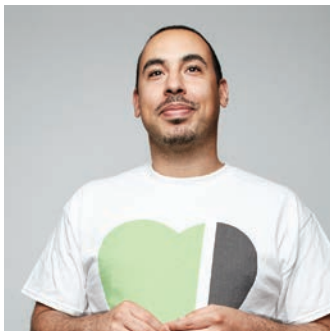


A DECADE OF VOICES



WE HAVE A VISION



We are proud to commemorate Day One's ten years of achievements with a celebration of the unique voices that have made this organization what it is today.

Throughout the evolution of Day One, our mission has remained very much the same: to partner with youth to end dating abuse and domestic violence. Our partnership with young people forms the core of our education, direct services, and leadership programs. The priorities and perspectives of youth guide our every step.

Among young people particularly, abuse and control have a tendency to silence voices when they are at their most crucial stage of development. Day One has worked to restore those voices by equipping youth with the tools they need to ensure they remain safe and enjoy healthy, loving relationships throughout their lives. Represented here are powerful young people who survived physical and emotional abuse and now draw strength from speaking out against dating violence. Countless other clients and volunteers have informed the past ten years in which Day One built and expanded our programs.

Above all, Day One is most proud of the youth and young survivors who have shown us the way. We are deeply grateful for what we have learned from their resilience, sincerity and generosity of spirit. In addition, we could not have accomplished all that we have without our extensive community of supporters. Each and every individual, foundation, institution, and corporation that contributed resources to Day One has played a role in saving lives.

In the coming years, Day One will convene community partners who work with survivors of intimate relationship violence to standardize best practices in preventing this kind of abuse among young people. We will continue to build our Youth Voices Network to afford survivors the opportunity to speak out about their experiences, advocate for systemic change, and pursue an expansion of resources to address their needs. We will spread the word in New York City and beyond that young people deserve safe and respectful partnerships at every age.

Looking forward, we firmly believe that our ultimate goal of ending dating violence is attainable. By educating the next generation on what it means to maintain healthy relationships, delivering support to survivors of abuse, and reforming our systems to better meet the needs of young survivors, we can build a future where love is always safe.

Stephanie Nilva
Executive Director

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On the cover from left to right: Andrew Santa Ana, Margarita Guzman, Staunton Peck, Deborah Walters, Diami Virgilio, Stephanie Nilva, Nicole D'Avino, Dana Ritzcovan, Michele Paolella, Sara Gonzalez, Monica Maya, Jim Walden, Tanya Antonio, Virginia Thomas, Honey Heller and Jane Randel

CELEBRATING 10 YEARS OF YOUTH EMPOWERMENT

2003:

Legal services and preventive education workshops launch as Break the Cycle New York.

2005:

Day One is founded after separating from Break the Cycle.

2007:

Community Education program reaches 15,000th teen.

2009:

The Day One-led Coalition Against Teen Relationship Abuse presents first annual Healthy Teen Relationships Conference in New York City.

2011:

New counseling services merge with case management and legal assistance to create cutting-edge Direct Services Program. Day One successfully advocates for DOE to amend its Peer-to-Peer Sexual Harassment Policy to include dating abuse as prohibited activity.

2013:

Day One celebrates a decade of partnering with youth to end dating violence in New York and beyond.

2004:

Day One works with NYC Council to advocate for new state law offering fair access to civil orders of protection for dating partners. New program builds awareness on college campuses.

2006:

U.S. Centers for Disease Control and Prevention selects Day One as national partner in *Choose Respect* campaign. Day One launches Youth Voices Network.

2008:

Day One's successful advocacy results in passage of the Fair Access Bill, and inclusion by the NYC Dept. of Education (DOE) of a dating abuse definition and designated responses in its disciplinary code.

2010:

Day One invited to White House Roundtable on Teen Dating Violence. MTV interviews Day One for expert analysis upon the release of Rihanna & Eminem's "Love the Way You Lie" hit single.

2012:

Day One invited to train Family and Juvenile Court judges nationwide about dynamics of teen dating violence and special needs of young survivors. 350,000th "Know Your Rights" guide distributed.



WE ARE SURVIVORS

For the past 10 years, Day One has partnered with countless young survivors of dating violence to put an end to abuse. Each of their stories is unique, but all illustrate the strength and resilience of young people. Hearing their stories is critical to understanding what Day One fights and stands for every single day.



I was thirteen when I started dating my first boyfriend. I had known him since I was five years old and he was my best friend. He was popular and friendly, but also dealing with serious problems at home. His mother had recently divorced his father who had physically abused both of them, and he was suffering from depression. He started drinking during junior high and attempted suicide twice. I believed that if I were always there for him, he would never hurt himself.

The physical abuse started with him grabbing my arm too roughly, but the first time it really escalated was at a party. He punched me in the stomach until I collapsed. From then on, I was constantly covered in bruises. I knew that physical violence was wrong but I wanted to protect him, so I withdrew from my friends and family to hide what was going on.

The abuse continued for another year until his mother remarried and they moved across the country to California. We still spoke on the phone every day and I reassured him that I would always be there for him.

I was convinced I was doing the right thing.

Later that year, he committed suicide.

I didn't speak to anyone about the physical abuse. I still felt it was important to protect him. Even though I wasn't capable of giving him the help he needed, I believed I was to blame. I told myself that if he could have taken out his anger on me, he would still be alive. I didn't get help because I couldn't bring myself to talk to anyone about it. Nobody knew about the violence.

After I got involved with Day One, I finally gained the courage to share my story. By speaking about my experience with other young people, I have realized that I can see what happened in my life without the stigma of being a victim. There is no typical victim of abuse. There are simply the stories of those of us who are lucky enough to survive.

- Jean Sung, *Founder, Youth Voices Network*

When I was in high school, there was very little information out there about domestic violence. The only classes that were taught were about sex education. I didn't know what the signs of an unhealthy relationship looked like.

I met my ex-boyfriend when I was thirteen. He came over to my house one day looking for my brother. He wasn't home, I was, and from that day forward we were inseparable. As usual, it was great in the beginning. He did the normal things that you would expect most guys to do. He was very respectful and charming, a gentleman. I thought it was the perfect match.

We moved in together and after a while we had a child. He became more and more controlling and would tell me what I should and shouldn't wear. If he didn't approve of what I was wearing, he wouldn't let me go out. He isolated me from my friends.

I'll never forget the day that things turned violent. I was doing laundry and he picked up our daughter's

blanket and threw it in my face. He was screaming and hyping himself up and my daughter was crying because she was scared. That's when it happened. He punched me. The first thing I saw was our daughter. All the rage just flooded out of me, and all I could do was beg him to stop.

During my first meeting with the attorney from Day One, I was still in denial about everything that was happening. I couldn't make the connection between my circumstances and domestic violence. But when the attorney asked if I was experiencing anything on a list of warning signs, I identified with each and every one of them.

People don't realize that teen dating violence is serious. It can end up fatal. A lot of teenagers die at the hand of their abusers. Day One was there for me. They stepped in, represented me in court, and gave me the strength to want to step up and give back.

- Alisa



WE MAKE AN IMPACT

“Having a daughter in high school, I realize the importance of focusing on young people. It’s a group that may get overlooked if no one focuses on it. I appreciate the sense of empowerment and set of solutions that Day One provides.”

- Allen Waxman, Board of Directors



Day One is the only organization in New York City solely devoted to the issue of teen dating violence. Our unique, youth driven model offers a 360 degree approach to breaking the cycle of abuse by establishing a new cycle—one of education, advocacy, and empowerment. All services for youth are free and available in English and Spanish.

With about 10% of victims seen in the city’s public hospitals under the age of 20, it is clear that domestic violence is not limited to adults. Women aged 16-24 experience the highest per capita rate of intimate partner violence, triple the national average.

Dating violence is an all too real issue affecting the lives of youth in New York City and across the country, but it is also a subject that many find difficult to illuminate. For the past decade, Day One’s programs and services have shed significant light on this serious topic, helping to foster healthy relationships among teens and empower victims.



“Day One utilizes an approach grounded in positive youth development, legal advocacy, and holistic social services to make sure our clients are not only safe, but stable. We are a tight knit group of true believers. Everyone is here because they believe strongly in the cause of safe relationships for our clients.”
- Diami Virgilio
Programs & Communications Associate

1 in 10 teenagers in New York City schools reports experiencing physical or sexual violence in a dating relationship within the past year.

WE MAKE AN IMPACT: PROGRAMMING



“There are many organizations that have specialties but that don’t stay in their lane. Day One has stayed within the teen and young adult space, expanding what they offer to them versus expanding who they offer services to.”

- Jane Randel, SVP of Corporate Communications and Brand Services at Fifth & Pacific Companies, Inc.

Day One offers a diverse range of support through a comprehensive interdisciplinary model. It is the only organization of its kind where adolescents and young adults (24 years of age and under) can receive every service necessary for emotional recovery and justice in one place.

Over the past ten years, Day One’s programs have adapted effectively to meet the needs of our clients, modifying services to accommodate the changing budgetary and policy landscapes while maintaining fidelity to our core objective of providing young

people with the tools to make independent decisions about their safety.

We are so proud of all the programs Day One offers today and look forward to building upon this powerful foundation.

- COMMUNITY EDUCATION**
- Workshops in public schools and youth programs
 - Professional training for social workers, attorneys, teachers, guidance counselors
 - Educational guide distribution

- YOUTH VOICES NETWORK**
- Public Speaking Events
 - Annual Writing Contest



- DIRECT SERVICES**
- Legal representation
 - Helpline
 - Case management
 - Crisis counseling by phone
 - Individual & group counseling

- POLICY CHANGE**
- Legislative advocacy
 - Outreach and awareness

WE MAKE AN IMPACT: COMMUNITY EDUCATION

“Day One sheds light on an issue that people know so little about but are so quick to judge. It is not uncommon for teachers to want to turn a ‘blind eye’ to these issues—not realizing that by doing that, they further isolate the target/survivor.”

- Deborah Walters, Health Education Teacher



The prevalence and gravity of dating violence far outweigh local and national awareness of the issue. Day One strives to reduce this incongruence by delivering workshops to youth in public schools and community based organizations, as well as training social service providers, lawyers, parents, and school-based professionals on how to recognize abusive behaviors and access legal remedies.

Day One’s reach extends beyond our own clients. Through our educational and awareness programs we build the capacity of other organizations to deliver skilled services to youth and influence policies that impact all young survivors.



Educated more than
36,000
youth about healthy relationships
and warning signs of abuse.

Trained more than
6,000
professionals to identify relationship
abuse among youth and provide supportive
guidance tailored for teens.

Distributed over
450,000
guides nationally on a myriad of
dating violence topics.



Teaching young people about healthy relationships and relationship abuse can reduce physical and sexual dating violence by 60%.

WE MAKE AN IMPACT: LEGAL SERVICES



“By taking into account the needs of young people and the challenges in our systems, Day One has developed a unique empowerment model that is replicable and essential to a survivor’s healing process.”

- Margarita Guzman, Program Director

When young victims are seeking justice, they are often thwarted by a double-edged sword: they have already experienced a loss of power and control due to their abuse, and are then faced with legal disempowerment. Day One has the skills and resources to address all the ways that clients will be interacting with systems that undermine their decision-making power.

In addition to providing legal representation in New York City Family Courts and Integrated Domestic Violence Courts, Day One advocates for policies that will benefit youth in abusive relationships. In 2008, Day One played an active role in helping to pass the Fair Access Bill, which allows individuals in dating relationships to have access to civil Orders of Protection in New York State.

**SINCE 2003
DAY ONE HAS**

**Provided legal services
for more than
575
survivors of dating abuse**

WE MAKE AN IMPACT: SOCIAL SERVICES



“Equipping clients with the language they need to exercise self-determination in their cases is really meaningful to them. They are able to establish confidence and a sense of identity they didn’t have in their abusive relationships.”

- Michele Paoella, Supervising Social Worker

Day One’s social services are tailored for young people. We provide individual and group counseling, case management, safety transfers in schools, and accompaniment to police precincts. Our approach engages young people by emphasizing their strengths rather than viewing them solely as victims of trauma. We encourage young survivors to participate in their own solutions and support them as they make crucial life decisions.

Day One also offers LGBTQ specialized services. As many as half of LGBTQ relationships may be abusive—making abuse in same-sex relationships just as widespread as in heterosexual relationships.

**SINCE ESTABLISHING
SOCIAL SERVICES IN 2011,
DAY ONE HAS**

**Provided counseling to more than
165
survivors of dating abuse**

**Responded to more than
500
Helpline calls**



Pursuing a protective order reduces the likelihood of a physical attack by 80%.



“The Youth Voices Network played a huge role in the healing process for me. It really feels good to share my story. Talking about it is not easy at all, but I’m coping with it. It’s really made me mentally strong.”

- Monica Maya, Co-Coordinator, Youth Voices Network

WE ARE EMPOWERED



“Day One structures its work around an understanding that young people are capable and strong. Young people should be respected and acknowledged for their ability to survive and work through their issues.”

- Jean Sung, Founder, Youth Voices Network

Day One’s empowerment model gives young survivors of abuse the strength, support, and space to make their voices heard. Too often, blame is shifted from the abusers to the victims, leaving them even less inclined to seek help. Day One strives to eliminate the stigma associated with victims of abuse by putting control back in their hands and returning strength to their voices.

THE YOUTH VOICES NETWORK

The Youth Voices Network is a close-knit community of young survivors who use their personal stories to educate and inform others about the harrowing reality of dating violence. Through outreach events, presentations, and an annual writing contest, the Youth Voices Network transforms survivors’ experiences into opportunities that challenge young people to reflect on healthy relationships.

“You often feel alone as a survivor, especially as a young girl, so the sense of community that Day One provides is empowering. Finding people you can relate to can be a really powerful experience.”

- Nicole D’Avino, Co-Coordinator, Youth Voices Network



Two in three teens who are in an abusive relationship do not tell anyone about the abuse.



“Ending dating abuse, domestic violence, sexual assault and stalking requires the entire community to take a stand against violence.”

– Dana Ritzcovan,
Board of Directors

WE STAND FOR CHANGE

Day One is currently supported by a range of sources including private foundations; federal, state, and city government; individuals; and corporate donors. Teenagers, undergraduates, law students, and professionals are involved in volunteer projects that help thousands of youth each year.

As much as Day One has accomplished in New York over the past decade, there is still much more to be done. Dating violence and domestic abuse are widespread national issues. With the support of the community, Day One hopes to expand its reach to cities across the country.



**Day One starts here . . .
the future starts now.**

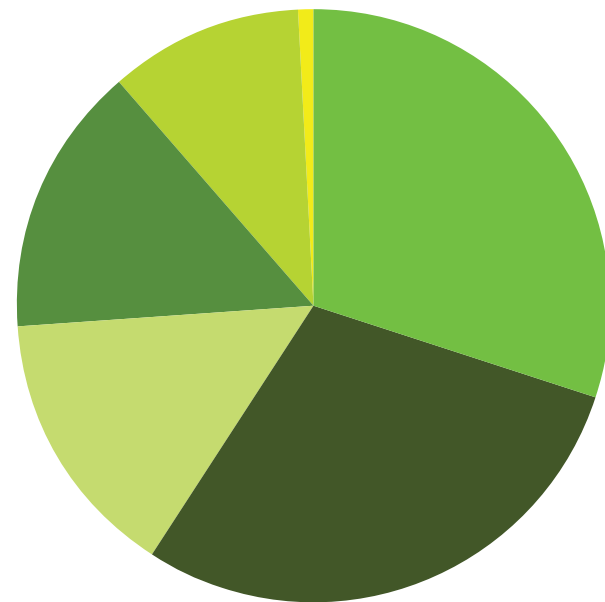
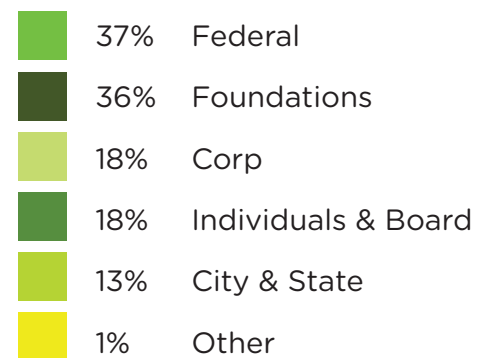
**With your support,
Day One can impact
the nation.**

2013 FINANCIAL OVERVIEW

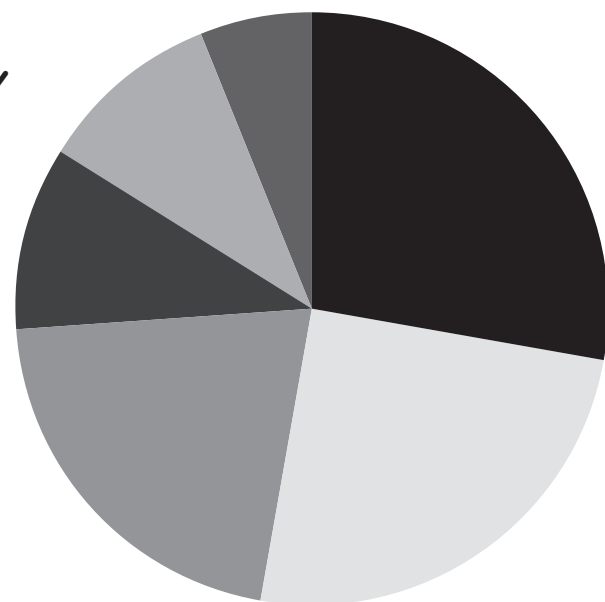
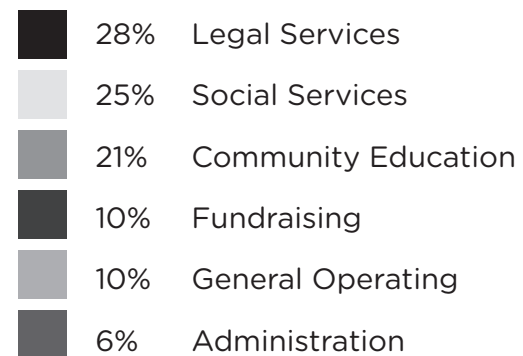
“Dating abuse is a huge problem that is little known. Prevention is efficient and a good use of dollars.”

-Kevin Costa, Board of Directors

REVENUE: \$747,000



EXPENSES BY CATEGORY



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New York State Division of Criminal Justice Services
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Verizon Foundation

CONTACT US

For more general information:

Web: www.dayoneny.org

Facebook: facebook.com/DayOneNY

Twitter: @DayOneNY

Google+: Day One+

To speak to someone about getting involved:

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Email: info@dayoneny.org

Photography by Mike McGregor

Additional photographs

William Alariste: pp. 1-2

Ken Paprocki: pp. 3-4

Marilynn K. Yee/ The New York Times/ Redux: p. 7 (bottom)

Michael Granacki: pp. 10, 12 (top)

This brochure was made with the support of the Taproot Foundation.



