



# Hyde County Hotline

24 Hour Crisis Line 252-925-2500

February 2013

## What is Teen Dating Violence Awareness Month?

Teen Dating Violence (DV) Prevention and Awareness Month is a national effort to raise awareness about abuse in youth relationships and promote programs that prevent it during the month of February.

The repercussions of teen dating violence are impossible to ignore – they hurt not just the young people victimized but also their families, friends, schools and communities. Throughout February, organizations and individuals nationwide are coming together to highlight the need to educate young people about healthy relationships, teach healthy relationship skills and prevent the devastating cycle of abuse.

## The History of Teen DV Month

For years, young people across the nation have organized to put a stop to dating violence. With their adult allies, they achieved a major victory in 2005 when the importance of addressing teen dating violence was highlighted in the reauthorization of the Violence Against Women Act.

The following year, Congress followed the lead of dozens of national, state and local organizations in sounding the call to end teen dating violence. Both Chambers declared the first full week in February "National Teen Dating Violence Prevention and Awareness Week." Then in 2010, Congress began dedicating the entire month of February to teen dating violence awareness and prevention.

Now in its second year, Teen DV Month is celebrated by leaders in government, student bodies, schools, youth service providers, community-based organizations, parents and more. Join us in promoting awareness of and preventing teen dating violence.

<http://haveaheartcampaign.org/heart-of-the-matter.html>



I Pledge to:

- > Always treat my girlfriend or boyfriend with respect.
- > Never hurt my girlfriend or boyfriend physically, verbally or emotionally.
- > Not be controlling or manipulative in my relationship.
- > Accept responsibility for my actions.

Signed by \_\_\_\_\_

Pledge Adapted from LoveIsRespect.org National Helpline 1-866-331-9474

DatingPledge.org

DatingPledge.org and StopDateViolence.org are projects of We.The World, Inc, a 501(c)(3) nonprofit organization

## Ten Warning Signs of Abuse

**While there are many warning signs of abuse, here are ten common abusive behaviors:**

- \*Checking your cell phone or email without permission
- \*Constantly putting you down
- \*Extreme jealousy or insecurity
- \*Explosive temper
- \*Isolating you from family or friends
- \*Making false accusations
- \*Mood swings
- \*Physically hurting you in any way
- \*Possessiveness
- \*Telling you what to do

If you or a loved one is in a violent relationship, please [get help](#).



**OUR MISSION:** The purpose of Hyde County Hotline, Inc. is to work to eliminate domestic abuse and sexual victimization 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.

## Safety Planning

- What adults can you tell about the violence and abuse?
- What people at school can you tell in order to be safe?
- Use a buddy system for going to classes and after school activities.
- What friends can you tell to help you remain safe?
- If stranded, who would you call for a ride home?
- Keep a journal describing the abuse.
- Get rid of or change you phone numbers.
- Where would you go quickly to get away from an abusive person?
- What other things might you do?

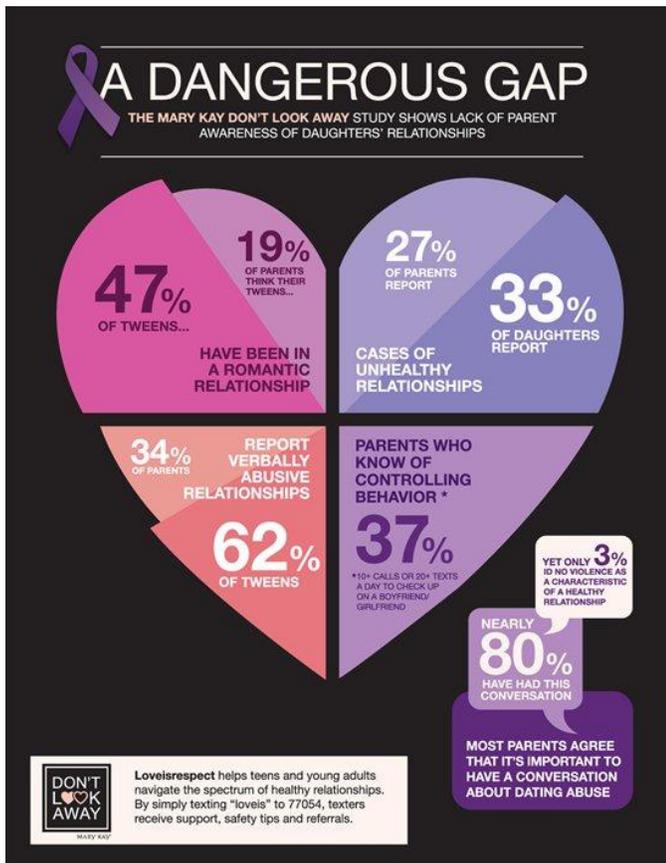
Want to learn more about being a Hyde County Hotline Crisis Line or Shelter Volunteer?  
Let us know. 252-925-2500



**Save the Date**  
**April 5, 2013**  
**10:00 am – 3:00 pm**

APRIL 2013						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

**Hyde County Children's Health Fair**  
**Davis Center Engelhard, NC**



**DOMESTIC VIOLENCE HOMICIDES IN NC**  
**from January 1 – December 31, 2012**  
**65 Murders**  
[www.nccadv.org](http://www.nccadv.org)



### How you can help...

- \*\*Donate to our Thrift Stores – call us for pick-up of large items 252-925-2500 (all donations are tax deductible)
- \*\*Learn to weave at Tapestry on Ocracoke    \*\*Ask us about presentations
- \*\*Ask how we can help you    \*\* Tell others about us
- \*\*Monetary donations are accepted: 1441 Nebraska Rd, Engelhard, NC 27824

**We're on the Web!**  
Visit us at:  
[www.hydecountryhotline.org](http://www.hydecountryhotline.org)

## **How can I have a healthy relationship?**

*Here are some tips to start off and keep your relationship healthy. Mutual honesty, respect and open communication are key, work towards them, here's how –*

**Speak up!** If something is bugging you, let the other person know. Holding it in makes it worse and if you're not comfortable speaking up this may be a sign something isn't right

**Be mindful** of your partner's wishes and feelings and let them know that you are taking these things into consideration

**Compromise.** Find a way to compromise if you disagree, so you can solve a conflict in a rational way

**Be open.** Openly give your partner support and keep them in the loop – let them know they have your support too

**Respect is key.** Respect privacy and space – keep some things to yourself. Just because you're in a relationship or in love, doesn't mean you have to share everything. Make sure to take time for yourself, with your friends, and keep private passwords and online info to yourself

**Be thoughtful.** With our busy lives, it's much easier to forget to say or do something nice than it is to remember. But small gestures or a few kind words make a big difference in letting the other person know you appreciate them

Need help NOW? **1-252-925-2500**

*Source: BreaktheCycle.org*

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### **Why It Matters**

Each of the partners supporting Teen Dating Violence Awareness and Prevention Month believe that every young person deserves a safe and healthy relationship, **no matter who they are or who they love.**

### **A Silent Epidemic**

We are living in a world where one in three students report experiencing [some form of abuse](#), and more than 2/3 never report that abuse to a caring adult. A world where young people in more than 35 states still lack unfettered access to legal protection or other assistance to end an abusive relationship. A world where [over 80% of school counselors report being unprepared to address incidents of abuse](#). This tells us – dating abuse isn't just a big issue. It's a growing epidemic.

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**Teen Dating Violence Awareness Month  
February 2013**

**A PROCLAMATION**

Whereas, dating violence is a reality for many youth, and an issue that many parents are unaware of; and,

Whereas, 1 in 3 young people are affected by physical, sexual, or verbal dating violence, with 1 in 5 in a serious relationship reporting having been slapped, pushed, hit, threatened or coerced by a partner, and breakups can be a time of even greater risk even when a relationship was never physically abusive; and

Whereas, Young people can choose better relationships when they understand that healthy relationships are based on respect and learn to identify early warning signs of an abusive relationship; and

Whereas, Elimination of dating violence must be achieved through cooperation of individuals, organizations, and communities; and,

Whereas, Dating Violence Awareness & Prevention Month provides an excellent opportunity for citizens to learn more about preventing dating violence and to show support for the numerous organizations and individuals who provide critical advocacy, services and assistance to victims;

Now therefore be it, Resolved, That I, Barry Swindell, do hereby proclaim the month of February, 2013, as Dating Violence Awareness & Prevention Month in Hyde County.

  
Chairman, Hyde County Board of Commissioners

