

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

January 2020

The Big Deal about Belittling

When abuse takes the form of insults and other disparaging words and actions

Emotional and psychological abuse can take many forms, including belittling, which can manifest as judging, humiliating, criticizing, trivializing or telling hurtful jokes. But belittling is no joking matter. It's a tactic often used by abusers to make their victims feel small, unimportant or disrespected. It can take a toll on a survivor's confidence and sense of self-esteem.

And, as with other forms of abuse, it's a tool abusers use to exert control. The more down about yourself you feel, the more dependent you'll be on your abuser to validate you—or, so they believe.

What Belittling Sounds Like

- Yelling or screaming at you to get a reaction.
- Insulting you—calling you fat, ugly or stupid—or criticizing your parenting skills or intelligence.
- Ignoring how you feel, disregarding your opinion or failing to recognize your contributions.
- Humiliating or embarrassing you, especially in front of family or friends.

Making you the butt of jokes or offhand comments that disparage you and then saying something like, “I didn't mean it. I'm just teasing,” or telling you that you're being too sensitive.

(cont'd on next page)



- Bringing up past failures or mistakes as evidence of your incompetence or lack of intelligence.
- Forcing you to agree with them instead of forming or expressing your own opinion.
- Treating you as their property or as someone who has no value other than as a sex object.
- Denying the belittling, blaming it on you or criticizing you for making too big a deal out of it.
- Minimizing the seriousness of their abuse or accusing you of overreacting to their words or behaviors.
- Blaming you for their abusive behavior, but then turning around and telling you how much they love you.

You may be experiencing some or all of these factors and still wonder, “Is this abuse?” It’s a hard pill to swallow, believing that the person you love and trust can be purposefully trying to hurt you as a means of power and control. But ask yourself this: Are you afraid of your partner? Do you walk on eggshells whenever he or she is around? Is the belittling becoming a regular occurrence? Does your partner lack remorse for hurting you?

If the answer is yes to any of these questions, you may need to face the reality that your partner is abusive. It can help to [reach out](#) to a trained domestic violence advocate and talk about your specific situation.

How You Can React

Abuse is not your fault. No one deserves to be demeaned or insulted. If you’re dealing with belittling behaviors, try these steps:

- Don’t retaliate or insult them back.
- Identify how the comment makes you feel, so that you can express your emotions.
- Tell your partner exactly how they made you feel and that you didn’t like it.
- Accept an apology, but don’t brush it off with a comment like “that’s OK,” which implies they have permission to do it again.

Don’t underestimate belittling as a form of abuse. Verbal abuse can escalate into physical abuse over time, putting your health and safety at risk. [One study revealed](#) that 95 percent of abusers who physically abuse their partners also verbally abuse them. Consider if this relationship is worth the risk.

Source: [The Big Deal about Belittling](#)

Proclamation on National Slavery and Human Trafficking Prevention Month, 2020

NOW, THEREFORE, I, DONALD J. TRUMP, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim January 2020 as National Slavery and Human Trafficking Prevention Month, culminating in the annual observation of National Freedom Day on February 1, 2020. I call upon industry associations, law enforcement, private businesses, faith-based and other organizations of civil society, schools, families, and all Americans to recognize our vital roles in ending all forms of modern slavery and to observe this month with appropriate programs and activities aimed at ending and preventing all forms of human trafficking.

[Proclamation on National Slavery and Human Trafficking Prevention](#)



Issued December 31,2019



Join us for Valentine's Day Weekend on Ocracoke!

Call Hotline for hotels/restaurants listings.

252-925-2502

*In a spirit of love, befitting the
Valentine's Season
Ocracoke Alive & Hyde County Hotline, Inc.*

*proudly present
Wally & Maria Hurst
in*



Presented by special arrangement with Dramatists Play Service NY, NY

Saturday, February 15, 2020

Showtime at 7:30pm

Community Center

999 Irving Garrish Hwy 12

Ocracoke NC 27960

LIMITED SEATING! Free tickets available at the door or recommended online at ocracokealive.com or call 252.921.0260

Donations accepted to benefit residents affected by Dorian
Hotline Crisis Line (Domestic & Sexual Violence/HumanTrafficking) 252.925.2500

Hyde County Hotline

offers

Crisis Intervention, Advocacy and Prevention

Confidential Emergency Shelter

24 Hour Crisis Line 252-925-2500

PO Box 335

Engelhard, NC 27824

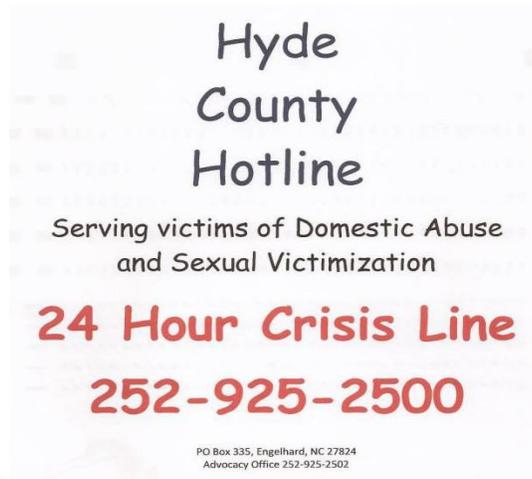
Tel: (252-)925-2502

WHAT WE DO

- Crisis Intervention
- Domestic and Sexual Advocacy
- Human Trafficking Advocacy
 - Survivor Services
 - Safe Shelter
 - Support Groups
 - Referrals
- Programs and Presentations
- Participates with DSS Work First Program

OUR MISSION

The purpose of Hyde County Hotline, Inc. is to work to eliminate domestic abuse, sexual victimization and Human Trafficking 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.



Support Hyde County Hotline.

When you shop at smile.amazon.com,

Amazon donates.

<https://smile.amazon.com/ch/27-4410673>



Family Violence Prevention
& Services Program

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