

HYDE COUNTY HOTLINE, INC.

We are committed to promoting dignity, respect and safety at home resulting in safer community.

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June 2017



REAL STORIES BY REAL SURVIVORS

AMERICAN DREAM BY EMMA

I have a MS degree, had a career, married a CEO of a well-known company, lived in a gorgeous home in an affluent neighborhood, drove a nice car and was living the American dream...it seemed. For 10 of my 13 years of marriage I was also being physically, emotionally and financially abused. After 3 years of marriage my husband made me stop working and stay at home “where women are meant to be.” Everyday I was either beaten, slapped, pushed, kicked, cursed at, belittled or locked in a storage room above our second floor that had a toilet, sink and a mattress on the floor. He installed one of those deadbolt locks on the door that could only be opened from the outside with a key. [READ MORE](#)





Domestic Violence Homicides in North Carolina - 2017

January 1-May 3, 2017 (23 Homicides)

The Abuse Victims

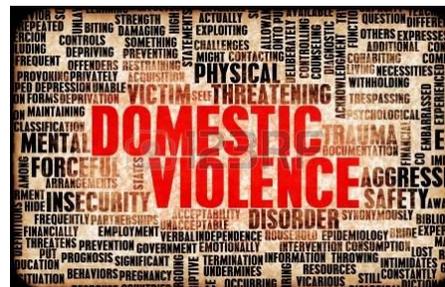
In domestic abuse there are so many myths and preconceptions surrounding abuse victims, and we, as domestic violence victims ourselves are often just as confused as those family, friends and professionals looking in from the outside.

Are some people more likely to be abused than others?

Is there a way of spotting someone in an abusive relationship?

Possibly: see [Who We Are, characteristics of abuse victims](#)

The general consensus is that ANYBODY can become enmeshed in an abusive relationship, whether old or young, male or female, black or white, poor or wealthy, educated or unqualified. Statistically it is generally assumed that the greatest proportion of abuse victims come from poorer, uneducated background and with a higher proportion being ethnic minority women than white, educated or men. But is that the full story? Could it just be that there is a difference in reporting figures? Possibly a slightly more accurate way of working out whether there is a likelihood that either you are being abused or whether someone you know is being abused is to look at the characteristics of people who are abused, as these do show some similarities, regardless of external socio-economic differences. To find out more, check out [Who we Are - Characteristics of Abuse Victims](#).



What about what culture teaches us about domestic abuse?

Some of the confusion surrounding domestic violence itself and which also cause confusion for the abuse victims, their friends and family, are the number of **myths on domestic abuse** which permeate our culture and society. Most of these, we have never really had to think about too much before, we just accepted them as part of the given norm and believed them to be such, the norm. Actually, a lot of what we as a society think is a fact about domestic violence and abuse victims, is actually a myth, and these myths have the effect of furthering the feelings of guilt for the abuse victim and preventing her from really recognizing that she is in an abusive relationship. In some instances beliefs in these myths can prevent an abuse victim from leaving even if her life is at risk. Hence it is a good idea to have a closer look at those [myths and facts about domestic violence](#).

One of the main accusations abuse victims have to face over and over again from outsiders, are the questions of why, if she was really being abused, why didn't she just not leave? Or why did he not just hit back? How can we explain that the dynamics are just not that clear cut, that the decision to leave is not so easy and that sometimes we feel that it is better to stay and tolerate the abuse for the sake of our children or because of the shame of leaving our husbands. But it is not only people on the outside who throw such questions at us. We find it difficult to understand why we stay too, even when we know that this is not the life we wanted for ourselves or our children. To help gain some understanding on what goes on in our heads, look through [Why We Stay](#).

Can men be abuse victims too or is it only women who are abused?

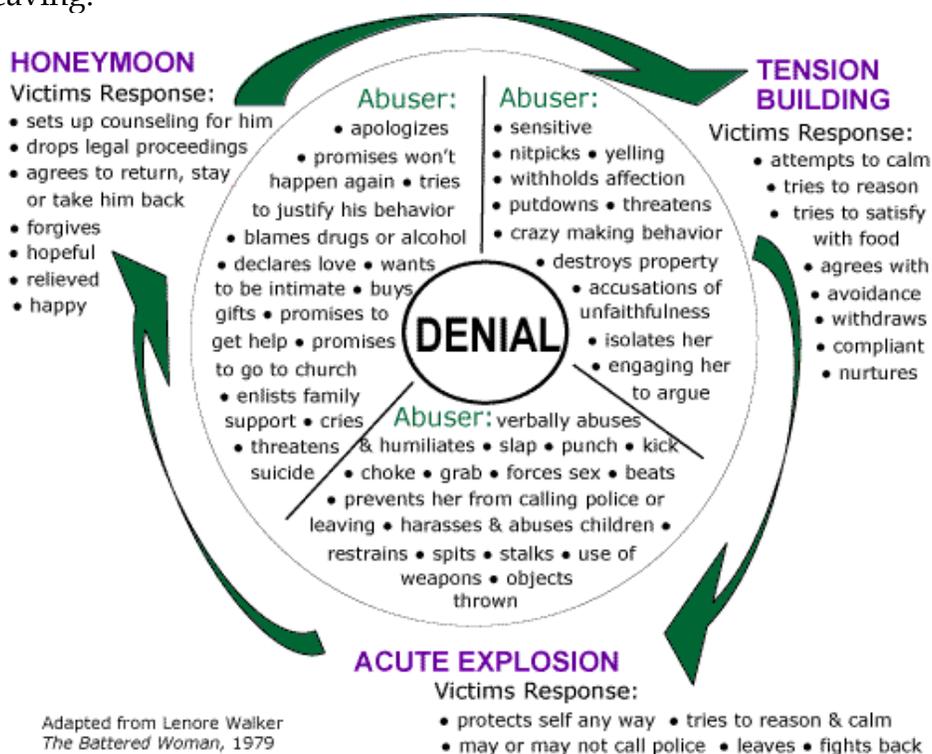
The simple reply to this question is YES. Men can also be the victims in abusive and violent relationships, they can be emotionally, financially, physically and sexually assaulted and abused. [READ MORE](#)

Cycle of Violence

Domestic Violence can follow a pattern known as the Cycle of Violence. This cycle of abuse consists of three phrases: the tension building phase, the acute battering incident and the affectionate, remorseful, loving honeymoon stage.

The longer this cycle continues without intervention, the more frequently the couple will cycle and the more severe the abuse will become.

The abuser exerts the Cycle of Violence and Power and Control to prevent domestic violence victims from leaving.



[Read More](#)

Did you know?

On average, there are 321,500 victims (age 12 or older) of rape and sexual assault each year in the United States



Debra's Story

"I'm glad to know there's somebody who understands what it means to have your everything stripped from you."

Debra was just 15 years old when the abuse began. “My father consoled me after the rape. He started brainwashing me with scripture from the Bible—Genesis Chapter 19. It was sick, and it continued off and on for 21 years.”

“There was so much brainwashing to the point where I didn’t even love myself.”



Meet Debra

5 words that describe me:

- *Loving*
- *Mother and Grandmother*
- *Resilient*
- *Strong*
- *Writer*

On telling her story:

“I forgive him in my heart. Without forgiveness I could not tell my story.”

Advice to survivors:

“Don’t be afraid. Don’t be afraid to tell.”

It can be difficult for an individual to disclose sexual assault or abuse when they know the perpetrator. It can be especially difficult if the perpetrator is a family member. Victims of **incest** may be told by the perpetrator that what is happening is normal or happens in every family. The person being harmed may not even realize that it is a form of abuse. “[He told me] this is what kings and queens do. I believed this was just something that happened to children.”

Read More: [SURVIVORS STORIES](#)



On a typical day, there are more than 20,000 phone calls placed to domestic violence hotlines nationwide.

On average, nearly 20 people per minute are physically abused by an intimate partner in the United States.

1 in 5 women and 1 in 71 men in the United States has been raped in their lifetime

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.

**HYDE COUNTY HOTLINE
24 HOUR CRISIS LINE
252-925-2500**

**OFFICE HOURS
M-F 8:30-4:30
252-925-2502**



We love volunteers!

Please help and call Hyde County Hotline at 252-925-2502.



Thank **you to the family Violence Prevention Services** Program
US DHHS, and NC Council for Women
for financial support.

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