

COMMUNITY CORNER

Sexual assault prevention is everyone's responsibility

By Col. Kevin Brown
GARRISON COMMANDER

It is the duty of every person on and off of Fort Riley to help prevent sexual assault at all times. April is set aside as a month to bring awareness of sexual assault to the forefront.

The Army's sexual assault prevention campaign – I AM Strong – encourages everyone to intervene, act and motivate others to put a stop to sexual assault. The campaign encourages Soldiers to uphold the following:

Intervene – When I recognize a threat to my fellow Soldiers, I will have the personal courage to intervene and prevent sexual assault. I am a warrior and a member of a team. I will intervene.

Act – You are my brother, my sister, my fellow Soldier. It is my duty to stand up for you, no matter the time or place. I will take action. I will do what's right. I will prevent sexual assault. I will act.

Motivate – We are American Soldiers, motivated to engage and keep our fellow Soldiers safe. It is our mission to prevent sexual assault. As Soldiers, we are all motivated to take action.

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While each and every Soldier, civilian and Family member in our Army shows strength in their own ways, our Army is strongest when we all work together. Find out what you can do to help prevent sexual assault.

Some suggestions from the Army's Sexual Harassment and Assault Response and Preven-

tion program are:

• **Being assertive.** State what you want. If you do not want to be intimate with another person, tell him or her clearly. Use a confident voice and body posture. Match your body language to your words – don't laugh and smile while saying "No."

• **Be Prepared.** Travel with a buddy. Stay in groups, as there is safety in numbers. Plan your outings and avoid getting into a bad situation. Stay sober. Studies indicate about half of all U.S. sexual assaults involve the use of alcohol by the offender, the victim, or both. Never leave a drink unattended. Educate yourself about date rape drugs.

• **Be Alert.** Trust your instincts; if a place or person feels unsafe, it probably is. Watch for signs of trouble such as strangers in private areas or persons loitering in places where they shouldn't be. If you sense trouble, get to a safe place as soon as possible. If you feel you are in danger, attract help any way you can.

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While our goal is to wipe out sexual assault, resources are in place if it happens. Victims have two options to report sexual assault – restricted and unrestricted reporting. Both options allow victims the support they need to take control of their situation and start healing. Restricted reports are



Col. Brown

for those who would like to receive support while not triggering an official investigation. Victims of sexual assault who choose this option should report the assault to a sexual assault response coordinator, a victim advocate, a health care provider or a chaplain. Restricted reporting allows victims to receive medical treatment, advocacy and counseling while letting them take the time they need to consider their options.

Unrestricted reporting is for victims who would like to begin an official investigation of the crime against them. When making an unrestricted report, Soldiers should use their chain of command, law enforcement, sexual assault response coordinators or request their health care provider to contact law enforcement.

At Fort Riley, you can reach a sexual assault response coordinator at 785-239-2991 or 785-239-6086. The 24-hour crisis response line is 785-307-1373.

As Soldiers in the U.S. Army, it is our duty to stand beside each other and never leave a fallen comrade. It is our duty to intervene when we see a threat to a member of the Army Family. It is our responsibility to act to prevent sexual assault. And it is our job to motivate those around us to uphold the Army values. To find out more about how you can help prevent sexual assault, visit www.preventsexualassault.army.mil.

If you would like to comment on this article, or suggest a topic to be covered in the Community Corner, e-mail rle.post.newspaper@conus.army.mil.

HOUSE FILL AD

Book clubs offer discussion, chance to make new friends

By Jackie Huls
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The constant moving and changing of military life can make it difficult to make friends and feel connected to the community. Joining a book club is one way to get involved and feel connected to a new post.

At a book club, participants will meet people who are go-

ing through similar situations.

They also will all be reading the same book, so participants will have something to talk about each month. Other benefits of a book club include reading books you may never have read, putting yourself into different situations and seeing how you react, building communication skills, and learning from other members.

Join Kansas State University Research and Extension's

Book Club as participants explore, discuss and share about topics of parenting, relationships and Family through fiction books and stories.

The book club meets from 9:30 to 11 a.m. on the second Wednesday of every month at the Forsyth Neighborhood Center. The next meeting will be May 12. An evening group will start in June.

For more information, call 785-239-9991.



Andy Rice, 9, watches as his sister, Lauren, 4, places her bowling ball on a ramp during the "Almost There" celebration for the Family members of 4th IBC, April 11 at K-State Student Union in Manhattan

Stephanie Hoff
1ST INF. DIV.

'Dragon' Brigade Family members celebrate nearing redeployment

By Stephanie Hoff
1ST INF. DIV.
PUBLIC AFFAIRS

They're "almost there," and the Family members of Soldiers of the 4th Infantry Brigade Combat Team, 1st Infantry Division were treated to a day out in celebration of the nearing redeployment date of their Soldiers.

Nearly 400 spouses and children of the "Dragon" Brigade enjoyed complimentary bowling, movies, billiards and food April 11 at the Kansas State University Student Union. The activities were pro-

vided free to the attendees by the support of the Manhattan Military Relations Committee.

"Since 4th Brigade is the partner unit for Manhattan and Riley County, we wanted to do something large to celebrate the Soldiers gearing up to return home," said Bevin Landrum, manager, Manhattan MRC. "We thought the union would be a good venue. The children are loving it, which is good."

Activities were available to Family members from 11 a.m. to 7 p.m., and a complimentary catered lunch also was provided.

"We thought this would be a good opportunity for the Families to get out and have some fun," said Maj. Mark Pappal, the brigade's assistant S-3 for rear detachment. "Everybody's getting anxious for our guys to return home. They can't wait. This was a chance for them to get out of the house and come enjoy themselves. We are very appreciative to the MRC for providing the event."

Soldiers of the 4th IBC are scheduled to begin redeploying to Fort Riley during upcoming weeks and continue returning throughout the summer.