

STOP



THE VIOLENCE

Sin ^{by} *Silence*

Wednesday, October 24th

7pm E/P



**Want to do something that makes a difference
this month? Help people really understand what
Intimate Partner Violence is, what victims face
and how you can know the warning signs.**

**Put on a little black dress and watch
Sin By Silence on October 24th
on Investigation Discovery.**

About Sin by Silence:

A story of empowerment when all odds are stacked against you.

Sin by Silence is a film about women who are imprisoned for killing their abusive husbands. Yet, despite prison walls, these survivors have helped change laws and the lives of those dealing with abuse. Inside the California Institution for Women, the first inmate initiated and led group in U.S. prison history, Convicted Women Against Abuse (CWAA) was created by inmate Brenda Clubine to help women inside prison break the silence about abuse and learn more about what they needed to do to help others stop the cycle of violence.

These courageous women share their knowledge about the warning signs of abusive relationships and make it very clear - we are all responsible and can no longer stay silent about abuse.

About Your Party:

Where the story of Sin by Silence leaves off, Little Black Dress Society carries the movement forward that began behind prison walls and into homes across the country to help stop the cycle of violence. Through small groups we call "Societies," we wear LBDs (Little Black Dresses) at our events to bring awareness to violence against women by combining energy, efforts, education, and involved giving through philanthropy. Through our combined efforts we help remove the blindfold caused by abuse. We are the voice for all those who have been or are being silenced.

So, carry on the awareness of the Little Black Dress Society by encouraging your guests to dress up in their favorite LBDs and make your broadcast party fun and educational.

Changing the pattern of abuse one woman at a time...because Abuse is Never in Fashion!

FOLLOW THE STEPS

STEP

1

Set the Date

Sin by Silence will be airing on the Investigation Discovery (ID) channel at 7pm E/P on Wednesday, October 24th. Check your cable listing to make sure you get the channel by visiting...

www.SinBySilence.com/TV

Allot for at least two hours, once for screening and one for follow-up conversations.

STEP

2

Send Out Invites

Send out invites to your friends, family and neighbors that set a fun tone by adding the fun theme of dressing up in LBDs for the cause.

Send an email, set up a Facebook message or event with your friends.

Enclose links for more information about the organizations involved in the event...

Sin by Silence

www.SinBySilence.com

Little Black Dress Society

www.LBDsociety.com

Sample invite:

"Let's dress up in our little black dresses for a night of creating more awareness! You're invited to share some food, fun, and fashion for a movie night at _____. Sin by Silence is an incredible film about the efforts to end the cycle of domestic violence and will be a great opportunity for us to make a difference together."



STEP**3**

Getting Ready

- Check your cable listing to make sure you get the Investigation Discovery channel at www.SinBySilence.com/TV
- Will you be having everyone over for dinner? Appetizers? Make sure you have a comfortable setting so everyone can feel at ease to watch and discuss.
- Are you able to gather some fun door prizes as an ice breaker? A fun idea would be to have a prize for those who come dressed in their LBDs - most modern, most classic, vintage, etc.
- Print out the included name tags, guest list and handouts so that you are ready for action.
- Have pens available so that guests feel free to write down notes or questions to discuss during the commercial breaks. Also, the pens are great so that after the film everyone can write to the women of CWAA. (see enclosed handout)
- Research the issues in your area. Every state has a coalition against domestic violence. Simply Google your state (example - New Mexico coalition against domestic violence) and connect to their website for resources, statistics, information and list of organizations in your area. Once you have indicated the organizations in your area, visit their websites to find out more information and the needs in your community. Also, connect with the National Clearinghouse for the Defense of Battered Women at www.ncdbw.org for more information about helping convicted survivors who are still incarcerated.
- Look up more information about the Little Black Dress Society and have the information available for after the film - www.LBDSociety.com Even have a laptop ready to go so that people can sign up and create a chapter for future gatherings and involved giving.
- Kleenex isn't a bad thing to have on hand too.

STEP**4**

During the Broadcast

Sin by Silence is a great conversation starter. Get ready to help facilitate an open space for healing, inspiration, and dialogue. Be real, a friend might share her story about how she has come out of an abusive relationship or has now become empowered.

Take some time to reflect during commercial breaks and let people decompress a bit right after the film. *Sin by Silence* is an emotional experience, and sharing on an emotional level is one of the great reasons you are in your living room.

Have a laptop ready to join in a live Q&A chat with the filmmaking team on Facebook and Twitter. Ask questions and join in the discussion at.....

www.Facebook.com/SinBySilence [@SinBySilence](https://twitter.com/SinBySilence) [#IDFilms](https://www.instagram.com/IDFilms).

CONVERSATION STARTERS:

If you feel comfortable, ask people to share their own experiences of abuse. Maybe even share your own.

Which person's story made the greatest impact on you from the film?

CONTACT

SIN BY SILENCE

www.SinBySilence.com
www.facebook.com/SinBySilence
@SinBySilence

**LITTLE BLACK DRESS
SOCIETY**

www.LBDSociety.com
www.facebook.com/LBDSociety
@LBDSociety

EVERY 9 SECONDS

www.Every9Seconds.com
www.facebook.com/Every9Seconds

Did this film change the way you think about the crisis of domestic violence? If so, how?

Domestic violence can affect any woman: a teacher, a friend, a co-worker, a mother, an aunt, a grandmother, a sister, a total stranger.

Explain more about the reality of abuse. It is a lot more than just physical violence. It is verbal, emotional, psychological, sexual, financial, etc.

The film states that women trying to flee their abusive relationships are at 75% increased risk of being hurt or killed. Why is it not that easy for a woman to leave?

What do you say or do to help someone in an abusive relationship?

The "10 Ways to Help a Friend" handout, enclosed in this kit, is a great reference

What is currently happening in your state, or local area, with the domestic violence crisis? Budget cuts? Statistics rising? Legislation? (Refer to your coalition's website)



Take Action

WRITE THE WOMEN

Take a moment for everyone to write their personal thoughts to the women of CWAA. Have stationary and stamps available and refer to the included handout for addresses. If you can, also include a few extra stamps so the CWAA women can respond and directly be in touch. Most inmates make 10 cents per hour, so sending stamps helps them stay connected with loved ones and even you (there is a 40 stamp limit per letter and please write "stamps enclosed" on the envelope and letter)



JOIN EVERY 9 SECONDS



Every 9 Seconds started because of Brenda Clubine's dream to make a difference beyond prison walls since her release in October, 2008. She helped change laws while in prison, and now continues that passion to help change and create new laws that continue to protect battered women. Through Every 9 Seconds, Brenda's goal is to promote and provide community awareness events that educate and empower victims of abuse to become survivors. For it is through education that Brenda will accomplish her goal of bringing the concept of Convicted Women Against Abuse to female institutions nationwide so the silence can be broken.

How Can You Help?

Helping Brenda is simple. Just a small donation goes a long way in her advocacy areas to create change: \$50.00 donations will allow for printing, mailing and distribution of curriculum to one state, county or federal facility to help inspire an inmate to start a Convicted Women Against Abuse support group within their facility. A donation of \$100.00 will create the opportunity for Brenda to personally facilitate the connection and first step towards starting a CWAA group in their institution. All remaining donations will continue to be used toward the prevention and intervention training within communities, police agencies, and legislative advocacy on behalf of incarcerated survivors.

Make sure to follow Brenda's journey, support her cause, or bring her to your community for a *Sin by Silence* event. For donations and more information visit www.Every9Seconds.com

JOIN LITTLE BLACK DRESS SOCIETY



Continue the legacy of CWAA by starting your own Society (chapter) in your city. Host a "Girls Night Out" Empowerment Party where you can all dress up in your favorite LBD, have fun, and give back while changing the pattern of abuse. Get your FREE DVD when you join as a Dressmaker!"

How Can You Help?

As long as one woman is blindfolded by abuse, it is our Members' purpose to raise awareness of it-- and it will be our ultimate joy to end all violence against women! We love wearing our LBDs to show our Membership and pride, but we never hesitate to roll up our sleeves and jump right into the work that needs to be done. It is through your dedication that we can provide help for abused women.

How Can I Join?

Go to www.LBDSociety.com to join. You will receive a welcome letter from Founder/CEO, Amanda Graybill that includes ways for you and your friends to get involved. Your contribution helps us continue our mission to Educate, Empower, Engage, and Embrace women of all walks of life in an effort to end abuse.

Little Black Dress Society will give back 10% to Every 9 Seconds in an effort to help Brenda's advocacy program to take CWAA into every women's prison. Make sure to use the promo code "SINBYSILENCE" to receive a FREE DVD

THANK YOU

"The first time I visited the California Institution for Women was in 2001, and since then I have never been unable to turn my back on the women of CWAA. They opened my eyes to a part of the world that I never knew existed. Once that silence of the crisis of domestic violence had been broken, I found that I could never pretend that life was the way it was before.

My purpose for creating Sin by Silence was to create a catalyst for conversation. Conversations can change and save lives, so it is our duty to begin to create environments for victims to feel comfortable to ask for help. To finally speak up and say to that friend - "Is everything alright? Are you okay? I'm really worried about you." Saying those simple statements can truly be the difference between life and death for someone living in abuse.

I hope you never forget the incredible stories of the amazing survivors in this film. Let them be our reminder for why we must get involved to do everything we can to stop the violence so that we can help the next generation to be different."

- Olivia Klaus
Director & Producer
Sin by Silence

"I am so pleased to not only have been a part of the documentary Sin By Silence, but to further bring the film and my continued advocacy with "Every 9 Seconds" together. It is because of Sin By Silence, that I was able to fulfill my dream and travel across the U.S., only 2 months after my release from prison, to watch communities make a difference in their areas. Now, three years later the film is on national television and I am so thankful that you are all taking the step to be a part of helping the message of CWAA reach even more people.

With Every 9 Seconds, I now have the chance to further the fight for incarcerated domestic violence survivors. Thank you for any help toward furthering the voice. Let's all be heard. The horrible epidemic of domestic violence can be stopped by each and every one of us doing our part."

- Brenda Clubine
Founder, CWAA
Executive Director, Every 9 Seconds

"As the Founder and Executive Director of the Little Black Dress Society, I am excited about our partnership with the documentary film Sin by Silence and the opportunity to carry the movement forward that began behind prison walls.

Watching this film and hearing the personal stories behind CWAA has made a huge impact on my life. I've heard countless stories of women who have lived like "prisoners" in their own home because of abuse. I invite you to join the Little Black Dress Society to support the movement to end the abuse of women. Your membership and involvement in this organization will help set women free to remove the blindfold of shame caused by abuse. Join today and host your own "Girls' Night Out" Empowerment Party!

Changing the pattern of abuse one woman at a time...because Abuse is Never in Fashion! Together we can make a huge impact and put an end to abuse once and for all."

- Amanda Graybill
Founder & Executive Director
Little Black Dress Society

WRITE TO THE WOMEN OF CWAA

The Convicted Women Against Abuse need your support, encouragement and words of inspiration after hearing their stories in *Sin by Silence*. Also, if you are able, include some stamps in your letter and make sure to write "stamps enclosed" on the envelope. Most inmates only make 10 cents per hour at their jobs, so stamps are greatly appreciated...and will help the women be able to write you back!



GLEND A CROSL EY
CIW, W29266, HA650L
16756 Chino-Corona Rd.
Corona, CA 92880-9508



LAVELMA BYRD
CIW, W54191, BA1024L
16756 Chino-Corona Rd.
Corona, CA 92880-9508



ROSEMARY DYER
CIW, W30483, MA08L
16756 Chino-Corona Rd.
Corona, CA 92880-9508



JOANNE MARCHETTI
CIW, W36662, MB122U
16756 Chino-Corona Rd.
Corona, CA 92880-9508



GLEND A VIRGIL
CIW, W27823, MB138L
16756 Chino-Corona Rd.
Corona, CA 92880-9508

Send a message to all the women of CWAA through the current Chairperson...



CAROLYN HAMILTON
CIW, W17752, MA18L
16756 Chino-Corona Rd.
Corona, CA 92880-9508

10 WAYS TO HELP A FRIEND

provided by
Sin by Silence

#1 SPEAK: "I'm really worried about you."

The simplest solution to domestic violence is not being silent. Don't be afraid to let your friend know that you are concerned for their safety. Don't get discouraged if they refuse or ignore your concerns. Help your friend talk about the violence they are experiencing. Voicing your concerns might help them recognize that what they are experiencing is not a healthy relationship and that they deserve better.

#2 ACKNOWLEDGE: "You deserve so much more."

Acknowledge that your friend is in a very difficult and dangerous situation. Let your friend know that the abuse is not their fault, they should not feel ashamed, they are not alone, and that you are there to help and support.

#3 LISTEN: "I'm just a phone call away."

Once your friend feels comfortable to talk about what they are going through, make sure to listen! It is very difficult for victims to find the strength to not only acknowledge but also vocalize their reality. Be supportive. Let them know that you are always available to help whenever they may need it. What they need most is someone who they can trust and feel safe with.

#4 ENCOURAGE: "You are an amazing person."

Compliment, support and be a cheerleader for your friend. Encourage their confidence. Encourage them to participate in activities outside of the relationship with friends and family. Encourage their independence and desires to stand on their own two feet.

#5 PLAN: "Everything is replaceable."

Help him or her to develop a safety plan. Contact a local shelter, lawyer's office, start saving some funds and clothing. Arrange a special signal, with a neighbor or a friend, to call 911 if there is immediate danger. Put together important documents including passports, birth certificates, social security cards, insurance papers, work permits or green cards, ownership documents, checkbooks and bank account information. If there are children involved then make sure to include a favorite toy that will help comfort them.

#6 DOCUMENT: "Just in case, we've just got to be prepared."

Document your friend's abuse by taking photos of bruises and injuries. Obtain copies of medical records. Save any threatening voicemails or e-mails. Write down each incident in your own notebook or journal. If legal action is taken, all of these items will be extremely important to help your friend prove the abuse she endured.

#7 SUPPORT: "I know of a person that can help."

Encourage him or her to talk with others who can provide professional help and guidance. Call a local domestic violence agency that can help provide resources, shelter, counseling and support groups. Offer to go accompany and support your friend in building their new life. If they have to go to the police, court, or lawyer's office offer to go along even if only for moral support. It will be a long journey to recovery and healing, so be prepared to support them in any way possible.

#8 RESPECT: "I will always be here for you."

Do not judge, but respect your friend's decisions. You cannot make the decision for them. It is sometimes hard to understand, but there are many reasons why victims stay in abusive relationships. He or she may leave and return to the relationship many times. Do not criticize any decisions made or try to guilt them into leaving.

#9 REMEMBER

Helping a victim of domestic violence is a long process! You will get frustrated and feel like you aren't making a difference, but you are! It is crucial that you support him or her no matter what their decisions may be, and that you help them find a way to safety and peace when they are ready. If nothing more, you are planting the seeds for future conversations and support when they finally do gain the courage to leave.

#10 VOLUNTEER

There are incredible resources available at your local domestic violence organizations, counseling programs and shelters. Search within your local area to find an organization that's a fit for you.

EARLY WARNING SIGNS

A recent study in the American Journal of Public Health found that 55% of young people, ages 18-24 years, have suffered physical partner violence. Most of the women in *Sin by Silence* entered into their abusive relationships at age 18. The higher prevalence of partner violence among young adults calls for critical intervention. Once a young person has gotten involved in an abusive relationship, it becomes very difficult to get out.

Talk about the warning signs and help stop the violence before it goes too far.

EXTREME JEALOUSY

Everyone gets jealous sometimes; the key word is "extreme." Both males and females can become extremely jealous. Signs of extreme jealousy are when your partner gets mad when you talk to other people, have close friends, or express warm feelings for anyone else. The jealous person may withdraw, sulk, or become angry and abusive.

POSSESSIVENESS

This becomes a dangerous sign when someone treats you as if you are an object they own. The possessive person will not want you to share your time or give any attention to anyone else.

CONTROLLING ATTITUDE

A controlling attitude is when one partner makes all the decisions for the other. Your views, desires, thoughts and needs are not important or considered "stupid" or "dumb." Often the controlling partner tries to tell the other how to dress, who to talk to, and where to go.

LOW SELF-ESTEEM

People with low self-esteem don't care about themselves to know that they deserve better.

UNPREDICTABLE MOOD SWINGS

Nobody stays in the same mood all the time, but a dramatic shift from emotion to emotion, jealousy to anger, to being sweet and charming is a dangerous sign.

ALCOHOL AND DRUG USE

Many of the reported violent episodes in relationships are carried out when one or both partners have been drinking or doing drugs. Alcohol and drugs do lower a person's self-control, but are not direct causes of violence.

EXPLOSIVE ANGER

Be careful of people who seem to get very angry over small things. These people may hit walls, yell, call names or actually threaten others with violence.

provided by
Sin by Silence



LITTLE BLACK DRESS SOCIETY®
love, believe, dream

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STOP THE VIOLENCE GUESTLIST

