



March 17, 2016

#notjustApril

- Eliminating sexual assault in the Air Force requires Airmen at all levels to be engaged all year—*not just during April*.
- Airmen are the Air Force's best asset in preventing sexual assault. Professional, dedicated Airmen who take care of their Wingmen every day of the year will help eliminate sexual assault from our ranks.
- Commanders are charged with setting a professional atmosphere and enforcing the standards of conduct that make the Air Force a professional service at all times.
- Survivors of sexual assault deserve the support of the Air Force and their Wingmen every day.



The SecAF and CSAF kicked off the #notjustApril campaign by reading short statements from survivors of sexual assault about how their wingmen helped or hurt them following their sexual assault during an event March 17, at the Pentagon. Below are a few of the statements read.

A whole team, effectively responding to sexual assaults is critical to the health, morale and welfare of Airmen, and ultimately essential to Air Force readiness. Here's one Airman's account of how some helped and some hurt:

***"The day after,** wingmen hurt me by saying that I probably just drank too much and was "just slutting it up."*

***The week after,** wingmen helped me when I went to seek help from Life Skills and helped me acknowledge what happened to me. Before then I had a hard time believing that I was raped.*

***The month after,** wingmen helped me when I opened up to a friend, and they let me feel safe enough to let the pain out by crying for the first time since it happened.*

***The year after,** wingmen helped me by urging me to continue my appointments at Life Skills. They worked with me to get my confidence back. It made it easier to deal with people hearing people say that it was my fault because I knew in my heart that it wasn't my fault."*

All Airmen are expected to treat each other with respect and dignity, which includes refraining from mistreating those who have reported a sexual assault and those who have been accused of committing a sexual assault. One Airman's account:

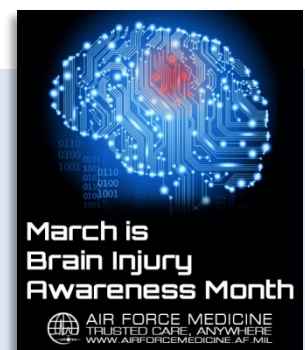
***"The day after,** wingmen hurt me by making me feel as if I was "blowing things out of proportion." As though, "he was drunk" is an acceptable miscommunication.*

***The week after,** wingmen helped me come forth, seek help and start an unrestricted report.*

***The month after,** wingmen helped me believe it wasn't my fault and that I can start the road to overcoming my PTSD.*

***The year after,** wingmen helped me by seeing how resilient I am, and I began to see my strength empower others."*

March is Brain Injury Awareness Month. A brain injury can happen to anyone. In fact, more than 2.5 million Americans sustain a brain injury each year. Active duty, guard and reserve service members are at increased risk for sustaining a traumatic brain injury. TBI is a blow or jolt to the head that disrupts the normal function of the brain. It may knock you out briefly or for an extended period of time, or make you feel confused or "see stars". Click [here](#) for more information.



► RESOURCES

Website access to the following resources can be gained by clicking on the name.

[AF.mil](#)

[Airman magazine](#)

[Military OneSource/HomeFront](#)

[Air Force Personnel Center](#)

[Air Reserve Personnel Center](#)

[Department of Defense News](#)

[Department of Veterans Affairs](#)

[TRICARE](#)

[U.S. Government Website](#)

[Air Force Association Scholarships](#)

[Air Force Safety Center](#)

[Civil Service Employment Opportunities](#)

[NAF Employment Opportunities](#)

[Air Force Bands/Outreach](#)

► THIS WEEK IN AIR FORCE HISTORY

March 17, 1967 - The US and Thai governments announced that Air Force units in Thailand were flying missions against North Vietnam.

March 18, 1977 - All 10 members in the first group of female undergraduate pilot students completed the Phase II Training program in the T-37 Tweet. They then started Phase III with the T-38 Talon.

March 19, 1910 - Orville Wright opened the first Wright Flying School at Montgomery, Alabama. This site became Maxwell Air Force Base.

March 20, 2003 – OPERATION IRAQI FREEDOM: Conventional U.S. and coalition ground forces invaded Iraq.

March 21, 1962 - A black bear named "Yogi" became the first living creature ejected from a supersonic aircraft when the Air Force tested the B-58's escape capsule. Ejected at 35,000 feet from a B-58 flying at 870 mph, Yogi landed unharmed 7 minutes 49 seconds later.

March 22, 1976 - Davis-Monthan Air Force Base received the first A-10 Thunderbolt for operational testing and evaluation.

March 23, 1951 - In the Korean War's second airborne operation, and the largest to date in one day, 120 Air Force transports dropped more than 3,400 troops and 220 tons of materiel behind enemy lines at Munsan-ni, Korea.



The OPM data breach, massive in its identity theft implications, gives rise to other crimes, and often one crime can result in two more. For example, phishing scams can morph into credit card fraud and social security abuse. Learn how to protect yourself [here](#).

To learn more about the Office of Personnel Management data breach, legitimate assistance being provided to impacted individuals, and to understand cybersecurity as it is grounded in the Air Force tradition, please go to the specially created [Air Force Cybersecurity](#) web page.



► FAMILY HEALTH AND SAFETY

[Sleep is serious: Catch your Zzzs](#)

Sleep is just as important as eating and exercise, and knowing one's circadian rhythm and one's sleep-wake homeostasis goes a long way to establishing this healthy habit.

► ENVIRONMENT, SPACE AND TECHNOLOGY

[Tech report: The continued evolution of flight](#)

Fly, fight and win have never been more important than at this moment in time, and the evolution of flight has never been more interesting.

For more information on Air Force heritage, visit <http://www.airforcehistory.af.mil>

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