

# HYDE COUNTY HOTLINE, INC.

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

Visit us at: Website: [HydeCounty-Hotline.org](http://HydeCounty-Hotline.org) Facebook: [Hyde County Hotline](https://www.facebook.com/HydeCountyHotline)



October is National Domestic Violence Awareness Month. Help raise awareness to end domestic violence. Take a stand. Be a voice. Show your support. Wear **PURPLE**. Send a strong message. Domestic Violence is **NEVER OK!** It will not be tolerated in our communities.

## DOMESTIC VIOLENCE IN NORTH CAROLINA

- There were 108 domestic violence-related homicides in 2013 in North Carolina. Around two people died per week from domestic violence in 2013.
- In North Carolina in 2013, more than 75 percent of the perpetrators of domestic violence-related homicides were male. This is consistent with national data that show males are often the perpetrators of serious cases of domestic violence.
- 1,678 victims were served in a single day in North Carolina in 2014 - 860 domestic violence victims (432 children and 428 adults) found refuge in emergency shelters or transitional housing provided by local domestic violence programs.
- In a 24-hour survey period in 2014 in North Carolina, local and state hotlines answered 637 calls, averaging more than 26 hotline calls every hour.



### DID YOU KNOW?

- 1 in 3 women and 1 in 4 men have experienced some form of physical violence by an intimate partner.
- On a typical day, domestic violence hotlines receive approximately 21,000 calls, approximately 15 calls every minute.
- Intimate partner violence accounts for 15% of all violent crime
- Having a gun in the home increases the risk of homicide by at least 500%. 72% of all murder-suicides involved an intimate partner; 94% of the victims of these crimes are female.

**January 1 - October 4, 2017 (58 Homicides resulting from Domestic Violence)**

# What Is Domestic Violence?

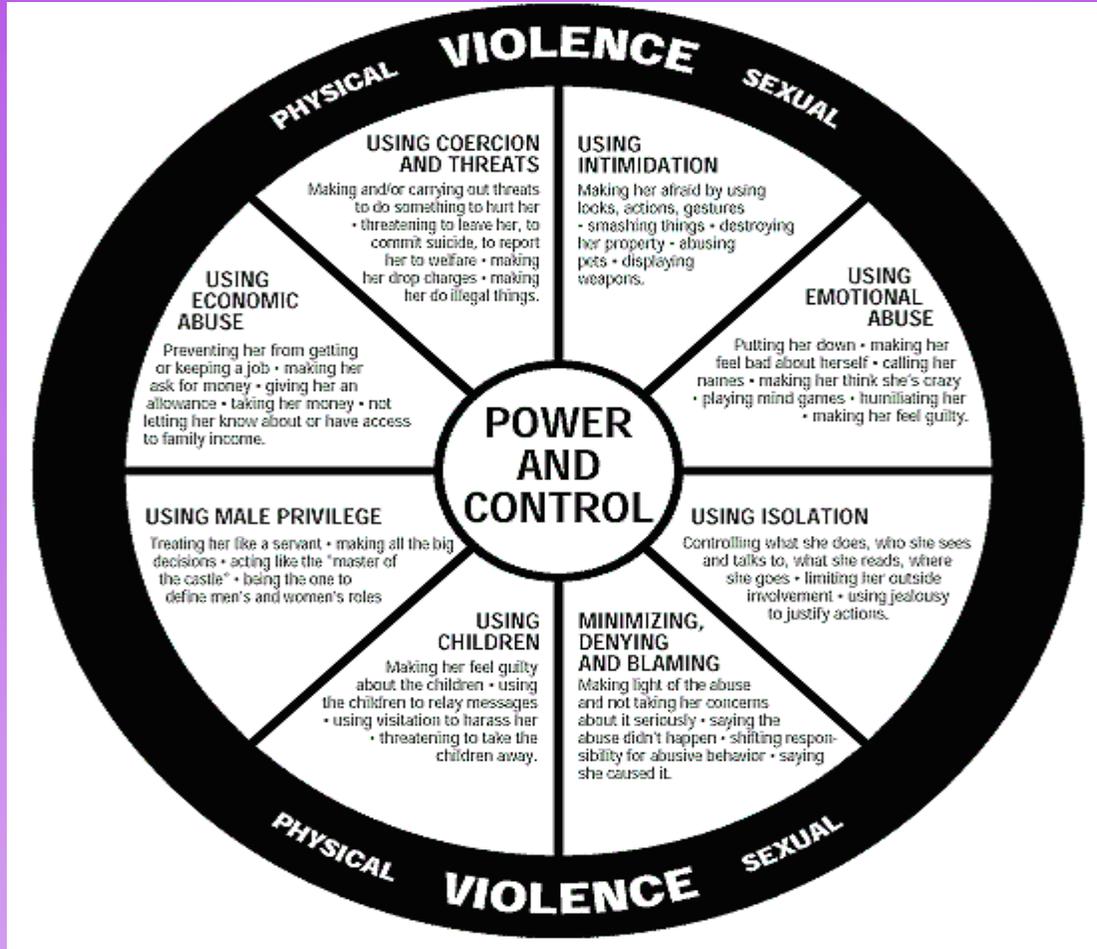
Domestic violence (also called intimate partner violence (IPV), domestic abuse or relationship abuse) is a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship.

Domestic violence does not discriminate. Anyone of any race, age, sexual orientation, religion or gender can be a victim – or perpetrator – of domestic violence. It can happen to people who are married, living together or who are dating. It affects people of all socioeconomic backgrounds and education levels.

Domestic violence includes behaviors that physically harm, arouse fear, prevent a partner from doing what they wish or force them to behave in ways they do not want. It includes the use of physical and sexual violence, threats and intimidation, emotional abuse and economic deprivation. Many of these different forms of domestic violence/abuse can be occurring at any one time within the same intimate relationship.

Here at The Hotline, we use the Power & Control Wheel\* to describe most accurately [what occurs in an abusive relationship](#).

*Think of the wheel as a diagram of the tactics an abusive partner uses to keep their victim in the relationship. While the inside of the wheel is comprised of subtle, continual behaviors, the outer ring represents physical, visible violence. These are the abusive acts that are more overt and forceful, and often the intense acts that reinforce the regular use of other more subtle methods of abuse. The Hotline.org*



# A Deadly Cycle

There's a certain script domestic violence follows and survivors know it well. Most advocates will attest that abusers are not impulsive or out of control, but rather rigidly in control. They carefully plan and calculate their abuse, be it subtle forms of control or threatening acts of violence. As such, survivors fall into a script of their own. They begin repeating the lines over and over to themselves, and to friends and family, until the familiar phrases begin to sound like a broken record.

*It'll never happen again.*

*He says he's really sorry.*

*It's my fault I made him angry—I should be a better partner.*

*He's just stressed out right now.*

*He's only controlling because he loves me.*



In some circles, this is referred to as the Cycle of Abuse, or Cycle of Violence, a four-stage pattern that abusive behavior can take sometimes hundreds of times over. An abuser might cycle through these four stages in anywhere from a few hours to a year or more. The cycle was first introduced in 1979 but since then some advocates argue that the tool has become outdated, instead referring to a more updated visual aid called The Power and Control Wheel as a better depiction of abuse. Still, the cycle continues to resonate with many survivors and its overall message is clear—domestic violence is destructive, ongoing and relentless.

## Round and Round You Go

The cycle of abuse suggests that there are four states to abusive behavior. First, tensions build and a survivor can become fearful. The survivor may feel it's their duty to placate the abuser. Next, there is an incident. This can be verbal, emotional, psychological or physical abuse intermixed with anger, threats and intimidation. After this comes reconciliation, the excuse stage. The abuser apologizes, blames the survivor or denies the abuse occurred at all. And finally, the calm stage—the incident has been forgiven and, for a while, things seem back to normal, sometimes even better than before. Survivors sometimes refer to this as "the honeymoon stage." Until, of course, the first stage starts all over again. Tensions build and soon, another incident occurs.

What's scariest is the length of the cycle usually diminishes over time, bringing abusive incidents closer and closer together. The "reconciliation" and "calm" stages can disappear completely, leaving only violence behind. Many survivors are either too ashamed or too fearful to leave their abuser, convinced that they've now let it go on too long, or that it was their fault the abuse started in the first place.

Other survivors may be convinced they are in love with their abuser. "Survivors feel like [the abuser] is a person they can change. This is not love—it's traumatic bonding," says Yvette Lozano, director of intervention and emergency services with the nonprofit Peace Over Violence. Sarah Buel lists "love" as one of the 50 barriers survivors can face when trying to leave an abuser.

"Wanting the 'good times' to come back, a survivor may believe they need to try harder to please the abuser, or they may rationalize that the abuse is only one aspect of an otherwise good relationship," says Buel, a professor at ASU's College of Law. Lozano says the cycle of violence is something that can be passed down to children as well. "Children witness this growing up and feel like this is normal and this is how relationships are supposed to be. That's why we educate teens so they know what is a healthy relationship and what's not."

[By domesticshelters.org](http://domesticshelters.org)



*Hyde County Hotline's*

*7th Annual Event:*

*A Giddy-Up Gala*

*November 18, 2017*

*Round Up & Silent Auction starting at 6 pm*

*Chow Time 7 pm*

*Tickets: \$55 Individual \$100 Couple*

*\$30 Young'uns 0-12*

*Cowboy Table \$800*

*(Seats 8 with Signage)*

*Sponsorship Levels \$500, \$700, \$1,000*

*Cowboy Hats and Boots Optional*

*Supper*

*Silent Auction*

*Live Auction*

*Mechanical Bull*

*Music by DJ JM*

*Fun for the Young'uns*

*Make Checks Payable to Hyde County Hotline*

*PO Box 335 Engelhard, NC 27824*

*Call 252-925-2502 for more information*

## 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.



**We love volunteers!**  
Please help and call Hyde  
County Hotline  
252-925-2502.



Nothing Compares



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