



Safe Alternatives to Violent Environments

Greetings from Save!

Visit our Website

An Evening of
Empowerment

Saturday, September 22, 2018
6 p.m. to 11 p.m.
Paradise Ballroom
4100 Peralta Blvd, Fremont

Tickets Are Going Fast!



The SAVE gala is less than two months away! Established to bring together supporters for a festive and welcoming event, the Evening of Empowerment benefits our general fund. In addition to the delicious buffet dinner and entertainment, the event includes live and silent auctions. Some amazing items will be featured this year including An African Photo Safari in Kwazulu-Natal. Follow us on social media to see what other amazing items we'll have at the 2018 Evening of Empowerment.

We anticipate a sell out crowd, so [Click here](#) to purchase your tickets today! Or visit our [website](#) for complete details including sponsorship opportunities.

Safer Sexting Webinar Presented by SAVE Staff



On July 19th, SAVE's Executive Director, Dr. Yasi Safinya-Davies, and Youth Services Coordinator, Sarah, Hyde, presented in the Prevention Peer Network webinar series hosted by the California Partnership to End Domestic Violence. Our commitment to end Domestic Violence not only means providing support to survivors, but also to prevent the occurrence of abuse in intimate relationships. To do this, SAVE's primary approach is to work with and to provide prevention education for youth. One area of significant concern with respect to dating among adolescents

is *sexting** and the approach in education is to utilize an abstinence-only model, a format that has proven time and again to be ineffective with youth. SAVE's Youth Services team, with the assistance of youth and parents, created an alternative to the abstinence-only perspective, inspired by the affirmative consent** revolution. Advocates

and educators came form across the state to participate in the webinar and the feedback was overwhelmingly positive--participants agreed that we need a healthy and affirmative way to help young people navigate this new form of intimate communication. To hear a recording of the webinar, [click here](#).

*Sexting: sending, receiving, or forwarding sexually explicit messages, photographs, or images, primarily between mobile phones, of oneself to others.

**Affirmative Consent: a knowing, voluntary, and mutual decision among all participants to engage in sexual activity

LGBTQ+ Training a Success

On July 19, The Youth Programs team at SAVE and [Family Violence Law Center](#) conducted a day-long intensive FREE summer training devoted to uplifting LGBTQ+ youth and promoting healthy teen relationships.



Some of the training highlights included healthy and unhealthy sexual and romantic relationships, safety planning and harm reduction, comprehensive sexual health education, and Bay Area LGBTQ+ history. The training was a tremendous success, welcoming a sold out group. Keep an eye on our [website](#) and social media for future trainings. Free trainings tend to fill up quickly, so you'll want to be aware when registration opens.

Let's Talk about Stress, Baby



By Krista Valdovinos

Did you know that spending at least 15 minutes a day with each of your children can reduce stressful situations with them throughout the rest of the day? Do you know that there are simple, relaxing chair yoga poses, perfect for a short break at work or home, that can be practiced in a small space? And do you realize just how much a strong self-esteem can

positively affect your ability to cope with stress? These are just some of the key points from Project LIGHT's June 15th wellness workshop, *Let's Talk About Stress, Baby!*

Project LIGHT is SAVE's survivor advocacy and leadership training program. This was the team's first community event, which focused on providing participants with some accessible stress management tools.

Keynote speaker, Diane Anderson, PhD, presented stress management and self-care tools, while highlighting that stress can be both positive and negative. She noted that everyone is unique; what seems like a positive stress for one person, may be a negative one for another. Yoga instructor, Anjali Rao, led the participants in a gentle chair yoga routine, that targets areas of the body most commonly affected by stress. These were practical exercises, that can be done "on the spot" in any location, whenever one feels the onset of tension in the body. Finally, the LIGHT team members shared their favorite tips on self-esteem, self-care, and laughter. If laughter is truly the best medicine, then this fun-filled evening was just what the doctor ordered, as there was definitely a healthy dose of humor!

The evening closed with a raffle and prizes, and healthy appetizers were provided throughout the night. SAVE and its LIGHT team were so pleased to share this enjoyable event with other members from the Fremont community!

Backpacks are Back!

A big thank you to the [MAS Bay Area](#) and ASTI for Humanity for donating a trunk load of back packs, packed with school supplies, to the children we serve in our Safe House and across all our programs. They selected a wonderful variety of colors and patterns, so each child will get to choose one that they like. Thank you also to Elizabeth Romero for coordinating everything to make sure they got here. Everything SAVE does is possible because of the support of community.



Join the Movement

Keep up with the latest news about policy and advocacy issues effecting SAVE's work. [Sign up here](#), and you will receive notifications about petitions, legislation, community events, and more! Together, our amplified voices tell our leaders that ending domestic violence is a priority.

Donate to SAVE

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