

HYDE COUNTY HOTLINE FEBRUARY NEWSLETTER

Website: [Hyde County Hotline \(www.HydeCounty-Hotline.org\)](http://www.HydeCounty-Hotline.org)

Facebook: [HydeCountyHotline](https://www.facebook.com/HydeCountyHotline)



FIRST, LEARN THE FACTS

In order to raise awareness about dating violence and help prevent it, you need to know the basics!

Dating violence can happen to anyone, regardless of age, race, gender, sexual orientation or background.

Drugs and alcohol can affect a person's judgment and behavior, but they **do not excuse abuse or violence**. **Dating violence can be:**

Physical: hitting, slapping, choking, kicking

Emotional/Verbal: putting you down; embarrassing you in public (online or off); threatening you in any way; telling you what to do or what to wear

Sexual: pressuring or forcing you to do anything sexual, including sexting; restricting access to birth control

Financial: taking your paychecks; preventing you from working

Digital: sending threats via text, social media or email; stalking or humiliating you on social media; logging into your social media or email accounts without permission; forcing you to share passwords

Dating violence is common:

One in three teens in the U.S. has experienced some form of abuse by a dating partner

Dating abuse affects around **1.5 million teens** annually

loveisrespect.org

Domestic Violence Homicides in North Carolina – 2016

January 1 - December 31, 2016 (62 Murders)

Are you in an abusive relationship?

Do you:

- ... sometimes feel afraid of your partner?
- ... feel as though the boundaries keep shifting?
- ... feel as though you can never do the right thing?
- ... often feel guilty for something you have not done?
- ... feel as though you are walking on eggshells?
- ... often change your social engagements because of your partner?
- ... wish he/she would change and be nicer to you?
- ... spend more time thinking of what your partner wants than what you do? **Does your partner:**

- .. get jealous easily, even without reason?
- ... nag or belittle you frequently?
- ... always want to know where you have been and what you have been doing?
- ... threaten to hurt himself or the children if you don't comply?
- ... sometimes just seem to totally ignore you for hours or days?
- ... insist on having sex even if you don't really want to?
- ... embarrass you in front of friends or family?
- ... belittle your accomplishments or trash your ideas?

If you can **answer yes to most of those**, then chances are, you are in an abusive relationship. Read more about the [Warning Signs of an Abusive Personality](#) and also have a look at the [Characteristics of domestic abuse victims](#)

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Acts of psychological abuse include berating or humiliating the victim; interrogating the victim; restricting the victim's ability to come and go freely; obstructing the victim's access to assistance (e.g., law enforcement; legal, protective, or medical resources); threatening the victim with physical harm or sexual assault; harming, or threatening to harm, people or things that the victim cares about; unwarranted restriction of the victim's access to or use of economic resources; isolating the victim from family, friends, or social support resources; stalking the victim; and trying to make the victim think that he or she is crazy.” Are you in an abusive relationship? – Donald W. Black, [DSM-5 Guidebook: The Essential Companion to the Diagnostic and Statistical Manual of Mental Disorders](#)





For more information on Teen Dating Violence visit:

www.loveisrespect.com

www.ncadv.com

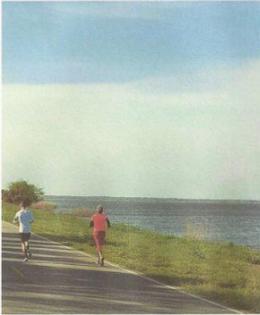
www.nccasa.com

www.thehotline.org

The National Domestic Violence
HOTLINE
 1.800.799.SAFE (7233) • 1.800.787.3224 (TTY)


love is respect org
 National Teen Dating Abuse Helpline
 1-866-331-9474 1-866-331-8453 TTY

Coming Events



APRIL 1, 2017
3RD ANNUAL
RACE ACROSS
THE LAKE

Location: Hwy 94 & N Lake Rd, Fairfield, NC
 Registration: 8AM Race Begins: 9AM
 Pre-Registration Day of Race Registration
 \$25 – Ages 15 & Up \$30 – Ages 15 & Up
 \$15 – Ages 10-14 \$20 – Ages 10-14
 \$8 – Ages 9 & Under \$13 – Ages 9 & Under

*Register online by 3/15/17 to receive a free t-shirt
 *t-shirts will be available for sale the day of the event

Register online at www.runtheeast.com



**HYDE COUNTY
 HOTLINE, INC.**
 CRISIS INTERVENTION,
 ADVOCACY &
 PREVENTION FOR
 VICTIMS & SURVIVORS
 OF DOMESTIC ABUSE
 AND SEXUAL
 VICTIMIZATION

YOUR SUPPORT WILL
 PROVIDE ASSISTANCE
 TO VICTIMS OF
 DOMESTIC ABUSE AND
 SEXUAL VICTIMIZATION
 IN HYDE COUNTY, NC

SPONSOR TODAY!
 BRONZE LEVEL: \$50 - \$99
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 GOLD LEVEL: \$200+
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 CALL 252-925-2502

**HYDE COUNTY
 HOTLINE, INC.**
 PO Box 335
 Engelhard, NC 27824
 252-925-2502
www.hydecounthotline.org
 24 Hour Crisis Line
 252-925-2500

OUR FRIENDS

[Domestic Violence Services and Support in NC](#)
[Inner Banks Hotline – Tyrrell County](#)
[Legal Aid of North Carolina](#)
[National Domestic Violence Hotline](#)
[NC Council For Women](#)
[North Carolina Coalition Against Domestic Violence](#)
[North Carolina Coalition Against Sexual Assault](#)
[Outer Banks Hotline](#)
[Real Crisis](#)

Register online at: <http://www.runtheeast.com>

**Donate to our Thrift Stores – call us for pick-up of large items 252-925- 2502

(All donations are tax deductible)

**Ask us about presentations **Ask how we can help you ** Tell others about us

* Monetary donations are accepted: PO Box 335, Engelhard, NC 27824

Volunteering is
 a work of heart



Visit our Thrift Store

Hyde County Hotline Thrift Store Hours:

May – September: Thursday – Saturday from 8:30am – 2:30pm
 October – April: Thursday – Saturday from 10:00am – 4:00pm.

VOLUNTEER!

