

Outline for Denim Day MMIW LIVE session

Moderator/

- a. **Alaina:** Welcome, we are glad you are here with us today. I'm Alaina Hanks and I'm enrolled in the White Earth MN Chippewa tribe. and I am HIRWI Community Advocate for those who have experienced domestic violence, sexual assault and human trafficking. If you are new to us, thanks for joining! This panel discussion has been heartfully curated by our Founder and CEO Lea Denny. It was from her research on the impact of historical trauma within our Wisconsin Native communities that she started HIR Wellness Center in 2017 and has given rise to the growth of our organization as HIR Wellness Institute. HIR stands for Healing Intergenerational Roots. Our mission is to provide free mental health and wellness services to our Indigenous and underserved community members. It is with her continued passion and vision to grow this work that we can be here with you all today. Ms. Denny is joining us in our comment section and feel free to say hi. Also not seen on this panel and who is with us today is our Lead Community Advocate, Cory, who is supporting us through our live comment section.
- b. Please let me introduce my esteemed colleagues and fellow panelists. If you will please introduce yourself (name + title + tribe/indigenous ancestry if applicable). Then in this order please introduce yourself:
 - i. Barbara
 - ii. Jamie
 - iii. Jeneile
 - iv. Malia
- c. **Alaina:** Today we will be honoring time together to add to the National Conversation around Sexual Assault. This topic demands many levels of awareness. Today we seek a deeper understanding around the impact and attention needed around Missing and Murdered Indigenous Women (MMIW). We are well aware of the vast intersectionality that touches many other communities like our LGBTQ+ and our boys to men and will continue to advocate and share. This will be a heavy topic and we ask that you notice and feel your body, emotions and physical sensations. If you are struggling with feeling okay, please feel free to do what you need to do to take care of yourself and reach out to us if you would like to talk to a professional.
- d. **Alaina:** Before we begin we like to start and end our time together with a ground exercise. Malia, will you lead us in this?
- e. **Malia:** I would be honored to. Then provide the feet on the ground, centering, breathing "Healing book ends" - *Tap into inner strength and light that is love*
- f. **Alaina:** Thank you Malia, that always feels good to practice centering.
 - o As some of you may know, today is recognized internationally as Denim Day
 - o In 1992, an 18-year-old girl identified only as Rosa was raped by her driving instructor in Italy. She went through the criminal justice system and he was convicted of rape and sentenced to prison time.
 - o In 1998, he appealed this and it went all the way up to the supreme court in Italy where they overturned his conviction and released him from jail. The court argued that because she was wearing tight jeans, she must have helped him remove them which made it consensual.

- Immediately after that, the women in the Italian Parliament protested by wearing jeans on the steps of the supreme court to protest the decision. California senate caught wind and protested by wearing jeans as well. Peace over Violence hosted the first Denim Day in 1999 and since then it has become a worldwide response to sexual assault awareness and prevention. It is currently the longest running sexual assault awareness campaign.

g. **Alaina**

- i. While we are here to add to the critically important conversation of sexual assault awareness, we are also here to hold space for our Indigenous communities and make sure Native people are part of this conversation. We know that violence is not traditional and that it is directly related to colonization, Christopher Columbus and the Doctrine of Discovery. Forced labor and human trafficking is 150 billion dollar industry. Before we begin our discussion, I'd just like to highlight a few realities for us.
 - 1. In a 2016 study on violence in Native communities, the NIJ found that more than half of Native women experience sexual violence
 - 2. This same study found that 4 in 5 Native women experience violence (including intimate partner violence). 97% of that violence came from a non-Native perpetrator.
 - 3. A study released by the U.S. Department of Justice has found that in some tribal communities, American Indian women face murder rates that are more than 10 times the national average
 - 4. The National Crime Information Center reports that, in 2016, there were 5,712 reports of missing American Indian and Alaska Native women and girls, though the US Department of Justice's federal missing persons database only logged 116 cases.
- ii. As we talk about some of these pieces, I also want to remind everyone that although we've known for over 500 years that our women and 2-spirit relatives were being targeted, one of the earlier MMIW movements we saw started just 20 years ago in 2000 with the Red Dress Project. In that span of time, our relatives across Turtle Island have made huge strides in raising awareness and engaging in action. Just a heads up, we'll be using this bear to help us stay on track. We use these bears with our DOT group (empowerment) to talk about feelings. If you see the bear, you'll know that I'm using it as a cue to our panelists to start wrapping up. So let's get started.

We've talked about a lot of pieces and we know how connected this issue is. But since we are here for sexual assault awareness month, how does sexual assault intersect with MMIW?

- iii. Defining IPV and the intersectionality of IPV, SA, HT, and intergenerational trauma
 - 1. Jeneile - Defines IPV, shares about her research, and what she has learned about the intersectionality of IPV, SA, HT, and MMIW

2. Barbara - Talks about dehumanization, lateral oppression, epigenetics, socially reinforcing negative stereotypes/imagery, identity of sexuality etc.

h. Thank you both for sharing. It's so heavy for people to carry the weight of trauma like that. What does that healing process look like?

- i. Healing process for survivors and caregivers
 1. Jamie (Survivors) - Steps to survivorship: Seeking safely, Talking with a trusted person, Preparing for a safety plan, educating family and friends about DV, Self-Care and to be kind to oneself, Connection to culture as a healer and cultural teachers
 2. Malia (Caregivers) - Impact of being a caregiver who is supporting a victim of DV

i. Healing from sexual assault is possible and thank you both for sharing these powerful reminders. Can we talk more about IPV, it's different from sexual assault but as Jeneile shared earlier, it's very connected to violence against Native women. What are some ways for survivors to stay safe, especially now during COVID19?

- i. Safety planning in COVID-19
 1. Jeneile will share about how to seek care at hospitals, how to reach out when stuck at home, cultural safety, safety planning, and cultural care
 2. Alaina will chime in as an advocate

j. It's important to remember that although all of these things are happening – we have the power to do something. I'll share with you a list of actionable steps you can take today.

- i. Actionable steps towards social justice - **National Day of Awareness for Missing and Murdered Native Women and Girls by wearing red on Tuesday, May 5th**
 1. LISTEN TO AND LEARN from the voices of Indigenous women, families and other expert witnesses;
 2. ENGAGE RESPECTFULLY in the public dialogue around this crucial inquiry
 3. TAKE ACTION to make sure that government and law enforcement act on what the inquiry reveals.
 4. Go to www.sovereign-bodies.org Google Annita Lucchesi Learn about local, state, and tribal efforts to stop the violence (see handout)
 5. Subscribe to restoration.niwr.org quarterly magazine
 6. Volunteer & Reach out to events that raise awareness on human trafficking & MMIW
 7. Get trained! <https://www.acf.hhs.gov/otip/training/nhttac>
 8. Learn warning signs of human trafficking and how to help someone who has been trafficked; go to: <https://dcf.wisconsin.gov/files/aht/pdf/indicatorguide.pdf>
 9. Donate & Fundraise for programs and initiatives that raise awareness for Human Trafficking & MMIW
 10. Stop shaming and blaming the girls and women who are coerced and forced into the sex trade. This is not a lifestyle choice!

11. Reach out & Advocate for policy change and go to <https://act.polarisproject.org/page/7792/action/1> www.congress.gov (look up human trafficking & MMIW)
12. Add the Human Trafficking hotline number into your cell phone today!
www.humantraffickinghotline.org | 1 (888) 373-7888 | Text: 233733
13. What else can you do?

k. **As we come to the end of our time, I'd love to hear from all of you – what does it mean to move from survivorship to thriving?**

- i. Survivorship to Thriving
1. All panelists share – Barbara, Malia,

End on:

We hope that this conversation has added to growing your awareness around these topics and helped you find something to do. We encourage you all to find something in our list of actionable steps and remember we will have a live page within 24 hours with resources. Jamie: can you talk about the handmade face masks?

Jamie reads:

If you're stuck in quarantine with a toxic or abusive partner, message us about our handmade face masks (we don't have any) and someone from our team will know to check in on you regularly.

If you ask us about BUYING our face masks (we don't sell any) and include a shipping address, we will know to contact the police.

There has been an increase in domestic violence and child abuse cases since this quarantine. Please don't be afraid to reach out. Please don't stay silent. We are a safe space for you and I will help you in any way I can. You matter and don't have to be silent and suffer any longer.

If you are being abused and are injured and need to go to the ER right now this is okay. Please do not treat your wounds less than because of what is going on right now with the COVID-19. Hospitals are required to help and serve you despite the "Safer at Home" orders and are supposed to contact an advocate who can help you get the resources that you need. We also have advocates and can do the same with supporting you with resources and social and emotional support. Share CARES line. If you are interested in supporting our small nonprofit, please donate on our website or follow the link below.

We will be closing on a mantra from each panelist and I'll start us off with a quote: The wound is the place where the light enters you – RUMI

Barbara:

Jamie:

Jeneile:

Malia:

Malia, can you lead in a grounding exercise for us to close?

4/27/20

End on MANTRA:

Th

END
