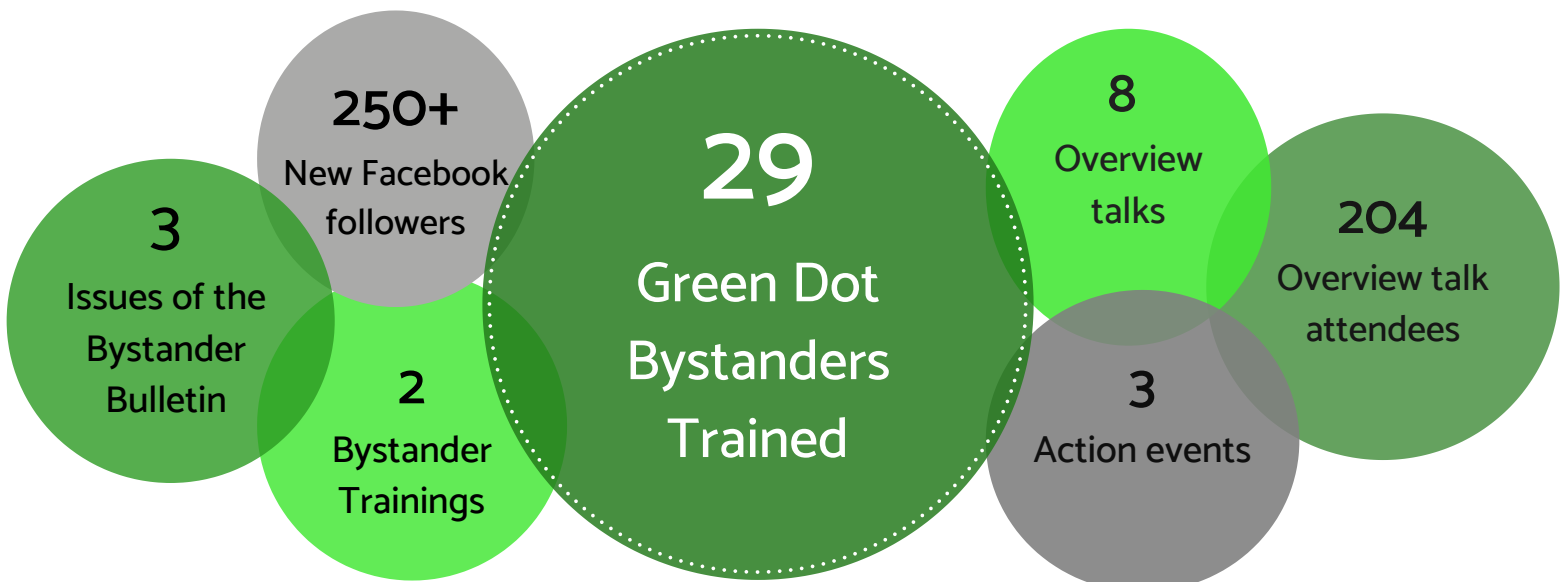
Recapping the Green Dot Trot 2020




The 2020 Virtual Green Dot Trot was a huge success, with 100 people from across the country participating. Additionally, more than 50 people submitted race times and photos from the run. The Green Dot Team would like to thank our event partners, Gate City Bank, CVIC and Altru, and all of the local businesses and agencies that helped make the event so great. We are already looking forward to 2021!

Celebrating Success: Year One in Review

It's been one year since Green Dot Greater Grand Forks officially launched, and boy has it been busy! From bystander trainings to social media giveaways, Overview Talks to Action Events, the Green Dot Team has jumped in head-first to spread the Green Dot strategy throughout the community. Check out some of the first-year successes below!



October is Domestic Violence Awareness Month



Domestic violence is a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship. It is a belief based on experiences and observations of family, friends, school, media, and culture. Domestic violence is NOT caused by alcohol or drugs, however, they can be factors in frequency and severity of violence. Domestic violence is NOT caused by the relationship or the victim, anger or stress, and being out of control or blacking out.

Every year, more than 10 million individuals experience domestic violence in the US. Domestic Violence Awareness Month is a time to acknowledge survivors and stand up for victims of domestic violence. CVIC is hosting DVAM events all month long - visit cviconline.org/events for more information.

The Dot Docket

October 1-31

LGBTQ+ History Month

Domestic Violence Awareness Month

October 20

Virtual Take Back the Night Rally

October 22

Purple Thursday: Wear purple for domestic violence awareness. #purplewithCVIC

November 3

CORE Team meeting

November 19

Green Dot Overview with CVIC Staff

We are pleased to offer
90-minute virtual
Overview Talks.
Email Anna at
anna@cviconline.org
for more information!

