

Eastern Band of Cherokee Indians Domestic Violence and Sexual Assault Program

Hotline: 828-359-6830

2023 Calendar



Redefine Ourselves Through Our Healing

Artist: Aisha Creation Co., Aisha Owle, Eastern Band of Cherokee Indians, Wolf Clan

I am not what happened to me. I am what I chose to become. –Carl Jung

Human Trafficking Prevention Month & Stalking Awareness Month

Resilience is very different than being numb. Resilience means you experience, you feel, you fail, you hurt. You fall. But, you keep going.

-Yasmin Mogahed

National Human Trafficking Hotline:

1 (888) 373 7888



Resilient

Artist: Aisha Owle

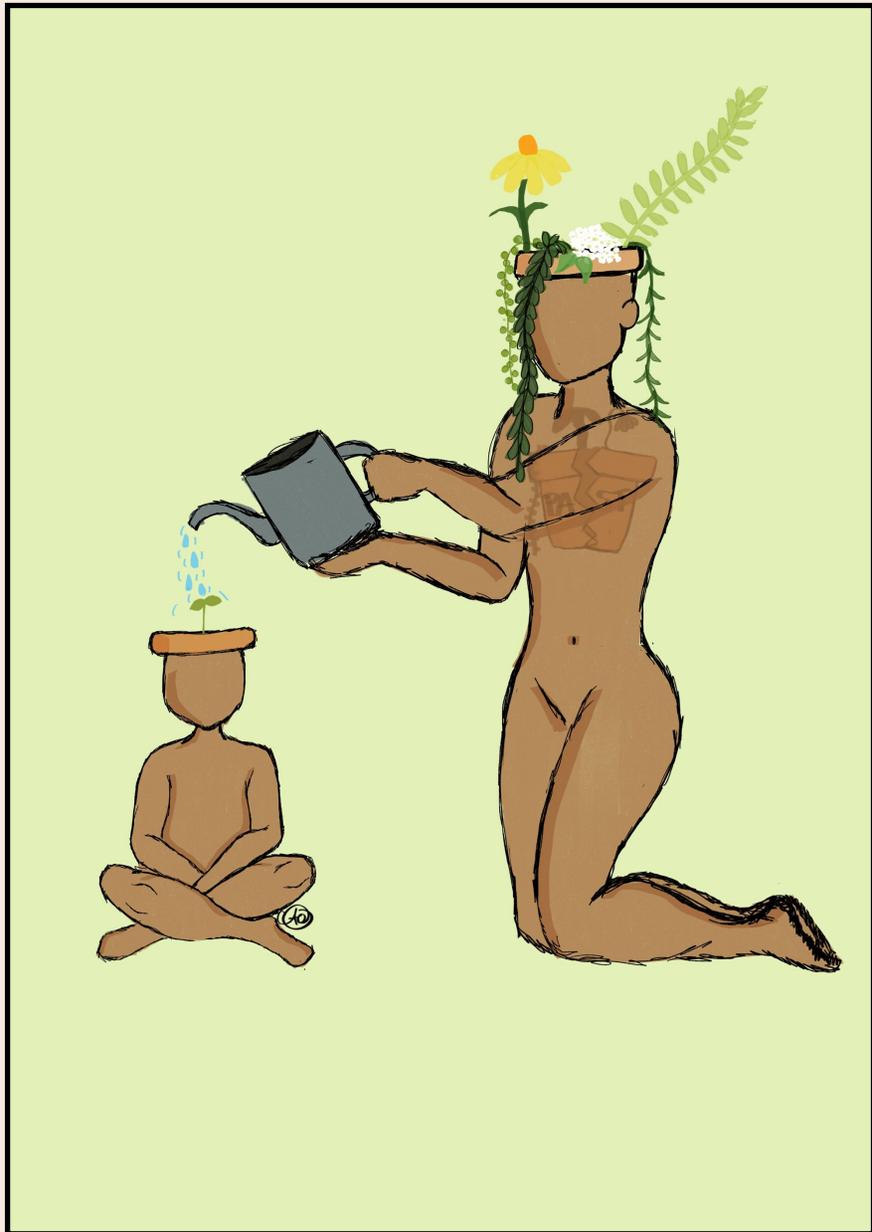
January 2023

December '22							February '23						
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 Martin Luther King Day	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

Notes:

Teen Dating Violence Awareness Month



Water Your Children
Artist: Aisha Owle

Little eyes watch what we do far more than
little ears hear what we say. It is how we live,
not how we demand they live, that has the
most impact on who our children will
become.

-L.R. Knost

National Teen Dating Abuse Helpline:

1 (866) 331 9474

loveisrespect.org

February 2023

January '23

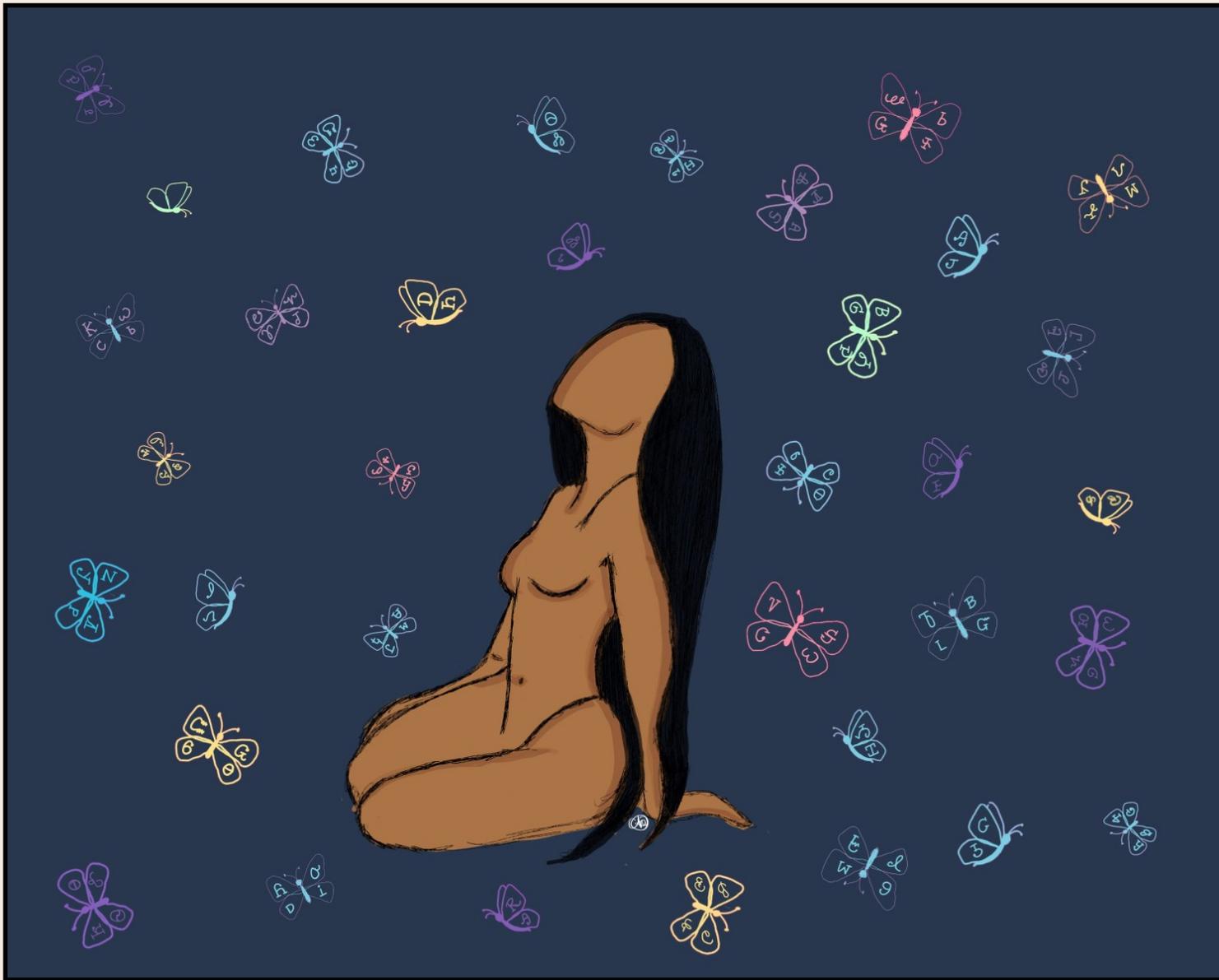
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March '23

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2 Groundhog Day	3	4
5	6	7	8	9	10	11
12	13	14 Valentine's Day	15	16	17	18
19	20 President's Day	21	22	23	24	25
26	27	28	1	2	3	4

Notes:



Metamorphosis: Positive Transformation Artist: Aisha Owle

Any transition serious enough to alter your definition of self will require not just small adjustments in your way of living and thinking but a full-on metamorphosis.

-Martha N. Beck

March 2023

February '23

S	M	T	W	T	F	S
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April '23

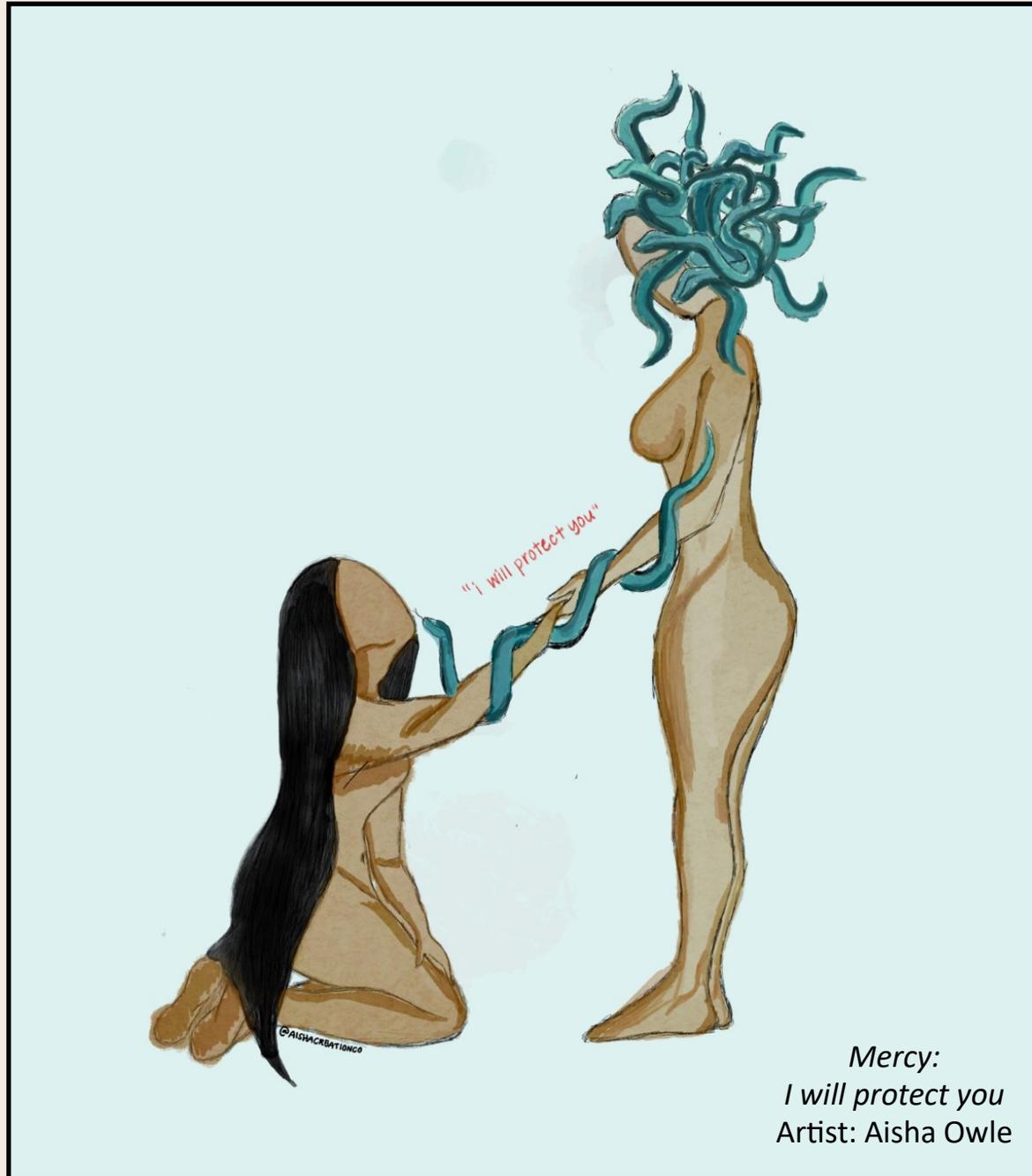
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30						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	1	2	3	4
5	6	7	8	9	10	11
12 Daylight Savings Starts	13	14	15	16	17 St. Patrick's Day	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

Notes:

Sexual Assault Awareness & Child Abuse Awareness Month

To free the voice is
to free the person.
-Kristin Linklater



Mercy:
I will protect you
Artist: Aisha Owle

April 2023

March '23							May '23							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
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12	13	14	15	16	17	18	14	15	16	17	18	19	20	
19	20	21	22	23	24	25	21	22	23	24	25	26	27	
26	27	28	29	30	31		28	29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 April Fool's Day
2	3	4	5	6	7 Good Friday	8
9 Easter	10	11	12	13	14	15
16	17	18	19	20	21	22 Earth Day
23	24	25	26	27	28	29
30						

Notes:



No More Stolen
Artist: Aisha Owle

The most fulfilled people are those who get up every morning and stand for something larger than themselves.

-Wilma Mankiller

May 5th: Wear Red to bring awareness to the MMIW Movement.

May 2023

April '23						
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30						

June '23						
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25	26	27	28	29	30	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5 MMIW Awareness Day	6
7	8	9	10	11	12	13
14 Mother's Day	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29 Memorial Day	30	31	1	2	3

Notes:

Your deepest roots are in nature. No matter who you are, where you live, or what kind of life you lead, you remain irrevocably linked with the rest of creation.

-Charles Cook



Essence: Creation

Artist: Aisha Owle

June 2023

May '23							July '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
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14	15	16	17	18	19	20	9	10	11	12	13	14	15
21	22	23	24	25	26	27	16	17	18	19	20	21	22
28	29	30	31				23	24	25	26	27	28	29
							30	31					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18 Father's Day	19	20	21	22	23	24
25	26	27	28	29	30	1

Notes:



Oppression
Artist: Aisha Owle

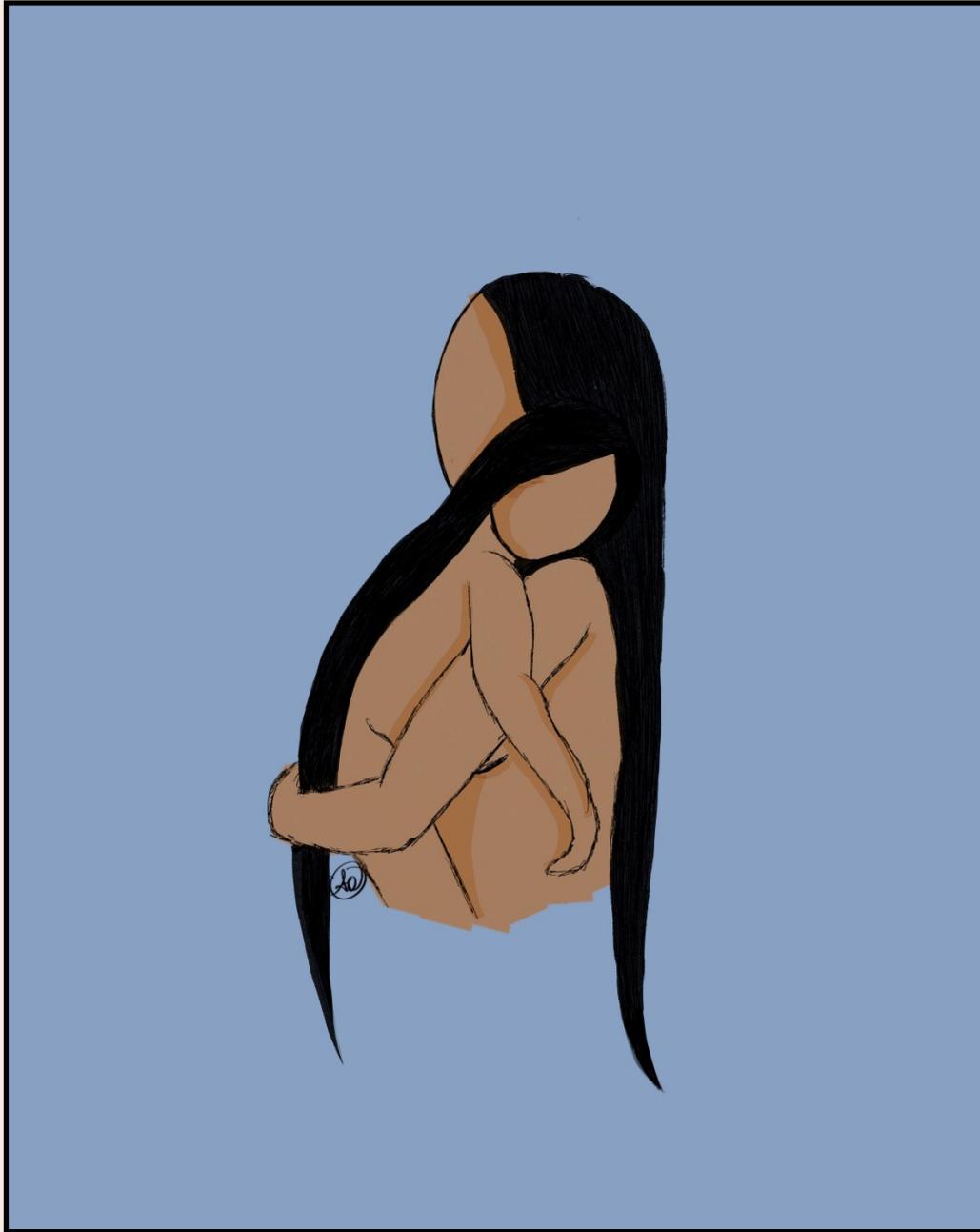
Do remember, though, that sometimes the people you oppress become mightier than you would like.
-Veronica Roth

July 2023

June '23							August '23							
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11	12	13	14	15	16	17	13	14	15	16	17	18	19	
18	19	20	21	22	23	24	20	21	22	23	24	25	26	
25	26	27	28	29	30		27	28	29	30	31			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3	4 Independence Day	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Notes:



Inner child work is essential. It's the
essence of growth as a whole
person.

-Cheryl Richardson

Love Your Inner Child

Artist: Aisha Owle

August 2023

July '23							September '23						
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9	10	11	12	13	14	15	10	11	12	13	14	15	16
16	17	18	19	20	21	22	17	18	19	20	21	22	23
23	24	25	26	27	28	29	24	25	26	27	28	29	30
30	31												

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

Notes:



Every Child Matters

Artist: Aisha Owle

Every child is a different kind of flower, and all together they make
this world a beautiful garden.

- Anonymous

September 2023

August '23							October '23											
S	M	T	W	T	F	S	S	M	T	W	T	F	S					
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20	21	22	23	24	25	26	22	23	24	25	26	27	28					
27	28	29	30	31			29	30	31									

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4 Labor Day	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	21	21	22	23
24	25	26	27	28	29	30

Notes:

Domestic Violence Awareness Month

Empowerment: Survivor

Artist: Aisha Owle

I now see how owning our story
and loving ourselves through that
process is the bravest thing that
we will ever do.

- Brené Brown

National Domestic
Violence Hotline:

1 (800) 799 7233

EBCI Domestic Violence Hotline:

828-359-6830



October 2023

September '23

November '23

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17	18	19	20	21	22	23
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9 Indigenous People's Day	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31 Halloween	1	2	3	4

Notes:

Native American Heritage Month



Medicine in Music
Artist: Aisha Owle

The power of music to integrate and cure... is quite fundamental. It is the profoundest nonchemical medication.

-Oliver Sacks

November 2023

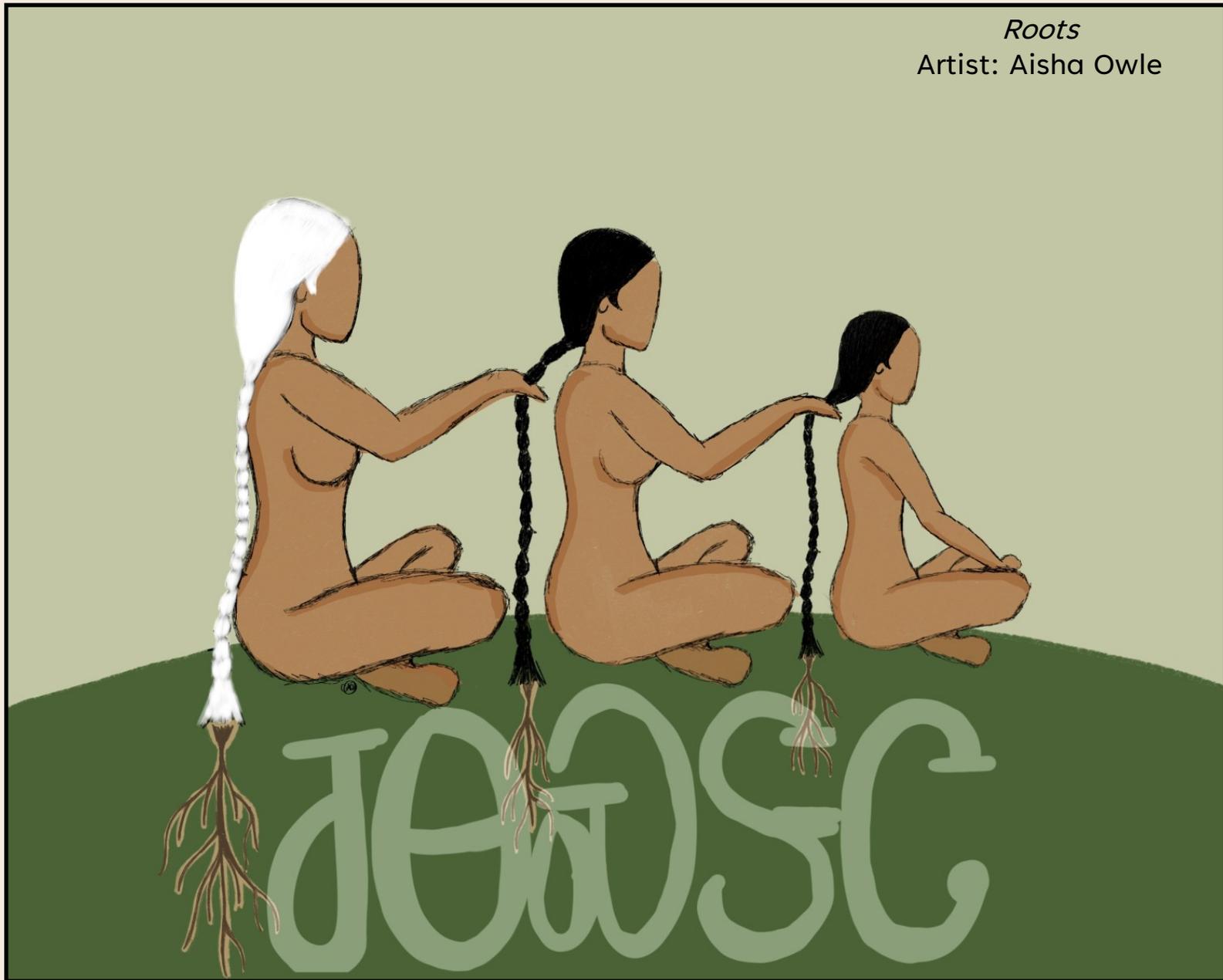
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December '23						
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24	25	26	27	28	29	30
						31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5 Daylight Saving's Ends	6	7	8	9	10	11 Veteran's Day
12	13	14	15	16	17	18
19	20	21	22	23 Thanksgiving Day	24	25
26	27	28	29	30	1	2

Notes:

Roots
Artist: Aisha Owle



Sometimes it is impossible to know where you are headed without reflecting on where you came from. Understanding your heritage, your roots, and your ancestry is an important part of carving out your future. -Anonymous

December 2023

November '23

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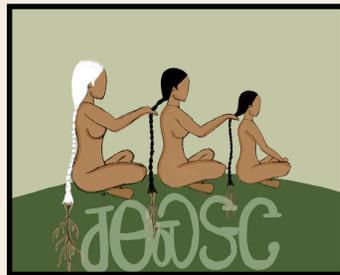
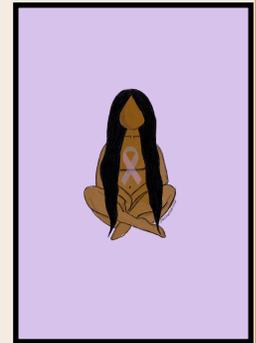
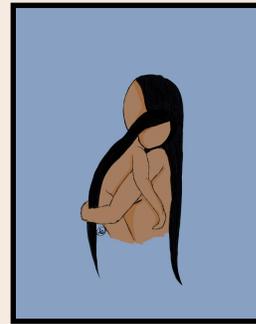
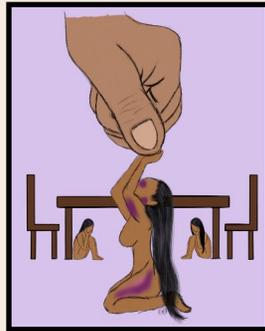
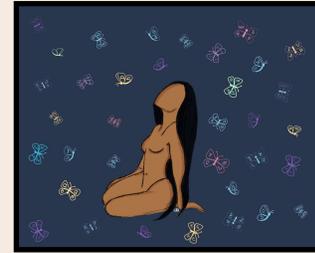
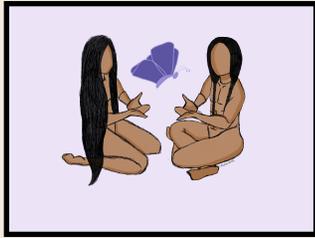
January '24

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28	29	30	31			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	21	21	22	23
24 Christmas Eve	25 Christmas Day	26	27	28	29	30
31						

Notes:

Redefine ourselves through our healing



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EBCI Domestic Violence and Sexual Assault Program Hotline:
828-359-6830

**MY MIND, BODY,
AND SPIRIT
ARE SACRED**

**PREVENT
SEXUAL ASSAULT**

**SEXUAL ASSAULT ANSWERS AND SUPPORT:
1-800-656-HOPE (4673)
WWW.RAINN.ORG**



IF YOU FEEL UNSAFE OR HAVE BEEN ASSAULTED, GET HELP FROM SOMEONE YOU TRUST.

- If you are in immediate danger, go to a safe place and call 911 or your local law enforcement.
- If you have been sexually assaulted, it is important to have a medical exam for sexually transmitted diseases (STDs) and pregnancy prevention, and in some cases, evidence collection. You can be seen through your local ER or clinic.
- Know it is not your fault.
- There is help available.

Call the National Sexual Assault Hotline:
1-800-656-HOPE (4673) or your local
advocacy center for support.



WWW.NPAIHB.ORG

MY MIND, BODY, AND SPIRIT ARE SACRED. PREVENT SEXUAL ASSAULT.

IT WILL TAKE ALL OF US – MEN, WOMEN,
YOUTH, AND ELDERS – TO STAND TOGETHER TO
PREVENT SEXUAL ASSAULT: **BELIEVE VICTIMS –
SUPPORT HEALING – KNOW YOUR RESOURCES**

1-800-656-HOPE (4673) | WWW.RAINN.ORG



WWW.NPAIHB.ORG



**1 IN 8 MEN IS SEXUALLY ASSAULTED IN HIS LIFETIME.
MY MIND, BODY, AND SPIRIT
ARE SACRED.
PREVENT SEXUAL ASSAULT.**

**IT WILL TAKE ALL OF US – MEN, WOMEN, YOUTH, AND ELDERS—
TO STAND TOGETHER TO PREVENT SEXUAL ASSAULT:
BELIEVE VICTIMS—SUPPORT HEALING— KNOW YOUR RESOURCES**

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WWW.RAINN.ORG



WWW.NPAIHB.ORG



PREVENT SEXUAL ASSAULT.

MY MIND, BODY, AND SPIRIT ARE SACRED.

WHAT TO KNOW...

Some people may not be ready to press charges against their perpetrator. Reporting the assault should be the victim's choice.

It is important to know that a sexual assault exam is available to get checked for injuries, and if the person chooses, to have evidence collected at no cost to the victim. A person does not have to report to law enforcement to have a sexual assault exam or to have evidence collected.

During the exam, medication is available to prevent sexually transmitted diseases (STDs) or pregnancy (if taken within 72 hours of unprotected sexual contact).

A person should not shower before the exam. However, an exam can still be completed if a person has showered. The person should bring the same clothing that was worn during or immediately after the assault to the exam.

If the person is in immediate danger, call 911 or your local police department.

HOW TO HELP SOMEONE AFFECTED BY SEXUAL ASSAULT



You may be the first person that a victim confides in after a sexual assault. Often times, victims blame themselves for the assault or are afraid they won't be believed. It is important to let the person know they are not alone on their journey to recovery and help is available whether the assault was recent or in the past.

If someone you know tells you that they have been sexually assaulted consider one of the following responses:

- *I believe you.*
- *You are not alone.*
- *It is not your fault.*
- *You do not deserve to be abused.*
- *Help is available.*

RESOURCES

National Sexual Assault Hotline

1-800-656-HOPE (4673)

www.rainn.org

National Sexual Violence Resource Center

www.nsvrc.org

Men Can Stop Rape

www.mencanstoprape.org

Engaging Bystanders in Sexual Violence Prevention

www.wcsap.org/prevention-review-engaging-bystanders



WWW.NPAIHT.ORG



WHAT IS DONE TO ONE IS FELT BY ALL

PROTECT OUR LOVED ONES

45% of American Indian/Alaska Native women have experienced Intimate Partner Violence (IPV), and 1 in 7 men is a victim of IPV Intimate Partner Violence.

Intimate Partner Violence is also called domestic violence. It includes physical, sexual, or psychological violence that occurs between current and former spouses or partners. IPV affects both heterosexual and same-sex couples, even if they do not have a sexual relationship.

Forms of IPV:

- **Physical violence** – grabbing, shaking, shoving, choking, punching, etc.
- **Sexual violence** – using force or intimidation to make a person engage in an unwanted sexual act
- **Threats of violence** – displaying a weapon, or using words or gestures to indicate an intent to physically harm or kill another person
- **Psychological/emotional violence** – isolation, intimidation, controlling behavior, or verbal abuse such yelling, name calling, blaming, and shaming

You may be in an abusive relationship if your partner:

- Embarrasses you with put-downs
- Controls what you do, who you see, and where you go
- Downplays the abuse, tells you it's your fault, or denies doing it
- Intimidates you with guns, knives, or other weapons
- Threatens to complete suicide or to kill you if you leave

If you know someone who is in an abusive relationship:

- Tell them that you are concerned for their safety
- Acknowledge that they are in a difficult situation
- Be supportive
- Encourage them to get help

If you or someone you know is experiencing intimate partner violence:

- Call 911 if anyone is in immediate danger.
- Contact the National Domestic Violence Hotline: 1-800-799-SAFE (7233) or visit www.thehotline.org

For more information on resources to help victims, contact the National Domestic Violence Hotline: 1-800-799-SAFE (7233) or visit www.thehotline.org



(Placeholder for local resource label)

MY MIND, BODY, AND SPIRIT ARE SACRED. PREVENT SEXUAL ASSAULT.

IT WILL TAKE ALL OF US – MEN, WOMEN,
YOUTH, AND ELDERS – TO STAND TOGETHER TO
PREVENT SEXUAL ASSAULT: BELIEVE VICTIMS –
SUPPORT HEALING – KNOW YOUR RESOURCES

1-800-656-HOPE (4673) | WWW.RAINN.ORG



WHAT IS SEXUAL VIOLENCE?

Sexual violence happens in every community and affects people of all genders and ages. The impacts of sexual violence affect individuals, families, communities, and society as a whole. But prevention is possible. Together, we can change the conditions that contribute to sexual violence. You can learn the facts about sexual violence and play an active role in changing misconceptions.

What is sexual violence?

Sexual violence is any type of unwanted sexual contact. This can include words and actions of a sexual nature against a person's will and without their consent.

Consent is voluntary, mutual, and can be withdrawn at any time. Reasons someone might not consent include fear, age, illness, disability, and/or influence of alcohol or other drugs.

A person may use force, threats, manipulation, or coercion to commit sexual violence. Anyone can experience sexual violence, including children, teens, adults, and elders. Those who sexually abuse can be acquaintances, family members, trusted individuals, or strangers.

Forms of sexual violence

- Rape or sexual assault
- Child sexual assault and incest
- Sexual assault by a person's spouse or partner
- Unwanted sexual contact/touching
- Sexual harassment
- Sexual exploitation and trafficking
- Exposing one's genitals or naked body to other(s) without consent
- Masturbating in public
- Watching someone in private acts without their knowledge or permission

Facts about sexual violence

Sexual violence affects people of all genders, ages, races, religions, incomes, abilities, professions, ethnicities, and sexual orientations. There is a social context that surrounds sexual violence: oppression and social norms that allow for sexism, racism, and other forms of inequality are all contributing factors.

- Nearly 1 in 5 women in the United States have experienced rape or attempted rape some time in their lives (Black et al., 2011).
- In the United States, 1 in 71 men have experienced rape or attempted rape (Black et al., 2011).
- An estimated 32.3% of multiracial women, 27.5% of American Indian/Alaska Native women, 21.2% of non-Hispanic black women, 20.5% of non-Hispanic white women, and 13.6% of Hispanic women were raped during their lifetimes (Black et al., 2011).
- Nearly 1 in 2 women and 1 in 5 men have experienced sexual violence victimization other than rape at some point in their lifetime (Black et al., 2011).

Victims often know the person who sexually assaulted them.

People who sexually abuse usually target someone they know – a friend, classmate, neighbor, coworker, or relative.

- Nearly 3 out of 4 adolescents (74%) who have been sexually assaulted were victimized by someone they knew well. One-fifth (21.1%) were committed by a family member (Kilpatrick, Saunders, & Smith, 2003).
- In 2005-10, about 55% of rape or sexual assault victimizations occurred at or near the victim's home, and another 12% occurred at or near the home of a friend, relative, or acquaintance (Planty, Langton, Krebs, Berzofsky, & Smiley-McDonald, 2013).

Victims are never at fault.

It doesn't matter what someone is wearing or how they are acting, victims are never to blame. A person may use force, threats, manipulation, or coercion to commit sexual violence. An absence of injuries to the victim does not indicate consent.

Rape is often not reported or convicted.

Many victims who do report a rape or sexual assault find that there is no arrest or conviction.

- The majority of sexual assaults, an estimated 63%, are never reported to the police (Rennison, 2002).
- The prevalence of false reporting cases of sexual violence is low (Lisak et al., 2010), yet when survivors come forward, many face scrutiny or encounter barriers.

There are many reasons why someone may choose not to report to law enforcement or tell anyone about an experience. Some include:

- Concern about not being believed
- Fear of the attackers getting back at them
- Shame or fear of being blamed
- Pressure from others not to tell
- Distrust of law enforcement
- Belief that there is not enough evidence
- Desire to protect the attacker

Sexual violence is preventable.

We can all help create a culture of empathy, respect, and equity. Prevention starts with challenging victim-blaming and believing survivors when they disclose. In your personal life, you can model supportive relationships and behaviors and speak up when you hear sexist, racist, transphobic, or homophobic comments. Each of us is essential in challenging harmful attitudes and the societal acceptance of rape.

Help is available.

Local sexual assault centers can provide help. In crisis situations, contact 1-800-656-4673. For more information, visit www.nsvrc.org.

References

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