



CONTACT THE
FAMILY GUIDANCE
CENTER AT
828-322-1400

#17 HWY 70 SE
HICKORY, NC 28602
FGCSERVICES.COM



Spotlight On Domestic Violence

*First Step Newsletter
A Program of
The Family Guidance Center*

THE MISSION OF FAMILY GUIDANCE CENTER'S FIRST STEP DOMESTIC VIOLENCE PROGRAM IS TO PROVIDE NEEDED SERVICES TO VICTIMS OF DOMESTIC VIOLENCE AND TO INCREASE THE COMMUNITY'S AWARENESS ABOUT THE PROBLEM.

WHAT CAUSES DOMESTIC VIOLENCE?

Tears flowed as she talked about how her husband had slapped her, hit her with his closed fists and screamed at her. "I don't know what's happened to him. He was the sweetest, kindest man I'd ever met when I married him," she said. "What's happened? What's caused him to be violent?" she asked.

We want to address this question by first saying that *relationship abuse is a choice* and it is a *learned behavior*. There is no one cause or one single factor. There are, however, beliefs and attitudes that are common for abusers, including the following:

- ~ Sense of entitlement
- ~ A belief they should have power and control over their partner
- ~ Belief that they can get away with it
- ~ Learned experience that being abusive gets them what they want
- ~ Belief that their lives, needs, and wants should take priority over their partner's

If you or someone you know is being abused, please call

First Step
(828) 322-1400
CRISIS LINE
(828) 228-1787

FACE OF CHARITY



Recently, **Vivia Cline**, Missions Coordinator, and **Beth Crouse**, GA Leader, at **Antioch Baptist Church**, Taylorsville, came by to deliver gum and toiletries collected at Antioch. "We are excited to help our soldiers; our church is very mission minded," said Ms.Cline. Thanks to the generosity of our community, our agency's "Help a Hero Campaign" was a big success!



Thanks to everyone who contributed!

EXCUSES USED BY ABUSERS

- Abusers use many reasons to justify their behavior. If your partner has used these reasons to explain away his/her actions, they are just excuses. Research has shown that relationship abuse is NOT caused by the following factors:
 - Provocation or the victim's behavior
 - Stress
 - Drugs or alcohol
 - Loss of control
 - Anger
 - Communication problems
 - Illness or mental health issues
 - Culture
 - Poverty

Many people experience these factors and do not abuse. Abusers typically minimize their behavior and most blame their behavior on something else or on the victims. Remember, they CHOSE to abuse.

LEARNED BEHAVIOR

What does that mean?

Abusers learn violent behavior from their family, people in their community and other cultural influences as they grow up. They may have seen violence often or may have been victims themselves.

Children who witness their father (or even grandfathers) being violent learn that violence is a reasonable way to resolve conflict between people. Boys who learn that women are not to be valued or respected and who see violence against women are more likely to abuse women when they grow up.

SOCIAL INFLUENCES ON ABUSERS

Social forces do not cause an abuser to engage in relationship abuse, but does play a role in shaping an abuser's values and beliefs. They also create an environment in which abusive behavior is rewarded and not punished. Social forces which can contribute to abuse include:

- **Gender**— role identity- exposure to masculine behavior that glorify aggression, violence, and dominance
- **Family**— messages that men should have the power and make the decisions in a household (i.e. "a man's home is his castle")
- **Media**— Portrays women as objects; shows glorification of violence
- **Sports**— Competition, aggression, and dominance are praised. Teammates that demonstrate sexist attitudes and abusive behavior are not held accountable.

There is no excuse!

Abusers CHOOSE to ABUSE

**They INTEND to HURT
their Victims**



FAREWELL



Family Guidance Center bids farewell to Lauren Hart, Certified Credit/Housing Counseling in our Consumer Credit Counseling Program.

the **PURPLE RIBBON** THRIFT STORE

DON'T MISS OUT... on the newly stocked items



360 Highway 70 SW, Hickory
Store Hours: 10-5 M-F, 10-3 Sat



Volunteers Needed at the Purple Ribbon to sort donations, create window displays, general cleaning, and to assist customers. We also have a special need for landscaping work.

Visit



this month to support Family Guidance Center!

SHELTER NEEDS

- Paper towels, Toilet tissue, Kleenex
- Copy paper
- Dry Erase Marker
- School Supplies: 1 inch notebooks, college ruled paper, hi-liters, folders, gluesticks, composition books, scissors
- Greenway tickets
- Pots and Pans for ladies
- Diapers—size 5,6 and Pull-ups
- Toothpaste
- Deodorant

JOIN US ON THE GREEN

Don't miss Family Guidance Center's Annual Golf Tournament on September 24th beginning with lunch at 12:00, held at Catawba Springs. The format is Captain's Choice. Women, men, and youth are welcome.

Register your team by calling 828-322-1400.



