

Event Offers Message of Inspiration and Protection

By Brett Ellis, Fremont Tribune

Emily Heimann had a simple reason for attending Saturday's "Inspire and Protect" event at Midland University.

"I don't want that to happen to me," the 14-year-old Elkhorn girl said.

"Inspire and Protect," which was presented by Northeast Nebraska Family Health Services in Fremont, was designed to teach young women and their parents about keeping safe from sexual predators and date rape and how to build healthy relationships.

Heimann, who attended the event with her mother, Diane, said she



Jessup speaks to young women

Dallas Jessup talks with her audience about her experiences and the importance of fighting back in the case of being attacked and raped during her program Saturday at the Midland University Kimmel Theater. (Chris Bristol, Fremont Tribune)

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- featured speaker

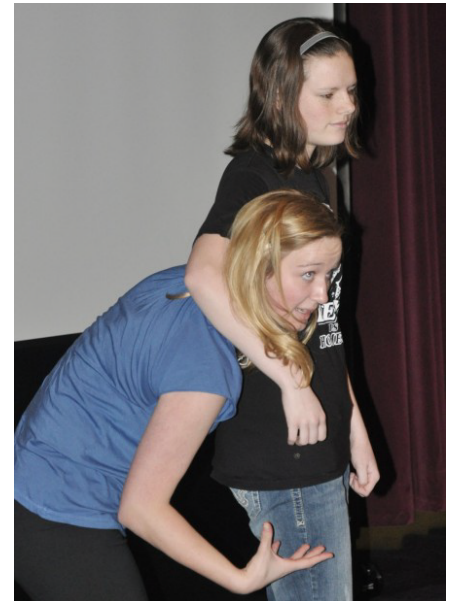
Dallas Jessup ”

learned techniques on how to get away from attackers and also how to prevent being attacked in the first place.

Dallas Jessup was the featured speaker at the event.

The 19-year-old Jessup, who is an author, filmmaker and youth activist and founder of the non-profit Just Yell Fire organization, spoke to those who attended about their ability to make a difference.

"I think that's a message that our young people need to hear," Diane Heimann said. "There's so much negative stuff out there that they really need to hear positive things like they can make a difference in



Dallas Jessup, bottom, uses volunteers to illustrate different types of defensive techniques in case the girls and young women ever find themselves in a position where they are being attacked and raped. (Chris Bristol, Fremont Tribune)

the world. Sometimes you think that you're just one person and can't do a lot, especially at a young age ... but her message is that you can."

Jessup also taught a class to the girls on how to protect themselves from abduction, harassment or violence.

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Jessup hopes those who attended Saturday's event take her message to heart.

"It gives the life of a girl back into her hands," she said. "She can go have fun. You still need to be responsible and need to understand the issues, but it's usually nothing the girl does. It comes on to her for reasons she can't help. It's important to make sure she lives her life without fear and has the skills and knows about it, but isn't afraid to live her life."

Speakers from the Crisis Center for Domestic Abuse/Sexual Assault and Nebraska State Patrol also presented information on Saturday. ■



Dallas Jessup, right, uses volunteers to teach defensive techniques in case they are attacked during Jessup's program Saturday at the Midland University Kimmel Theater. (Chris Bristol, Fremont Tribune)