

**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.

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## Love Shouldn't Hurt – Signs of Domestic Violence

### Domestic Violence

*“But he loves me” ... “But I love him” ... “But she loves me” ... “But I love her”*  
These are words heard all too often from women and men who have become victims of domestic violence. In these cases, “love” has become a twisted game of power and control in the victim’s lives.

In a healthy relationship, there is trust, honesty, compassion, forgiveness, respect, and communication. Above all, there are boundaries – both emotional and physical. One person in the relationship communicates their boundaries, and in return, the other respects these set boundaries.

In a relationship where there is no respect or value of your emotional and physical health, and boundaries have either never been set or are constantly violated and not respected, the victim finds it hard to stand strong against what they believe in for the sake of “love.”

*Statistically, 80% of domestic violence comes from one person in the relationship:  
20% from both people in the relationship.*

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A warped sense of love has been affected by the cycle of abuse. The cycle of abuse often loops from explosion to a calm lull, to tension. The cycle is then repeated over and over by the abuser. Often, phrases such as, “I’m sorry, take me back” or occasionally, “This is all your fault. You need to do better!” are used to keep the cycle going. Don’t be deceived. Abusers will use many different things to control: sex, privilege, gifts (buying your affection and trust, big promises), technology (monitoring your calls, texts, Facebook, voicemail), intimidation (stalking, harassment), threats (“If you leave me I’ll \_\_\_\_\_,” “If you do this I’ll \_\_\_\_\_,”), your spiritual, emotional and physical well-being.

**None of these things equal love.**

In these moments, please consider what it is that you think you love about that person. Remember that actions speak louder than words and that these actions and words are being masked by manipulation and control, even if it seems to be the most loving of situations.

Remember the true definition of love:

*Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. 1 Corinthians 13:4-7*

**Things to remember if you find yourself in an abusive relationship**

First, it’s not your fault! If you have dealt with a past trauma in your life or struggled growing up in an abusive or neglectful home, it may have changed how you view yourself. You may feel that no one loves you, or that you don’t deserve to be loved or have true happiness. There is nothing farther from the truth. You have so much value and worth, and you are worthy of respect! You deserve so much better than this life you are living.

Take time to consider if you’re ready to be in a relationship. You may need to take some time to establish a stronger sense of identity before committing to a relationship. If you find yourself feeling insecure with being alone, without being in a relationship (feeling like this relationship is better than no relationship, your worth comes through being in a dating relationship, or you aren’t clear on what qualities you want in a person to date), then you need to take some time to process through all these things first. It may be time to break up if any of the following are true: you can’t be yourself, you feel dominated and controlled, you feel betrayed

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by their actions, you don't feel physically or emotionally safe around them, you feel disrespected by them, they can't respect your boundaries. As hard as it may be, your well-being and safety are the biggest priority.

Source: [Love Shouldn't Hurt - Signs Of Domestic Violence - Advice & Aid \(adviceandaid.com\)](#)

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## February is Teen Dating Violence Awareness and Prevention Month

During February, Teen Dating Violence Awareness Month provides an opportunity for prevention and healing for teen victims of violent relationships. This is an issue that impacts everyone – not just teens – but their parents, teachers, friends and communities as well.

According to the Domestic Violence Awareness Project, approximately 1.5 million high school students in the United States experience physical abuse from a dating partner. One-quarter of parents don't talk to their teens about domestic violence.

Teen Dating Violence Awareness Month encourages parents and adolescents to take an inventory of their relationships. Abuse includes physical, psychological or sexual abuse.

Visit [youth.gov](http://youth.gov), [loveisrespect.org](http://loveisrespect.org), [breakthecycle.org](http://breakthecycle.org) for conversation starters and resources.

### What Is the Impact of Teen Dating Violence?

Nationwide, youth aged 12 to 19 experience the highest rates of rape and sexual assault. Studies show that approximately 10% of adolescents report being the victim of physical violence at the hands of an intimate partner during the previous year. Girls are particularly vulnerable to experiencing violence in their relationships and are more likely to suffer long-term behavioral and health consequences, including suicide attempts, eating disorders, and drug use.

Adolescents in abusive relationships often carry these unhealthy patterns of violence into future relationships. Indeed, children who are victimized or witness violence frequently bring this experience with them to the playground, the classroom, later into teen relationships and, ultimately, they can end up the victims and perpetrators of adult intimate partner violence.

### Talk to Teens!

Everyone can make a difference by reaching out to young people in simple ways. As we interact with teens in our work or personal lives each of us can act on President Obama's call to stand against teen dating violence by:

- Discussing the [warning signs](#) of dating abuse ([all kinds](#), not just physical abuse).

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- Creating a positive connection to the issue – talk about the [characteristics of healthy teen relationships](#), not just abusive ones – and use statistics sparingly.
- Talking about how the media portrays healthy and unhealthy relationships. For example, many popular movies, TV shows, commercials, books, and magazines portray stalking as romantic or harmless when it is actually very dangerous.
- Getting involved even if you don't have a lot of resources – an information table, classroom discussion, or school announcement can get the conversation started.

### **HOW TO OBSERVE**

Break the cycle. Start the conversation. Use #TeenDatingViolenceAwarenessMonth, #TeenDVMonth and #LevelsRespect to share on social media. You can make a difference! Do your part by encouraging schools, parents, teens, and community-based organizations to prevent this kind of violence. If you are a parent, talk to your kids about the dangers of teen dating violence. Teach your children that love is respect, and if someone tries to hurt them in any way, how to stand up for themselves and safely exit the situation they're in. If you are a teacher or feel comfortable mentioning this to a teacher you know, encourage schools to hold classroom discussions talking about how to prevent dating violence. Make sure your children are mature enough to date and prepared to get themselves out of a dangerous situation in case one presents itself.

### **NATIONAL TEEN DATING ABUSE HELPLINE**

If you or someone you know has been the victim of dating violence, free and confidential help is available 24 hours a day through the National Dating Abuse Helpline at 1-866-331-9474.

Source: <https://www.healthymendocino.org/resource/library/index/view?id=192274058863205528>

**Come out and shop to support Hyde County Hotline!**

**Hyde County Hotline Thrift Store**

**Thursday, Friday & Saturday**

10:30a.m. - 4:00p.m.

**Come out to find some great deals!**

*All profits and donations made at this thrift store supports Hyde County Hotline and the clients we serve*

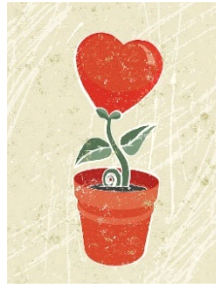
Where you shop truly makes a difference! Thank you for your support!

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**SUPPORT GROUPS**

Begin your journey to healing.

**Domestic Violence Survivors**

Please join us on the 1st & 3rd Tuesday of each month from 2:00p.m.-3:00p.m.

**Sexual Assault Survivors**

Please join us on the 2nd & 4th Tuesday of each month from 2:00p.m.-3:00p.m.

Call for more information Monday-Friday 8:30a.m.-4:30p.m. at 252-925-2502 or on our **24-Hour Crisis Line at 252-925-2500.**

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**What We Do?**

- Crisis Intervention • Advocacy & Prevention \*Domestic Abuse, Sexual Victimization & Human Trafficking • Survivor Services • Safe Shelter • Safety Planning • Support Groups • Program Presentations for Adults and Children in Churches, Businesses, and Schools • Referrals
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Heartfelt   
**THANKS**  
**TO OUR VOLUNTEERS!**

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## **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.
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### **Council for Women & Youth Involvement**

#### **Family and Youth Services Bureau (FYSB)**

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