



Robin Charboneau

Member of the Spirit Lake Nation
Mother Two Children
Recovering: Sexual Abuse/Domestic
Violence/Chemical Dependency
mamapoorbear@hotmail.com

Intense

What I will be sharing with you today is intense. I speak out about recovery. I will be touching YOUR heart and core to help you to find WHO YOU ARE.

I may trigger emotions deep within you.

SAFE ROOM

4271

If you feel OVERWHELMED any time during my presentation today please feel free to take care of yourself by leaving. If you feel overwhelmed tonight still then please call the crisis line and talk with an advocate and remember the safe room.

Who Am I? A Survivor Sharing Her Story to Help Our Work With Victims of Crime

I will be sharing my story with you through poetry. Not only will you find your inner-voice you will be able to take these simple suggestions to our children. My hope is to inspire you with the understanding that even though our sacredness was taken from us, it is not lost.

WHO AM I?

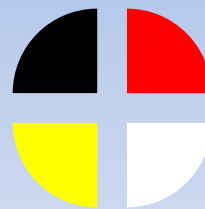
Please write down Who YOU ARE?



Pieces

As a Little Girl I was ripped and torn into pieces
As he tears off my clothes I began to pray to Jesus
"DON'T DADDY DON'T!!!" I screamed and I begged
He pulls my pants off and holds my KICKING legs.
He let me go for a second and I almost got away
He GRABBED me again, threw me down and Hollered at me to stay
My younger cousin was there, crying and begging him not to do it
"RUN and get SOMEONE" I told him and then I was hit.
Right across my face and my nose began to bleed
"DADDY I am Bleeding" I hoped for sympathy
"SHUT UP OR I'LL MAKE THE OTHER SIDE BLEED TOO"
I was terrified, trembling and a kid what else could I do
"PLEASE GOD PLEASE" I prayed to myself "MAKE HIM STOP, WHEN WILL IT END"
Then he stopped and I started to pretend
Like Nothing happened, "No DADDY I won't tell"
I see my chance to escape and began to yell
"RUN HE RAPED ME RUN!!!" as I ran to their car
MY little cousin was walking on the road he didn't get far
Torn, shattered I picked up the pieces
"Now what do I do PLEASE TELL ME SWEET JESUS!!!"
By Robin Charboneau

Me after I had been raped at 3 or 4yrs
old.



- Spiritual
- Intellectual
- Emotional
- Physical

Mom

- I remember being ripped from her arms time and time again. All of us screaming and crying as I tried to get back to her arms.
- She would sober up for a while and we (my younger brother and I) would get to go home.
- Then ripped away again. When I was five I was placed to me another foster home. Called the lady mom because I wanted a mom. Then one day I got a 'Dad' I always wanted a dad. Everyone else had one but me.
- Ending result from this trauma:
FEAR OF ABANDONMENT; INVALIDATION ;
NO ONE CAN PROTECT ME.

Foster Care/Adopted

- Grandmother (new foster mom) was given Custody of me and my brother.
- Abuse in family. By Grandpa, dad, uncles, friends of the family.
- My First "BOYFRIEND" (uncle) was when I was five, he gave me my first hickey. He asked me "do you want a boyfriend"..
- He was my boyfriend for 6 years. My "dad" started with me at age 5, that also went on for 6 years. Until I was 10 years old when he rapped and beat me. Grandpa started with me at 7 years old and I told on him he stopped after about 2 years of abusing me. Last time I was molested was when I was thirteen.
- Major results from all these different confusing relationships is:
Don't listen to your own gut feelings, or feelings
This is love and how to take care of a man
This is what your good for SEX
Multiple relationships at once is ok
Invalidation of my own feeling, thoughts, behaviors time and time again. Reinforced by everyone.

Domestic Violence

- I always looked for the “PROTECTOR” Only to find myself needing Protection.
- Started of with the fighter in high school.
- US Marine. “I love you, no one else compares to you”
- Turned to a man who murdered someone as a child. He was very abusive, held a knife to my neck.

My Drinking

- I felt like a failure, wife, mom, and woman.
- I was the parent I told my kids what to do.
- I slept around
- I would party all night and go to work.
- I wrecked vehicles.

Asked for help

- Constantly called my Advocate. DAY/NIGHT
- I'd stop in and just talk with her
- Sat in ceremonies
- GOT A SPONSOR
- Went to WOMENS RETREAT/Women were always my enemy. Why because I was taught to turn to a man to be held, hugged, or understood.
- Counselor
- Do I have to protect my abusers anymore?

Start to recover by Building a Positive Network

- Not Family/Spouse/Significant Other
- **Counselor**
- **Sponsor**
- Support Groups DBT(Changed MY Life)
example AA/NA, Survivors
- ***Advocate She is my Super HERO***
- Have names and numbers

Starting Point For The Family

Family Meetings /Family Nights

(this will help you if your going through any type of custody battle)

- ✓ Personal Calendar
- ✓ Desk Calendar (why do this?)
- ✓ Chore list
- ✓ Note pad
- ✓ Agenda Post on Fridge or some place EVERYONE will see..
- ✓ Family meeting 1/1/10 at 1pm

Let Everyone Know YOUR ALONE Time

- Make sure everyone knows everyone scheduled ALONE TIME.
- Help everyone in family create their own time and space. Even the babies Start them off young so it can carry them further in their lives. Why because if all they can do is draw let them draw.
- Their Own Network with Names and Numbers
- Plan out EVERYONES week on one schedule

**Find YOURSELF (Self
Validation)**
*Uninterrupted Daily
Journaling*

- Writing how you feel
 - What you think
 - Write without stopping
 - Draw

Distraction

Artwork

- Painting
- Beading
- Sewing
- Woodwork

Singing/Drumming

Pray/Meditate

Exercise

Other Interests

These your focused on your work... Its important to have hobbies.

- Distraction is the best way to destress and handle crisis situations. Seek social support.

Positive Affirmations

- I am Funny
- I am Spiritual
- I am a GREAT mother, father, son, daughter
- I am an Excellent Student
- I am a Great Basketball Player
- I am Beautiful/Handsome/Smart

HELP ALL FAMILY MEMBERS CREATE THEIR OWN

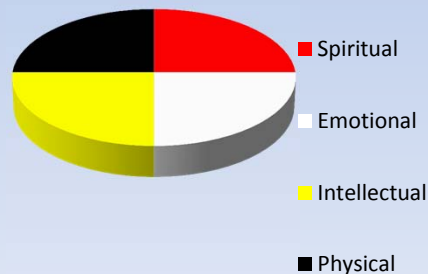
By creating a list of different ones and letting them pick and choose their own.

Ultimate goal to Put the pieces back together and Restore our Own feeling of sacredness to restore our children

BRAND NEW BIKE



Brand New Wheel



Goals

Write Down Goals and Display Them where they will be seen EVERYDAY.

- Short term (month, Year)
- Long term (When I grow up)

Set Aside ONE on ONE time

- Every child (Do not change make Priority)
- Adults (date night Make Priority)
- Family Nights (right now ours is Saturday)
- Family Meetings
- Consistency

Good Touch Bad Touch Ages 0-10

- Your Body Belongs to You
by Cornelia Spellman
- Trouble with Secrets
by Karen Johnson
- A Terrible Thing Happened to Me
by Margret M. Holmes

Stranger Danger

What does not exist is the story of the masked man in the Dark Alley Grabbing our kids. Its Grandpas, uncles, aunties, fathers, mothers, sisters, brothers etc...

THIS HAPPENS ANYWHERE AND NEEDS TO BE TALKED ABOUT.

However what I feel is killing our Native Children the most today our words whispered to our babies ears.

“shh don’t tell” “if you say anything I’ll kill you”

“I don’t want ____ to find out” “ ____ will be mad at you”

And if we as parents, grandparents, caregivers of our children today. How can we listen to our kids if we are filling our addictions.

Drinking/Drugging/Gambling

Responsibility

Make a chore list and give EVERYONE a duty.

List and display what needs to be done in every chore.

Example: Chore is

CLEAN KITCHEN

- Wash dishes
- Wipe of counters/stove/table
- Sweep/ mop floor

That way EVERYONE KNOWS what is expected of them.

Kids Menu

- Kids Create What they are going to make for supper. Take them shopping for their menu.
- Age appropriate meals

Example:

Easy Mac and Hotdogs (microwavable)

Tortilla Pizza 20 minute prep.
tortilla, pizza sauce, pepperoni and cheese

Baked Potatoes in Microwave

Spaghetti

Punishments

- Have the children make their own
(They will make them more harsh than you)
- Display them for everyone to see
- Let the children know that Parents get to decide which punishment fits the crime
- FOLLOW THROUGH

Start Support Groups

- AA/NA
- Support Groups (Women, Men, Children)
- Educate Community Members
- Volunteer for Crisis Lines
- Mentor
- Peace Keepers Groups.

STANDING PROUD AND STANDING TALL

I stand here in front of you standing proud and standing tall
To remind you of when you knocked me down and watched me fall

The mean and hateful things you'd say helped me to see
Exactly how much you really loved me

As time went on I hoped and I prayed
For health and happiness to come my way

I know he was listening the CREATOR does care
I just need to stay sober, to become more aware

My spirit is Strong and cannot be broken or beat
Cuz I am still STANDING RIGHT HERE on MY FEET

At a very young age I was told "this man is your father"
But what kind of dad could rape and beat his own daughter.

My innocence was stolen through out my childhood
Dirty Disgusting men putting their hands where they could.

I grew up and waited for that one day to come
Where I would remind them of what they had done.

One by one I told them off and I could see fear in their eyes
They to denied it as they covered it with lies.
faced everyone of them I felt my spirit grow stronger
They can't control my life or my fears no longer

Now like you they seem smaller not like big scary men at all
While I am walking away Proud and Tall

BY Robin Charboneau



THANK YOU

I am honored to have shared a small
part of my Journey with you.

ANY questions?

mamapoorbear@hotmail.com

Please Remember to turn in your

Evaluation Sheets

as your feed back is very important to me.