



ORCA TALES

Protect Your Home and Apartment from ARSON

During 2002, fire departments in Washington State reported an estimated 845 arson fires. The WA Association of Sheriffs and Police Chiefs reported 2,083 arson fires, which caused over \$26 million in property damage with 501 arrests. There are simple ways to help reduce this problem:

Arsonists typically start fires with combustible material they find nearby. Remove all combustible and incendiary material from around your dwelling. This includes garbage, rags, newspaper, wood gasoline, and other flammable chemicals.

Control access by keeping all doors, windows, and garage doors locked at night and when you are away. Consider adding a non-opaque fence (such as chain link or wrought iron) around your property.

Like most criminals, arsonists do not want to be seen while starting fires. Trim back overgrown brush and landscaping so that you can easily see your property and the street. Consider installing lights in dark areas around your dwelling. Encourage your neighbors to turn on their porch lights.

Consider installing a fire alarm system. Be sure to contact at least five reputable alarm companies with references before deciding on a system.

Keep all vehicles secure and park in a garage or under exterior lighting whenever possible.

Keep all lighters and matches locked and out of reach of children.

Encourage your neighbors to pay attention to suspicious activity and report it to the police. Also, consider starting a Block Watch.

- Information provided by Everett Fire Prevention Bureau

The 3rd Everett Crime Free Rental Housing Workshop is scheduled for Oct. 12, 13 & 14 from 8:30am-12:30pm. The workshop is \$15 for those who pre-register before October 1st. Call Officer Paxton @ 425-257-7521

The ORCAPOD
wishes you all a
HAPPY HALLOWEEN!



Dangers of Baseboard and Space Heaters

American homes suffer an unwanted fire every 10 seconds. Every 2 hours someone is killed in a home fire; that's over 4,900 fire deaths a year in the US. Fires starting because of electric heating units can smoke for many hours; many times going undetected during sleeping hours. It is easy to see the dangers of electric heaters. Look around, it won't take long and you'll find combustibles dangerously close to heaters. We remind people every day to keep storage back at least 18 inches from heaters and baseboards. Fire inspectors/investigators find trash, books, blankets, magazines and other debris against heaters on a daily basis. Baseboard and other heaters need annual maintenance and cleaning. Over the years, heaters collect dust, dirt, pollen, pet hair, wrappers and sometimes, kid's toys. As summer comes to an end and before the heating season starts, all heating units need to be cleaned, checked for damage and for notice of recalls. There have been recalls on numerous Cadet and other heaters. For recall information on Cadet or Encore heaters, call 1-800-567-2613. Recall information can also be found on the Internet.

***Article by Scott Rappleye, Deputy Fire Marshal and On-Site Magazine

ORCA WISDOM



Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure, or nothing.

Helen Keller

The Silence is Deafening

By Cheryl Johnson, Prevention Education Specialist; Providence Everett Sexual Assault Center

As a society, we do not openly talk about sexual assault, yet the Center for Disease Control (CDC) reports “sexual assault is so commonplace and produces such serious psychological trauma that it is vital to classify as a public health issue.” CDC supports a shift in responsibility for children’s safety, from the children themselves to adults in their lives and the community at-large (Jan2003 Research & Advocacy Digest).

When we talk about preventing children from being sexually assaulted, many people think “stranger danger.” This denies the experience of the majority of survivors,. The reality is that 93% of child victims knew their attacker—family member, friend or acquaintance (93% Bureau of Justice Statistics, 2000 and 94% WA, Harborview study, 2001). Still, we are silent.

Providence Everett Sexual Assault Center (PESAC) uses the William Loftquist model for working with our community on sexual assault prevention: “Prevention is an active process of creating conditions and fostering personal attributes that promote the well-being of people.”

We support the following to give children a voice and help keep them safe:

(1) Starting when they are toddlers, honor their feelings. Take their concerns seriously and help them set boundaries with friends and family. “No, I don’t want to kiss Grandma (Grandpa) goodnight” is ok. They communicate how they want to be treated, gain high expectations for respect (because we show we value their feelings) and in turn increasing their self-esteem.

(2) Do not use “good touch, bad touch.” Offenders generally do not cause physical pain or injury. They slowly groom a victim; often beginning with a shoulder rub or tickling to test the child and family response. Many times a perpetrator’s touch feels good at first.

(3) If their grooming behaviors are not met with alarm, they will increase the amount and type of sexual exposure. Maybe “testing the water” with casual exposure to pornography, jokes, “accidental” sexual touching.

(4) Known offenders continue to sexually assault until they are physically unable to continue –age is not a factor.

(5) Do not allow family secrets. Teach the dangers of secret friendships, secret behaviors, and secret places. Use the word “surprise” for not talking, short-term...about an event.

(6) Educate children and teach accurate and healthy values about sexuality. If we don’t teach our children about sex, the offender will.

(7) Frequently remind children about when and where people can touch their bodies. (Like teaching them to brush their teeth, it takes reminding).

(8) Get to know your child’s friends and peers, as well as adults that have contact with them. Be wary of older children and adults who want to spend a lot of time alone with your child. Do not allow children to accept inappropriate gifts or privileges from others.

(9) Believe, listen and trust your child. Children rarely lie about sexual abuse. They may say, “Uncle Bob is weird.” or “James makes me feel strange.” It is important to listen carefully and take the time to let them talk about their feelings. Remain calm. Be careful not to lead them in this discussion or put words in their mouth. They need to know that you are not angry with them. Tell them they do not need to feel guilty or keep a secret if someone does something confusing or uncomfortable to them.

(10) Tell children to yell or scream, and get away fast if someone approaches them, and to get help by telling a trusted adult as soon as possible.

(11) To prevent date rape, it is important to stay away from alcohol and other drugs. They make it harder for you to stay in control, and may cause difficulty moving and memory loss.

**You can prevent sexual assault through awareness, communication and understanding.
Please call PESAC at 425-258-7343 for prevention project information or our crisis line at 425-252-4800.
All services are free.**