

RAINN

Speakers Bureau

Monthly Newsletter

December 2018

Survivor Spotlight

Christa is a member of the RAINN Speakers Bureau and this month's Survivor Spotlight. Read what she has to say about healing and creating change. Her whole story can be found [here](#).

On healing:

"What's been helpful for me has been learning who I am again. My identity was ripped away from me, and I had to relearn who Christa Hayburn was."

On creating change:

"Not only are these incidents happening, but then the institution goes after the victim and protects the perpetrator. Sexual assault and domestic violence are not treated with the same respect as investigating someone who is murdered. That has to change."



Media Training

A big thank you to all who attended our in-person and online Speakers Bureau media trainings in 2018! Stay tuned for 2019 dates.



Media Tip of the Month:

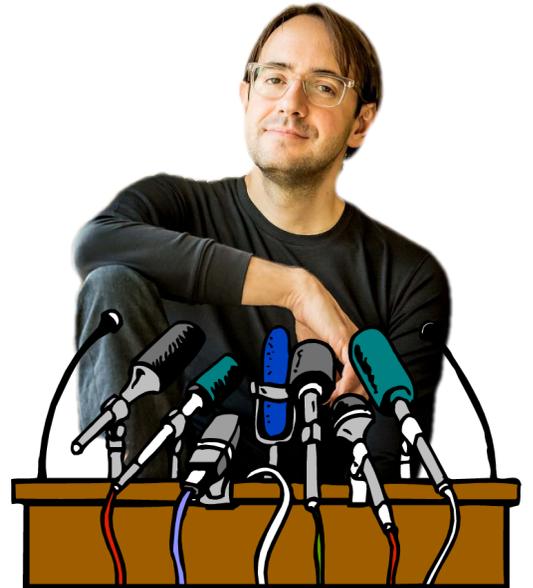
"Don't be afraid to get clarification—if you aren't quite sure what a reporter is asking, you can always say something like, 'I'm not sure what you're asking; can you elaborate?'"

- Jodi Omear, VP of Communications, RAINN

Larry's Speaking Story

1. What was the context—did you give a speech, do an interview? Was it live? For print? For television?

“I shared my story at a Night of Healing at Newton Wellesley Hospital in conjunction with Taking Back Ourselves and Violence Transformed. The audience was mixed including both survivors, their allies, as well as clinicians. I was asked to paint a real picture about what it is like to continue in the process of healing as a survivor of sexual abuse.”



2. What was rewarding about telling your story?

“I find sharing my story rewarding despite the natural anxiety that comes along with it. What is most rewarding is hearing people identify with varying aspects of your experience—initial trauma, ways we've struggled, methods of recovery, etc.”

“

Breathe...

*Speak from your heart and
don't worry about the result*

3. What was challenging? Was there anything you wish you knew beforehand?

“I was well prepared to share my story, but it is always challenging to speak so openly about your truth and how you navigate life as a survivor.”

4. What do you want to tell other survivors interested in telling their stories?

“I think one of the most important aspects to share with others who are about to share their stories is to not forget the basics.

Breathe, take a moment to yourself beforehand, and most importantly, speak from your heart and don't worry about the result. People want and need to witness your humanity.”

Have you recently had a speaking opportunity? Would you like to share a little bit about it with other members? Email April Cisneros at aprilc@rainn.org.

Member Projects

Speakers Bureau Member Kristine Irwin recently released a book about her story of healing after rape

This past weekend, Speakers Bureau Member Julia Torres Barden gave a **TEDx** talk about her experience with abduction, rape, and healing

congratulations
DR. PAUL ZEITZ

Speakers Bureau Member Dr. Paul Zeitz recently wrote a memoir about his experience with child sexual abuse and wrote about it on



Medium

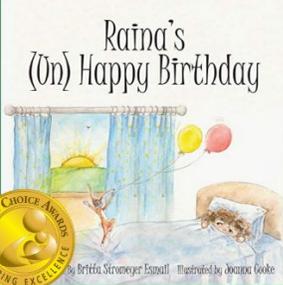
congratulations
MARISSA HOECHSTETTER

2 weeks ago, Speakers Bureau Member Marissa Hoechstetter wrote an op-ed for

BUSTLE

about her ongoing struggle for justice against the doctor who abused her

congratulations
BRITTA STROMEYER ESMAIL



Speakers Bureau Member Britta Stromeayer Esmail recently released a children's book about consent

congratulations
LAURA LANDGRAF

2 weeks ago, Speakers Bureau Member Laura Landgraf gave a

TEDx

talk titled "Razed by Lions: A new way to think about healing after trauma"

On her recently released book...

"What inspired me to write this book was two-fold. As a survivor, this is a sentiment that has been inside me all my life. But it wasn't until I had my own children and began observing other children coupled with the public and political events of the last couple of years (#metoo and others) that I truly felt compelled to finally get this on paper.

I wanted to write a story that was approachable by all ages and that was fun and heartfelt. A story that would spark a conversation among families but most of all I wanted to give little girls and boys some language and a voice to express their feelings in situations where they might otherwise not feel compelled to do so.

If I could get a child to feel comfortable and confident enough to tell the people they love when they don't feel like hugging, what potential does this carry when something comes their way from somebody that is unwanted? If we can empower them earlier, make love truly unconditional, maybe we can make some noise and continue to break through those barriers of silence."

Britta Stromeayer Esmail



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 other members? Email April Cisneros at aprilc@rainn.org.

Staff Spotlight

Name: Andrea Pagano-Reyes

Job Title: Vice President of Development



1. How did you get involved with RAINN?

“I've known about RAINN since the early days because I'm a Tori Amos fan and I've been volunteering in the SA/DV space since college as both a legal advocate for victims of violence and an on-call overnight counselor. When the job at RAINN was posted, I checked it out even though I wasn't quite looking!”

2. What do you like about working at RAINN?

“I adore my team. If you haven't met them, the development team is full of rock stars!”

3. What do you like to do outside the office, beside long walks on the beach at sunset?

“I'm a mother of two fantastically energetic little girls, so my time is spent running errands and finding playgrounds. I also love to read fiction and listen to NPR.”

4. Do you have any words of encouragement for RAINN Speakers Bureau Members?

“You are everything! You put a face on the issue and are the reason that more survivors are empowered to seek help, support, and resources—or even consider their options. I get up every day and hope that I'm setting the best examples for my daughters when I head in to the office, and each of you provide that deeper meaning and connection that keep me moving. Thank you.”



Self Care Tip of the Month:

*“For many survivors, the holidays can bring up painful memories.
If you find yourself experiencing anxiety attacks or flashbacks:*

Breathe; ground yourself by using your five senses (think about what you hear, smell, see, taste, and feel in the present moment); do something to help yourself feel calm and secure (drink a cup of tea, take a walk, wrap yourself in a blanket); and never, ever be afraid to reach out for help.”

- Keeli Sorensen, VP of Victim Services, RAINN