

Hyde County Hotline

24 Hour Crisis Line 252-925-2500



DV MYTH #4

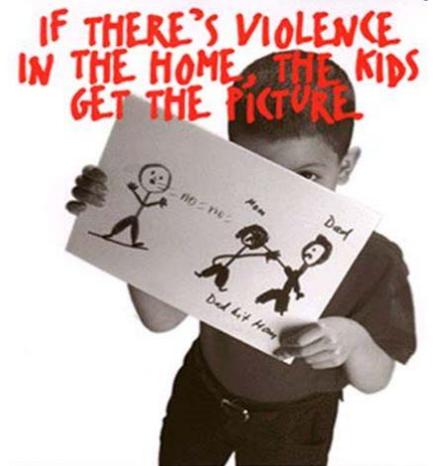
I SHOULD
Stay For My
CHILDREN

STAYING DOESN'T PROVIDE
A BETTER HOME,
HAVING AN ABUSE-FREE HOME DOES.

susancall.com

Myths about Children Who Witness Domestic Violence

- Children are too young to understand
- They won't remember what happened
- You can't help kids anyway, especially young kids
- We should just move on
- Kids should just forget about it



WHENEVER
ONE PERSON
STANDS UP AND SAYS,
"WAIT A MINUTE,
THIS IS WRONG,"
IT HELPS OTHER
PEOPLE TO DO THE
SAME.

GLORIA STEINEM

For a child, domestic violence lasts a LIFETIME

A child is shown from behind, sitting on the ground. The background is filled with various words representing the long-term effects of domestic violence on children, such as "LIFELONG VICTIMIZATION", "alcoholism", "ASTHMA", "anger", "obesity", "DIABETES", "stroke", "COPD", "SUICIDE", "failure at school", "early death", "ANXIETY", "violence", "teen pregnancy", "depression", "FEARS AND PHOBIAS", "imprisonment", "heart disease", "lack of empathy", "failure to thrive", "homelessness", "animal abuse", "UNEMPLOYMENT", "low self esteem", "heart disease", "anger", "obesity", "DIABETES", "stroke", "COPD", "SUICIDE", "failure at school", "early death", "ANXIETY", "violence", "teen pregnancy", "depression", "FEARS AND PHOBIAS", "imprisonment".

For more information about the effects of domestic violence on children: <http://www.nccadv.org/resources/children-domestic-violence>



Privacy & Safety on Facebook

NNEDV and Facebook teamed up to create materials for survivors of abuse, online harassment, and stalking. We know how important it is for survivors to remain connected to both family and friends and to maintain control over their personal information. We also believe strongly that everyone has a right to privacy and safety, both offline and online. Survivors should not have to give up online spaces because of the actions of another person. Getting off social media doesn't guarantee any level of safety and online spaces can decrease isolation, offering much needed support for survivors. It is critical that survivors have the information that they need to navigate their lives safely, which in today's digital age, includes online spaces.

The following guides have been developed as resources to understand and navigate the various settings and features available to increase privacy and security while on Facebook.

A Guide to Staying Safe on Facebook is a short, summary guide that provides quick and easy explanations of important settings. This information will be helpful to anyone using Facebook who is interested in increasing their privacy and security. This quick guide is currently available in English and we hope to have additional translations in the future.

http://static1.squarespace.com/static/51dc541ce4b03ebab8c5c88c/t/56fe9589555986f8cb747d74/1459525008252/Staying+Safe+on+FB+Guide_US+Version.pdf

Safety & Privacy on Facebook: A Guide for Survivors of Abuse is a more in-depth, detailed resource that provides step-by-step assistance to users who are experiencing harassment or are concerned about their privacy and safety due to an abusive person. It provides guidance for using features and settings within Facebook to increase privacy and security, report harassing or harmful content for removal, and document abusive behaviors in the event a user wants to seek legal assistance. This guide is available in multiple languages.

http://static1.squarespace.com/static/51dc541ce4b03ebab8c5c88c/t/56e89607e707ebc971158ac0/1458083336301/NNEDV-FB+Guide_2015_Online_English_US-version.pdf

To read more, click the following link: <http://techsafety.org/resources-survivor/facebook>

How you can help...

- **Donate to our Thrift Stores – call us for pick-up of large items 252-925-2502 (all donations are tax deductible)
- ** Tell others about us **Subscribe to our monthly newsletter
- **Monetary donations are accepted: PO Box 335, Engelhard, NC 27824
- **Become a volunteer **Ask about presentations for your civic group or business



We're on the Web!
Visit us at:
www.hydecountryhotline.org

**Thank you to all of our Sponsors
and Supporters for
Race Across the Lake 2016**

Gold Sponsor

Sawyer's Land Developing, Inc.

Silver Sponsor

Mr. & Mrs. Arthur Keeney, III

**We would also like to thank the
Hyde County Sheriff's Office,
Hyde County EMS and Hyde
Transit for their support.**

Pictures from Race Across the Lake 2016
have been posted online at
www.hydecountryhotline.org and on our
Facebook page.

Information about upcoming events can also
be found on our website and Facebook page.
Thank you for your continued support!

Volunteers are vital to the organization's overall
functioning and success.

Hyde County Hotline is a private, non-profit organization in Hyde County dedicated to promoting dignity, respect and safety at home resulting in safer communities. All proceeds from the thrift stores go to support the Hyde County Hotline mission. All donations are tax-deductible and tax donation forms will be mailed to you from Hyde County Hotline.

OUR MISSION:

The purpose of Hyde County Hotline, Inc. is to work to eliminate domestic abuse and sexual victimization and provide safe shelter in Hyde County, North Carolina through the collaborative efforts of a compassionate community. We promote dignity, respect and safety at home resulting in safer communities.

**DOMESTIC VIOLENCE HOMICIDES IN NC
from January 1 – March 2, 2016
12 Murders
www.nccadv.org**

Want to learn more about being a
Hyde County Hotline Crisis Line or
Shelter Volunteer?
Let us know. 252-925-2502

V O L N T E E R
all that's missing is U!

Impact of Domestic Violence on Children

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Children who live in a home where abuse occurs are always affected by it. Research indicates that abuse in a family may be the single most important risk factor for child maltreatment. The rate of child abuse or serious neglect in a home where domestic violence is prevalent is 1,500% higher than the national average. Children impacted by domestic violence stand a greater chance of experiencing neglect, and more than half are physically abused themselves.

Children don't need to see the abuse to be affected by it. It is obvious that children who are abused suffer a great deal; however, children who witness abuse are similarly affected. Children also see the consequences of the abuse after it has occurred. They may observe bruises, torn clothes, broken objects, splintered furniture, holes punched in walls, swollen faces and puffy eyes. They perceive the tension and fear of the abuser and do not feel safe.

Directly or indirectly witnessing the abuse can significantly inhibit children's physical, cognitive, psychological and social development. Moreover, children are often caught in the crossfire. Youth frequently believe that they have somehow caused the violence, that if they were good enough, it would not have happened or that they could have stopped or prevented the abuse.

Common effects of domestic violence on children

Physical Abuse and Neglect: In addition to an increased likelihood of child abuse and neglect, children may be hurt while trying to protect their mother or they may get caught in the crossfire.

Physical Ailments: Children may suffer from stress-related physical ailments such as headaches, rashes, ulcers and autoimmune disorders.

Aggression & Difficulty Interacting with Peers: Some children mimic the aggression and violence they have experienced at home. Other children may become socially withdrawn as a means of keeping themselves safe.

Common Behaviors: Children may suffer from a loss of appetite, nightmares, stranger anxiety, temper tantrums and bed wetting. Often these children develop learning delays and speech or hearing problems.

Common characteristics of children from violent families

The following are common characteristics and behaviors to which children from violent families are prone. Naturally, not all such children have these characteristics, and many children manage to escape violence as fairly intact individuals. Also, many of these characteristics may be found in children from homes where there is no physical violence. However, there are certain patterns that strongly indicate experiencing or witnessing violence.

- Withdrawn/apathetic behavior, childhood depression, unsocial, passive, feelings of powerlessness, moody, overly controlled, poor self-concept
- Aggressive/violent behavior: anger, open rage, low frustration tolerance, poorly socialized, difficult to control, low self-esteem
- Shame and humiliation in belonging to a deviant family
- Feelings of guilt and responsibility for family violence
- Stigma: feelings of being different
- Physical fears
- Fear of intimacy: distrustful, armored, vigilant
- Distrustful of males (males and females)
- Identification with aggressor (mostly males)
- Identification with victim (mostly females)
- Confused values: physical force is viewed as a legitimate means of control (particularly control of women by men); "Might is right." "Nice guys finish last."
- Conflicting and ambivalent feelings and loyalties toward parents: feelings of love/hate for both parents; anger, pity and contempt for the person abused; anger, fear and respect for abusive person
- Learning problems
- Parental child: precocious mothering, role reversal
- Physical problems and complaints
- Sexual behavior seen as an expression of power and anger rather than of love and tenderness

Information from: <http://www.doorwaysva.org/our-work/education-advocacy/impact-on-children-and-youth/>