



2019 Emerging Opportunities Program Application

Submit Application to: EOPapplications@cityofmadison.com

Deadline: 12:00 pm CST (noon) on October 16, 2018

Late applications will not be accepted

Please limit your proposal and responses spaces provided in this form. Any materials submitted in addition to this application form will not be considered in the evaluation of the proposal. *Do not attempt to unlock or alter this form.*

If you need assistance with this proposal or are unclear about how to respond to any questions listed below, please contact CDD staff at 266-6520.

Agency or Group:	Safe Bodies, Strong Voices	Amount Requested:	\$13,940
Title of Proposal:	Self Defense and Self Expression for Young Women		
Project Type	Empowerment and Engagement through Non-Violent Assertiveness Training		
Project Description:	<p>Safe Bodies, Strong Voices provides empowerment and engagement by young women through training in self defense and self expression. Adolescent girls of diverse backgrounds and circumstances come together and build community while gaining skills in leadership, safety, and effective expression. Engagement and empowerment in all aspects of their lives and their communities will result as natural extensions of their attendance and participation.</p> <p>Curriculum includes training in self defense techniques, non-verbal and verbal communication to de-escalate conflict and promote peace, and analysis of and brainstorming for optimal responses to real life experiences. Artistic and creative expression are encouraged and community building events such as pizza parties and group outings to culturally significant community destinations promote solidarity, open-mindedness, and an appreciation for diversity. Participants will be connected with their innate power and worth, and left with a sense of the important place for them in the community and world.</p>		
Contact Person:	Joanne M. Keane	Email	SafeBodies.StrongVoices@yahoo.com
Address:	3401 N. Sherman Avenue Madison, WI 53704	Telephone:	608/244-7188
Is this Group a 501 (C) (3)?	Yes or No No	If no, applicant will need to secure a fiscal agent with 501 (C) (3) status	
Applicant Organization founded (Year):	2018		

Contact Us! CDD staff are committed and willing to help interested groups understand and work through program requirements. Call Nancy Saiz at 266-6520 or check out the staff directory on our website for a list of staff, their focal areas, and contact information.

Name of Fiscal Agent (if Applicable):	Sherman Avenue United Methodist Church	Fiscal Agent Phone:	608/244-0868
Fiscal Agent Contact Person:	Rev. David A. Hart III	Fiscal Agent Email:	RevDavid@revhart.com

1. Project Description

a. What is the goal of your project? (500 characters)

The goal of Safe Bodies, Strong Voices is to transform the City of Madison, by empowering each young woman personally, positively, and permanent. Safe Bodies, Strong Voices strives to empower each and every individual to feel safe and secure in their person, their body, and their being. When young women know they are physically safe and able to protect themselves, they go more places with confidence, ready and willing to contribute their individual gifts, creating and engaging in opportunities.

b. Intended Service Population: (500 characters) Describe the intended service population that will be impacted by this project (e.g., location, ages, ethnicities, income ranges, English language proficiency etc.). The intended service population is young women at risk, which includes 12 to 19 year olds of all ethnicities, cultures, races, and locations throughout the City. Young women are the demographic group most acutely affected by violence in our society. They need and deserve to be safe and secure in themselves, their homes, and their communities to participate fully and equally. Low-income adolescents, marginalized populations, and those in the juvenile justice system will be recruited specifically.

c. Project Design: (5000 characters) Describe your proposed project activities. How will these activities help you accomplish your stated goals? Include information about key parts of your project that help us understand how you will accomplish your goals and how these funds would be used.

There are three components to the Safe Bodies, Strong Voices project. First is substantive training in self defense, self expression, and safety. Second is community building, multi-culturalism, and community awareness. Third is community leadership to promote peace.

Substantive training, in turn, has three main components. Self defense skills, such as escaping from a wrist grab, a hair grab, or a bear hug, will be taught, practiced, and drilled. Participants will learn how to neutralize a threat by responding with enough force and assertiveness as to stop a physical attack and prevent future aggressions. Once they have the advantage of having the "upper hand" physically, participants will ensure safety for all. For example, the attacker may be held in a safe, non-threatening position until authorities arrive. Skills of self expression, including non-verbal and verbal communication, will also be taught, practiced, and drilled. Participants will work together to brainstorm effective ways to de-escalate a tense situation, create common ground, and establish positive terms of engagement going forward. The most effective communication techniques will be our focus. In addition, real life situations in which someone was not safe or strong will be analyzed for what worked, what could be improved upon, and what might be the best possible response in a similar situation. The best possible responses will, in turn, be practiced and drilled. This is important because she who hesitates is vulnerable and targeted. In moments of violence, threat, or crisis there is no time to waste. Our skills must be sharply honed and always at the ready. As a result, our participants will gain a whole new sense of themselves, their place, and their worth in the world. This, in turn, leads to greater engagement, participation, leadership, and success in all aspects of life.

The second component is community building. Within the group, community will grow among the diverse participants through shared experience. Coming together with common goals naturally unites people in our shared humanity. In addition to the weekly meetings, social events of the participants' choice will be held regularly. Getting together without an agenda is an important way to create a safe and welcoming place for young people to be themselves. This also contributes to multi-culturalism. Perhaps we will come together to prepare and enjoy a meal, rather than eat carry-out pizza. This would be an opportunity to share foods -- and experiences -- that are culturally significant to the participants. Music and food are essential ways in which we human beings come together.

Community building will also occur between the Safe Bodies, Strong Voices group and the greater community. Outings to culturally significant locations in the City will open up the world to our participants, with the powerful notion that there are many places they belong, including places that are important to our friends and neighbors. For example, we may travel to the Harlem Renaissance Museum, Centro Hispano, Freedom Inc, OutReach community center, neighborhood community centers, diverse houses of worship (a synagogue, a mosque, a church, the Bahai'i Center, various temples), art galleries, museums, campus community groups, etc. Many of the participants may have a place in our City that is important to them; many of us have never been there. Going to these destinations, especially as a diverse group of young women, will be a memorable way to connect our participants to the world around them and break down barriers.

The third component is community leadership to promote peace. One activity is Survivor Impact Panels, where survivors of violence bear witness to their experience at a local community center. These panels, open to the public, will serve to erase any shame or stigma associated with having survived violence, as well as to hit home the deep and lasting impact that violence imparts on individuals and their communities. In addition, we will hold listening circles with authorities (school administrators, school board, police, sheriff, and court officials) listening to our young people as to how to stem violence and promote peace and prosperity. Another community leadership opportunity will be around fundraising. We will engage local businesses and civic organizations to raise awareness as well as funds to expand our reach. We will build partnerships and a public service coalition for peace and safety, with our young women in the lead. We will design art posters that may be purchased and displayed by various partners, thereby getting buy-in from the community, publicity, and funds to support and expand our project. Perhaps t-shirts, bandanas, and/or bracelets may also be designed, sold, and worn for the same purposes: fundraising, leadership, and empowerment.

Artistic and creative expression is woven into the fabric of the program because it is integral to expression, connection, and community.

d. Proposed Timeline for Implementation

Activity	Estimated Start and Completion Dates
Weekly meetings, including core curriculum	2/2019 - 12/2019
Social gatherings/meals	2/2019 - 12/2019
Survivor Impact Panels	4/2019 - 12/2019
Listening Cicles with Local Authorities	4/2019 - 12/2019
Cultural Exchange Outings	2/2019 - 12/2019
Producing an Offshoot Program to MSCR or Community Center	6/2019 - 12/2019

2. Applicant Organization or Group: (2500 characters) Briefly describe the structure of your organization. Include information about your board and/or volunteers. Please describe any successes you have had that relate to the proposed project. (10 Pts)

Safe Bodies, Strong Voices is a newly formed organization with a simple structure. I will take the lead, supported by participant partners and volunteers. A fledgling board is being assembled, including local professionals, volunteers, civic, and faith leaders. In the meantime, collaborators, partners, and potential participants are spreading the word and sharing their excitement.

Volunteers include adult women who will join us for meetings and social events. Six volunteers have committed to some level of participation, perhaps including a single meeting or event, or perhaps many. They will share the experiences that have been instrumental in forming their personal perspectives and repertoire of applicable skills.

Adolescent participant leaders include young women who are trained in self defense, as well as those who have encountered physical or sexual violence and are willing to share their experiences with their peers. Other adolescent leadership positions will cover publicity, including photos, journalism, and an online presence. These will be paid positions.

Adolescent volunteers will be the participants themselves. It is their real experience, their interests, their passions that will drive the content for the group. In this way, Safe Bodies, Strong Voices is flexible and fluid, providing the structure as well as the space and capacity to serve the unique needs and preferences of the members.

To date, successes for this fledgling group have taken the form of the excitement and eagerness for this program generated among potential participants, their parents, family members, teachers, school administrators, community leaders, law enforcement representatives, and business people alike. There are many people who recognize both the need for and the powerful force for peace that is the Safe Bodies, Strong Voices program.

The biggest barrier to entry thus far has been the lack of funding. Without sufficient money to provide the basics for our program, including transportation to get participants to and from meetings, outings, and social events. Our target populations are young women at risk. By definition, they have limited resources. Funding is necessary to bridge the gap of logistics; to bring participants together and provide the raw materials for their creation.

3. Alignment: (2500 characters) Briefly describe how your proposed project aligns with City, neighborhood or community based planning processes, data, or reports. (10 Pts)

Violence disproportionately affects young women, according to many sources. In particular, young women of color, non-heterosexual orientation, poverty, and ethnic minority status are even more likely to encounter, and be targeted for, violence, according to the CDC and Child Trends Databank report Children in Poverty, December 2016.

According to the City of Madison Northside Community Analysis, although only 21% of city residents are people of color, 67% of public school students are people of color. People of color are less likely to have access to higher incomes, wealth, and educational opportunities. Moreover, according to the Northside Community Analysis, the Northside of Madison is one of the most impoverished areas of the city, with higher numbers of inhabitants under age 17, and has a higher rate of racial minorities.

According to the national Youth Risk Behavior Survey that surveyed LGB youth, 18% of the youth had dated someone who was violent against them.

There is a clear need for empowerment among adolescent women, especially those in the target populations for Safe Bodies, Strong Voices. By recruiting young women of poverty, color, racial or ethnic minority groups, LGBT youth, those who are differently abled, and those who are already involved in the criminal justice system, our program will reach youth who are most in need of our services. By empowering these young people with skills of self defense, self expression, and community solidarity, Safe Bodies, Strong Voices will address existing needs and transform the City

4. Community Engagement: (2500 characters) Briefly describe how residents and the community who may benefit from this project have been involved in the development of this proposal. (10 Pts)

This project was born out of my growing awareness of the needs of young women in our community. As a criminal defense attorney, I have represented numerous young people, including many in restraining order court. I have been "woke" to extreme violence that our young people encounter on a daily basis. As the mother of two teen boys, I have been privileged to get to know their peers. This has also exposed me to the violent reality faced by our young people, especially young women.

Specific young women have prompted me to develop Safe Bodies, Strong Voices. One young woman was jumped in school, then again after school in a park and bears a large, permanent scar on her face. While waiting for the behavioral response team to arrive, her teacher and other students stood around helplessly watching. After school, her mom learned her child was jumped and being beaten. After racing to the park and

frantically trying to free her daughter, Mom was charged criminally. This family inspired me to step up to do something, everything in my power actually, to turn this around.

Knowing about their experience taught me the importance of self defense on two fronts: defending ourselves against physical attack as well as defending ourselves against criminal charges. Safe Bodies, Strong Voices trains participants to be effective against both of these threats by teaching non-aggressive, non-violent, commensurate defense techniques to neutralize a threat, rather than to respond by attacking others with strikes, kicks, or punches (which is the current default approach). This enables us to prevent physical harm, reverse an attack so we have the upper hand, and to use that position of power and advantage to promote safety, peace, and cooperation. All while protecting ourselves from (even false) allegations of criminal conduct. Other young women have taught me about the prevalence of sexual violence among our youth. The lines between consensual sexual contact and assault have been blurred more than ever. When young women are empowered with a sense of their own worth, combined with the ability to enforce the safety of their bodies, they will establish more clear boundaries for everyone in our society. Other participants include young women who have shared their stories of homelessness and more. These young women have agreed partner with me to develop the pilot program of Safe Bodies, Strong Voices. They are already spreading the word among their friends and families, as are the moms.

5. Collaboration: (2500 characters) Briefly describe any collaboration or coordination with other organizations or service providers in the development of this proposal. (5 Pts)

Safe Bodies, Strong Voices have many collaborators and partners, beginning with our fiscal agent, Sherman Avenue United Methodist Church and Reverend David Hart. The church has offered us volunteers, space, and some funding from the congregation. The non-occupied parsonage will serve as our headquarters, with the goal of turning it into a Girls Club.

Other collaborators include Lead Instructor and Owner, Mr. Charles Dean, of Wisconsin Martial Arts and Fitness Center (North and West locations), where I train, teach, and have earned my black belt. The WI-MAFC community is as diverse as I have found in Madison, with people of many cultures, races, ethnicities, languages, and backgrounds, including an adaptive program for differently abled people. My training and experience at WI-MAFC North form the basis of my personal confidence, leadership, and community service skills. In addition to providing the basic curriculum of self defense skills and self expression (how to turn a bully into a buddy), WI-MAFC offers volunteers and mentors, including teen student leaders. Instructor Dean, who has led free self defense training for many years to local groups, including the Girl Scouts, the U.S. military, women's groups, church groups, etc., has taught me how self defense techniques can promote personal safety as well as community building.

Another collaborator is Madison School Community Recreation, Meadowood Center, led by Mr. Tauri Robinson. MSCR is interested in having Safe Bodies, Strong Voices as part of its programming, as early as summer 2019, as well as having their instructors trained to launch Safe Bodies, Strong Voices beyond the pilot program.

Dane County Community Restorative Court is another collaborator. CRC will partner with Safe Bodies, Strong Voices to recruit young women. CRC is also a potential source of volunteers and mentorship, for the participants as well as the adults in our program. CRC may also be a culturally important destination for our group to visit, on a cultural exchange.

Other partners include neighborhood community centers, such as Kennedy Heights Community Center. KHCC hosts a Girls, Inc. group and is in relatively close proximity to the Safe Bodies, Strong Voices headquarters, also on Madison's North Side. In addition to partnering for recruitment, neighborhood community centers may wish to be involved in the Survivor Impact Panels. Northside Planning Council is another potential partner, with abundant resources to offer.

6. Funding: (5 points)

a) Has your organization received funding from the City of Madison Community Development Division, City of Madison CDBG office, Community Resources, or the Emerging Opportunities Program in the last 5 years? (Please note: Amount and frequency of funding will be considered in scoring this criteria)

Yes No

b) What other funding do you anticipate pursuing if the project is expected to continue? (500 characters)

Safe Bodies, Strong Voices is committed to pursuing many sources of potential funding, including grants and online crowd sourcing options, such as GoFundMe. In addition, we are committed to drum up local support and funding from area businesses, commerce groups, and community service organizations including philanthropic sources (Madison Community Foundation, CUNA, Evjue, and others). We are also fortunate to have the support of Sherman Avenue United Methodist Church, which lends credibility.

7. Budget (5 points):

a. Summarize your project budget by estimated costs, revenue, and fund sources.

BUDGET EXPENDITURES	TOTAL PROJECT COSTS	AMOUNT OF CITY \$ REQUESTED	AMOUNT OF NON-CITY REVENUES	SOURCE OF NON-City FUNDED PORTION
A. Personnel Costs (Complete Personnel chart below)				
1. Salaries/Wages (show detail below)	24,000	10,000	14,000	Sherman Avenue Church and In-Kind Donations
2. Fringe Benefits and Payroll Taxes	N/A			
B. Program/Project Costs				
1. Program/Project supplies and equipment	1500	1000	500	In-Kind Donations
2. Office Supplies	800	500	300	Sherman Avenue Church and In-Kind Donations
3. Transportation	2440	2440	0	N/A
4. Insurance				Sherman Avenue Church
5. Other (explain)				
C. Space Costs				
6. Rent/Utilities/Telephone	8400	0	8400	Sherman Avenue Church

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7. Other (explain):				
D. TOTAL (A + B + C)	37,140	13,940	23,200	

Explanation of "Other" expenses: (500 characters)

b. Personnel Chart: List all paid staff that will be working on the proposed program/project.

Title of Staff Position	F.T.E.*	Proposed Hourly Wage*
Director	0.4	\$12.00
Self Defense Participant Leader	0.2	\$12.00
Self Defense Participant Leader	0.2	\$12.00
Media Specialist	0.2	\$12.00
		\$
TOTAL	1.00	

*FTE = Full Time Equivalent (1.00, .75, .50, etc.) 2080 hours = 1.00 FTE Please identify FTE that will be spent in this project.

-SIGNATURE PAGE-

City of Madison Contracts:

The following information is provided in order to outline city requirements that will apply if your proposal is funded. All allocated funds will be administered through contracts with the City of Madison, Community Development Division. If funded, the City of Madison reserves the right to negotiate the final terms of a contract with the selected organization. If funded, applicants will be required to attend a **mandatory meeting** on contracting requirements. City purchase of service contracts include requirements regarding non-discrimination, consideration of vulnerable populations along with specific requirements in the following three areas:

1. Affirmative Action:

If funded, applicant hereby agrees to comply with City of Madison Ordinance 39.02, an Affirmative Action Plan with the City Department of Civil Rights (DCR) or an exemption if allowed by City DCR. For more information on these requirements, please visit the Department of Civil Rights website: <http://www.cityofmadison.com/dcr/programsCCP.cfm>.

2. Insurance

If funded, applicant agrees to secure insurance coverage in the following areas to the extent required by the City Office of Risk Management:

- Commercial General Liability
- Automobile Liability
- Worker's Comp
- Professional Liability

The cost of this coverage can be considered in the request for funding. The Certificate of Insurance that will be required at the time of contracting is available on the City of [Madison Risk Management website](#).

A sample contract that includes standard provisions may be obtained by contacting the Community Development Division at (608) 266-6520.

3. Signature:

(Any applications submitted without a signature will be considered incomplete and will not be considered for funding.)

Applicant Signature:

Enter Name: Joanne M. Keane

Date: 10/16/2018

By entering your initials in the box,

JMK

You are electronically signing your name and agreeing to the terms above.