

RAINN

Speakers Bureau Newsletter

By Sara Snyder, Speakers Bureau Manager • Sep 19, 2023

Smart Brevity® count: 6 mins...1608 words

Speakers Bureau Highlights

Thank you to those who participated in August's speaking opportunities!

RAINN Speakers Bureau Speaking Opportunities
A number in each state representing how many opportunities we have had in that state.

For the month of August, there were a total of 7 opportunities. We had speaking opportunities in **California, Illinois, Maryland, New York, Tennessee, Texas, and Washington, DC.**

If you would like to see a full list of our speaking opportunities, please visit the [Speakers Bureau Portal](#).

Speaking Story Highlights

Meet Artheniue J Colvin (she/her); Artheniue gave a speech at a 5K Run/Walk in North Carolina.

During your event, what pieces of information do you share with everyone?

I shared about my molestation as a child, how I was silent, but also how it turned my traumatic experience into something beautiful, which was starting an organization to help other victims and survivors and spread awareness.

What are things you wish you would have known before you started speaking at the event?

It was open to survivors to speak, but I was the only speaker that volunteered to share. I had no idea that I would be the "main speaker" for the event. I was okay, though.

Have you recently had a speaking opportunity? Would you like to share a bit about it with members via the newsletter?

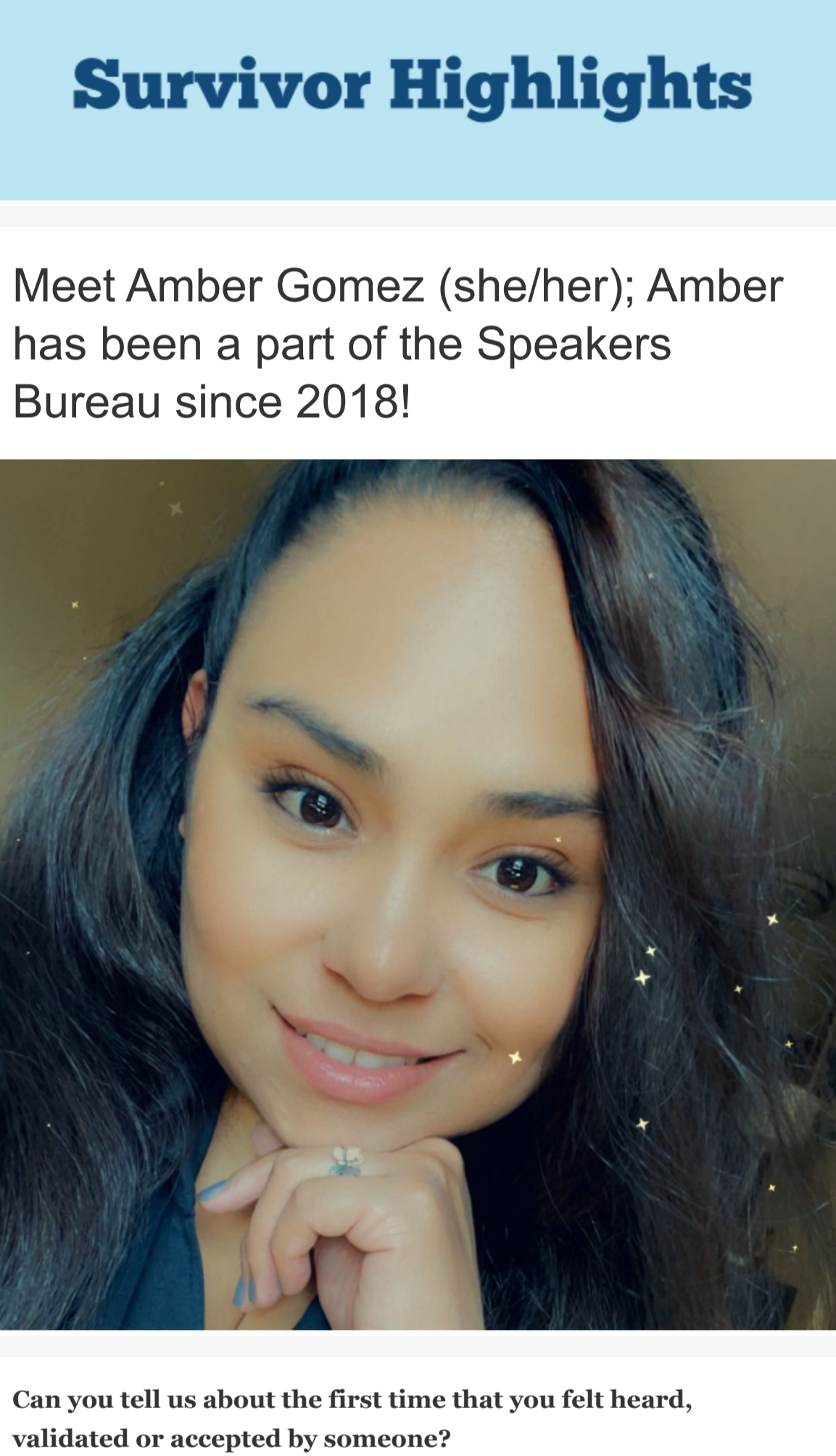
Share your story here

NATIONAL HISPANIC HERITAGE MONTH 2023

Spanish language survivors face many barriers to healing, and language shouldn't be one of them. We recognize the importance of providing ongoing support and resources to Spanish-speaking survivors year-round, so we've put together a comprehensive guide of resources in Spanish, dedicated to expanding support to survivors and their loved ones in the Hispanic community. Check out RAINN's Spanish Language resource Toolkit here/below!

Toolkit Here

Welcome to our Fall Intern!



It is both an honor and a privilege to introduce myself as the latest addition to the RAINN team as a Speakers Bureau Intern. My name is Nada Conway, and my journey into the world of supporting survivors of sexual violence has been deeply rooted in empowering individuals through self-defense. Growing up in a family that owned a martial arts school, I had the unique opportunity to teach women's self-defense seminars to individuals of all ages and backgrounds. During those years, I experienced firsthand the transformation that can occur when individuals are equipped with the tools to regain their confidence and sense of security.

My experiences working with survivors of abuse have been extremely impactful, and I am now thrilled to take this passion to the next level as a part of RAINN. The organization's commitment to ending sexual violence aligns perfectly with my own values and aspirations. Together, we can continue to provide survivors with the support, resources, and empowerment that they need to heal and thrive.

I am truly grateful for the warm welcome I've received from the RAINN community and look forward to contributing my skills, dedication, and enthusiasm to our collective mission.

Survivor Love Letter Workshop

Earlier this year, on Valentine's Day, RAINN participated in [#SurvivorLoveLetter](#), a powerful social media campaign that flooded the internet with love for survivors on Valentine's Day. This effort was started by filmmaker and activist [Tani Ikeda](#) in 2012 on the anniversary of her rape, where she penned a letter to her younger self that ended with the words: "This is my survivor love letter."

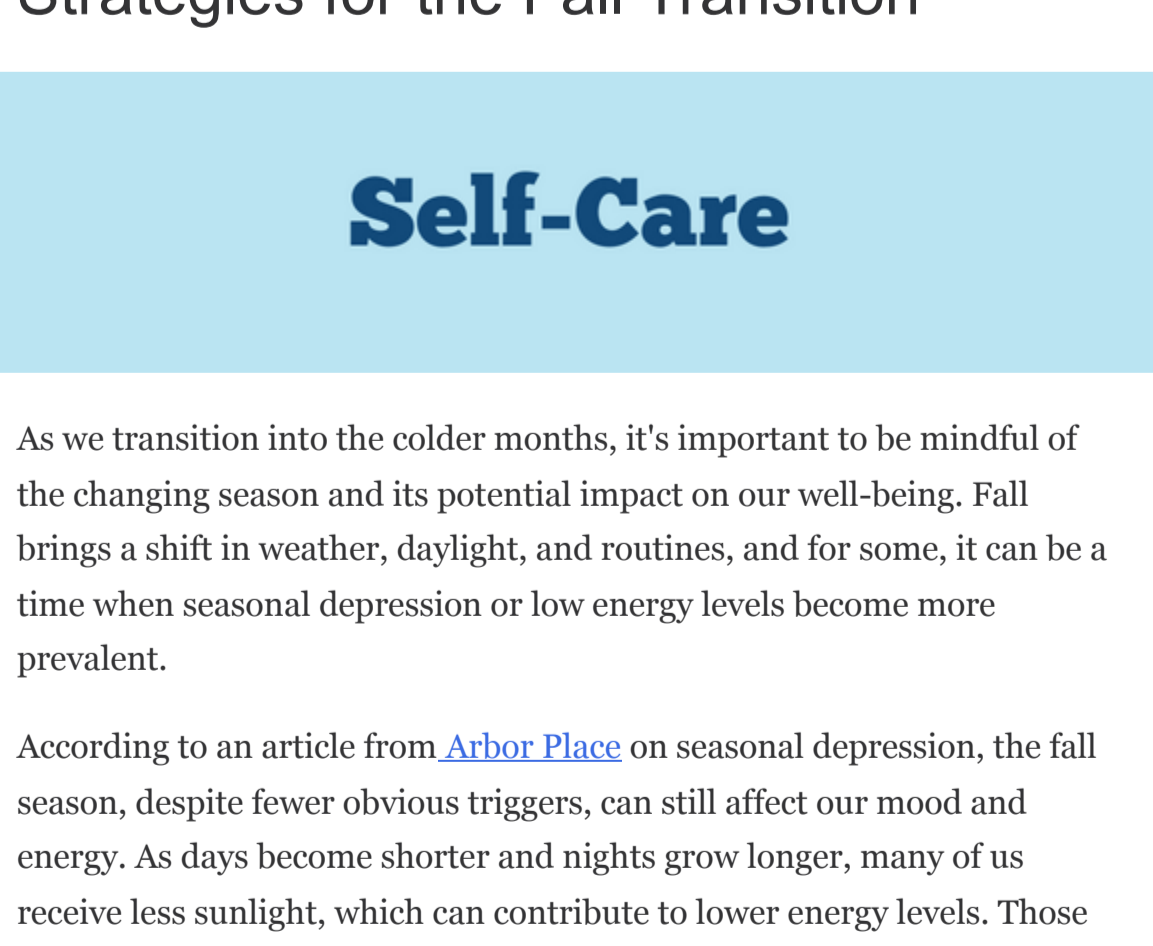
Now, we are excited to continue the Survivor Love Letter series. We are proud to announce that Tani Ikeda will be teaming up with RAINN to facilitate a new series of Survivor Love Letter Workshops. These unique workshops are a blend of meditative and writing sessions designed to foster a deeper connection with your younger selves, serving as a nurturing ground for creative resilience. The next workshop in this inspiring series is slated for Tuesday, September 26, 2023, from 6-8 p.m. ET.

If you're interested in attending Tani's workshop, [please RSVP here](#). Detailed information for the Crowdcast session will be shared on the morning of the workshop. You will also receive an invitation to the event in your email. RAINN will also have a clinician in the virtual session to provide support throughout the workshop. The workshop will not be recorded to honor and respect the privacy of attendees and those sharing their written pieces.

RSVP Here

Survivor Highlights

Meet Amber Gomez (she/her); Amber has been a part of the Speakers Bureau since 2018!



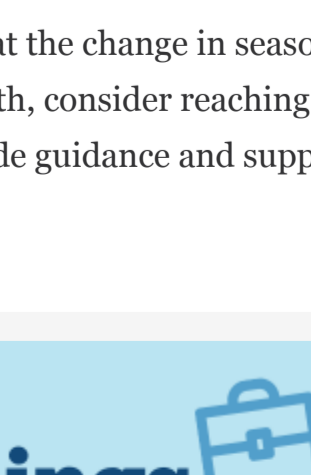
Can you tell us about the first time that you felt heard, validated or accepted by someone?

I can truly say that it was my interview with law enforcement I truly had an advocate that day.

What did your healing journey look like?

The best way I can describe is having an option between two paths, either let this rape define me and take me down a dark path or use it to not only open my eyes to the cold world but also to develop my purpose in life and career.

Sara's Corner



Hello, and welcome to Sara's Corner! I am Sara Snyder, the Speakers Bureau Manager. I've been in this position since November of 2022.

Hello, Fall, and goodbye Summer! I would like to send a warm welcome to our fall intern, Nada! I am excited for her to start working with us. She has a lot of experience and brings a great deal to the table. You will see Nada moderating and creating content for our Speakers Bureau Facebook Group. Along with the Facebook group, she will be helping with many behind-the-scenes items that will enhance your experience with the Speakers Bureau!

As always, if you have any questions, concerns, or feedback. You can email at speakersbureau@rainn.org

Member Projects

Speakers Bureau member [Gail Gardner](#) created a [PSA for the Child Rescue Act, the Project Safe Childhood Act, and the EARN IT Act](#). The three pieces of legislation are designed to give assistance to the criminal justice system, provide law enforcement training, and demand accountability of technology companies to prevent, remove, and block child sexual abuse materials through social media venues.

Have you recently published a book, participated in a fundraiser, or completed some other project having to do with RAINN or your survivor story and would like to share it with members? Please email speakersbureau@rainn.org

Policy Corner

Attorney Generals participating in the multistate investigation of Meta and TikTok for targeting young people in harmful ways on social media are asking for parents to report on how their own families have been impacted in ways that affect their children's mental health. Attorneys Generals from [Colorado](#), [New Hampshire](#), and [Tennessee](#) have set up portals for parents to share their stories.

Earlier this year, Congress introduced the Project Safe Childhood Modernization and Reauthorization Act. This bill prioritizes the rescue of children in efforts to stop child sexual exploitation offenders by ensuring law enforcement and prosecutors have the resources, plans, and procedures necessary to identify and rescue child victims. Unfortunately, Rand Paul has held this bill from reaching the Senate Floor, leaving law enforcement officials without the ability to investigate child sexual exploitation and abuse effectively.

If you live in Kentucky, we need you to send a message to Rand Paul demanding he release his hold on the Project Safe Childhood Modernization and Reauthorization Act!

You can demand Rand Paul release his hold by emailing Scott_Knittle@paul.senate.gov or john_maniscalco@paul.senate.gov.

You can also tweet at [@RandPaul](#) to release his hold on the Project Safe Childhood Modernization and Reauthorization Act.

Updates & Reminders

Speakers Bureau Workshops

We are planning more training sessions for Speakers Bureau members. If you are interested in leading a workshop or have an idea for a future workshop, please contact us at speakersbureau@rainn.org

Portal Tech Issues

If you are experiencing technical problems with our new Speakers Bureau Portal, please send an email to speakersbureau@rainn.org. We are aware of an issue wherein members are not able to edit their profile information. We are working with our IT Team to fix this issue.

RAINN News Newsletter

Get more RAINN news and resources in your inbox when you sign up for RAINN's eNewsletter.

Subscribe Here!

Embracing Change: Self-Care Strategies for the Fall Transition

Self-Care

As we transition into the colder months, it's important to be mindful of the changing season and its potential impact on our well-being. Fall brings a shift in weather, daylight, and routines, and for some, it can be a time when seasonal depression or low energy levels become more prevalent.

According to an article from [Arbor Place](#) on seasonal depression, the fall season, despite fewer obvious triggers, can still affect our mood and energy. As days become shorter and nights grow longer, many of us receive less sunlight, which can contribute to lower energy levels. Those who find transitions challenging may be more susceptible to depression during this time. The winding down of vacations, the start of school, and a return to more structured routines can also add to the complexity of this season.

Here are some self-care tips to help you navigate this transition:

Daylight Exposure: If possible, try to spend some time outdoors during daylight hours, even if it's just a short walk. Exposure to natural light can help boost mood and energy levels.

Maintain Routines: Establishing a daily routine can provide a sense of stability and predictability, which can be especially helpful during periods of change.

Stay Active: Incorporate regular physical activity into your routine to release endorphins and reduce stress.

Self-Care Rituals: Create comforting self-care rituals that resonate with you. Whether it's brewing a cup of tea, buying a Pumpkin Spice Latte, practicing yoga, or taking relaxing baths, these small acts of self-kindness can provide solace and improve your mood.

Open Communication: Be open with your colleagues and supervisors about any challenges you may be facing. If you do not have someone in your workplace to communicate to, it's encouraged to reach out to your Human Resources department for support as needed. We are here to support each other!

Seek Professional Guidance: If you find that the change in season significantly impacts your mood or mental health, consider reaching out to a mental health professional. They can provide guidance and support tailored to your specific needs.

RAINN Job Openings

[Vice President of Public Policy](#)

[DIRECTOR of CONSULTING](#)

[NSAH PROGRAM MANAGER](#)

[NSAH SUPPORT SPECIALIST \(Part Time\)](#)

[NSAH SUPPORT SPECIALIST \(Full Time\)](#)

View All Job Openings

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