

## **Hyde County Hotline, Inc.**

**24-Hour Crisis Line 252-925-2500**

Visit us at: [HydeCounty-Hotline.org](http://HydeCounty-Hotline.org) Facebook: Hyde County Hotline

### **Hyde County Hotline's 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.*



Photo by: [rosalindwiseman.com](http://rosalindwiseman.com)

**Teen dating violence can happen in any relationship and is found in all racial, economic and social backgrounds.**

## **February is TEEN DATING VIOLENCE AWARENESS MONTH**

### **Did You Know?**

- ❖ Dating abuse affects people of all ages, backgrounds and identities.
- ❖ Nearly 1.5 million high school students nationwide experience physical abuse from a dating partner in a single year. - [Center for Disease Control and Prevention](#)
- ❖ One in three adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner, a figure that far exceeds rates of other types of youth violence. - [Love is Respect](#)
- ❖ In a recent national survey, nearly 10 percent of high school students reported physical violence and 11 percent reported that they experienced sexual violence from a dating partner in the 12 months before the survey. - [CDC](#)
- ❖ Teens who are victims in high school are at higher risk for victimization during college and throughout their lifetimes. - [CDC](#)
- ❖ Victims of teen dating violence are more likely to experience symptoms of depression and anxiety. They might also engage in unhealthy behaviors, such as using tobacco, drugs, and alcohol. - [CDC](#)
- ❖ One in 10 high school students has been purposefully hit, slapped or physically hurt by a boyfriend or girlfriend. - [Love is Respect](#)
- ❖ One in 3 teen girls is a victim of physical, emotional or verbal abuse from a dating partner. - [Futures Without Violence](#)
- ❖ Only 33% of teens who were in an abusive relationship ever told anyone about the abuse. - [Love is Respect](#)

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- ❖ Violent relationships in adolescence can have serious ramifications by putting the victims at higher risk for substance abuse, eating disorders, depression, risky sexual behavior and further domestic violence. - [Love is Respect](#)
- ❖ Girls and young women between the ages of 16 and 24 experience the highest rate of intimate partner violence, almost triple the national average! - [Department of Justice, Bureau of Justice and Statistics](#)
- ❖ 81% of parents believe teen dating violence is not an issue or admit they don't know if it's an issue! - [Love is Respect](#)
- ❖ Among adult victims of rape, physical violence and/or stalking by a dating partner, 22.4% of women and 15% of men first experience some form of partner violence between 11 and 17 years of age – [CDC](#)

### **10 Warning Signs That You Are in an Unhealthy Relationship:**

- ❖ Constant put-downs
- ❖ Extreme jealousy or insecurity
- ❖ Explosive temper
- ❖ Isolating you from family and friends
- ❖ Big mood swings
- ❖ Making false accusations
- ❖ Telling you what to do
- ❖ Preventing you from doing what you want to do
- ❖ Financial Control Possessiveness



### **WHAT YOU CAN DO:**

#### **If You are a Parent/Guardian:**

- ❖ Keep the lines of communication open with your kids.
- ❖ Be a role model- treating your kids and others with respect.
- ❖ Start talking to your kids about healthy relationships early- before they start dating.
- ❖ If you are worried about your teen, please contact Hyde County Hotline at on the **24-Hour Crisis Line at 252-925-2500** or call the **National Dating Abuse Helpline at 1-866-331-9474**.

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### If You are an Adolescent or Teenager:

- ❖ Step up and speak out if you see someone yelling at their boyfriend or girlfriend.
- ❖ Talk to a responsible adult if you or anyone you know needs help.
- ❖ Educate yourself on the qualities of a healthy relationship.
- ❖ Show support and be a good listener to any person in need.
- ❖ Start conversations! Encourage your family, friends, school and community to learn more about the issue.



Everyone deserves a relationship that is healthy, safe and supportive. If you are in a relationship where you are being hurt, it is important for you to know that the abuse is not your fault. It is also important for you to start thinking of ways to keep yourself safe from the abuse whether you decide to end the relationship or not. You may not be able to control your abuser's abusive behavior, but you can take steps to keep yourself as safe as possible. You can begin this by making a safety plan.

**“Whoever receives one such child in my name receives me, and whoever receives me, receives not me but him who sent me.” Mark 9:37**

### Safety Planning:

What is a safety plan? A **safety plan** is a personalized, practical plan with information that is specific to you that can help you avoid dangerous situations and know the best way to react when you are in danger. A safety plan helps lower your risk of being hurt by your abusive partner. A good safety plan helps you think through lifestyle changes that will help keep you as safe as possible on campus or in the dorms (if you are in school), at your home or job and other places that you go on a daily basis.

**Safety planning** is an important aspect of how advocates at Hyde County Hotline help victims protect themselves emotionally and physically in an abusive relationship.

If you feel you are in immediate danger please call **911**. If you would like to speak to a victim advocate please call Hyde County Hotline on the **24-Hour Crisis Line at 252-925-2500**. You can also follow the link below to learn more about Safety Planning for Teens.

### Teen Safety Planning:

**<http://www.loveisrespect.org/pdf/Teen-Safety-Plan.pdf>**

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## What We Do:

- Crisis Intervention
- Domestic Violence and Sexual Violence Advocacy
- Survivor Services
- Safe Shelter
- Safety Planning
- Support Groups and Referrals
- Program Presentations for Adults and Children in Churches, Businesses and Schools
- Referrals

## How You Can Help...

- Ask Us About Community Presentations
- Tell Others About Us
- Become a Crisis Line Volunteer
- Donate to Our Thrift Store
- Ask For a Copy of Our Shelter Needs List
- Monetary Donations are Accepted



Thank you to the N.C. Council for Women and Youth Involvement-Family Violence Prevention and Services Act Program and US DHHS for financial support.

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We would like to take the time to thank all of the individuals and businesses that helped build awareness of Human Trafficking in Hyde County and in our nation by participating in Hyde County Hotline's Blue Ribbon Campaign. We were able to distribute 225 blue, Human Trafficking Awareness Ribbons and over 700 information sheets, flyers, posters and brochures about Human Trafficking during the month of January. As we were completing outreach and awareness in the community we were so excited to see so many wearing blue in Support of Human Trafficking Awareness Day! Thank you for making a difference to those who are being held in the bondage of Human Trafficking! We are truly grateful for your partnership and support, but most of all appreciate you supporting victims who need help!

**Strong people stand up for themselves. Stronger people stand up for others!**

If you are a victim of Human Trafficking and you need help please call **Hyde County Hotline** staff on our **24-Hour Crisis Line at 252-925-2500** or the **National Human Trafficking Hotline 1-888-373-7888**

**SMS: 233733** (Text "HELP" or "INFO")

**Languages:** English, Spanish and 200 more languages

**Website:** [humantraffickinghotline.org](http://humantraffickinghotline.org)



**BREAK THE SILENCE AND BREAK THE CHAINS OF BONDAGE!**

**NO ONE DESERVES TO BE BOUGHT AND SOLD!**

**IF YOU OR SOMEONE YOU KNOW IS IN THE BONDAGE OF HUMAN TRAFFICKING**

**HYDE COUNTY HOTLINE IS HERE TO HELP.**

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