



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.

Teen Dating Violence Awareness Month



We're focusing on teen dating violence because it is a real issue for our youth. Nearly 1.5 million high school students, both male and female, experience physical abuse from a dating partner every year. This fact becomes even more alarming when you realize that **2 out of 3** teens in abusive relationships do not tell anyone about the abuse.



D. (2012, April 23). Today's Yoof [Digital image]. Retrieved from <https://www.flickr.com>

Did You Know?

- ▽ 1 in 3 teens has experienced some form of abuse by a dating partner
- ▽ 1 in every 5 students between the ages of 11 and 14 say their friends are victims of dating violence, with nearly half experiencing verbal abuse
- ▽ 50% of 14-24 year olds have experienced digital dating abuse
- ▽ Victims of digital abuse are twice as likely to be physically abused, 2.5 times as likely to be psychologically abused, and 5 times as likely to be sexually coerced

81% of parents don't believe teen dating violence is an issue or will admit they don't know if it is an issue.

ON THE INSIDE

**Signs of Dating Violence
What To Watch For
New Staff!**



What Teen Dating Violence Looks Like

Verbal Abuse

▽ Pattern of put-downs, name calling, yelling or threats made to a dating partner. Abusers use words to gain power and control over their victim.

Isolation & Monitoring

▽ Encouraging or demanding that a partner neglect relationships with friends and family. Abusers show jealousy of other relationships and monopolizes the victim's time so they can't engage with others. They usually keep track of all of the victim's actions and whereabouts.

Intimidation

▽ Manipulation of a victim through fear. This can be aggressive behavior, such as punching a wall, or getting in the victim's face. Physical abuse can be an implied threat. The abuser may also threaten to harm his or herself or others as a coercion technique.

Physical Abuse

▽ Physically harms the victim; includes hitting, kicking, slapping, hair pulling, biting, choking, stabbing, burning, and any use of a weapon against a victim.

Sexual Abuse

▽ Any sexual contact that is not totally 100% consensual, including any type of pressure or coercion that leads to sexual activity, touching, or kissing that is unwanted by the victim. Sexual contact with a partner who is drunk or drugged and unable to give clear and informed consent is sexual abuse.

Digital Abuse/ Cyberbullying

▽ Technology is used to control, pressure, or threaten a dating partner. Includes hacking a partner's email account, checking their cell phone, harassing or threatening via social media, sending repeated and unwanted calls and messages.

If you or someone you know is being abused, call First Step at 828-322-1400 or after hours Crisis Line: 828-228-1787

Signs That A Teen is in an Abusive Relationship

They may...

- ~ isolate themselves and spend less time with family/friends
- ~ make excuses for their partner
- ~ have lower-self esteem
- ~ gain or lose weight rapidly
- ~ change appearance dramatically
- ~ wear baggy clothing to cover abuse
- ~ become withdrawn
- ~ may ignore responsibilities and do badly in school
- ~ start abusing drugs/alcohol
- ~ have a different mood or personality with emotional outbursts



Photo retrieved from: <https://www.flickr.com/photos/tye554/5565897907>

What Parents Can Do

Parents, one of the most important things you can do for your teen is to be **emotionally available**. Make it a priority to spend focused time with your teen throughout the week. Pay attention to what they do, who their friends are, and stay on top of their cell phone and social media use.

Teach your child from an early age that he or she is a valuable person and deserves to be treated with kindness and caring. Live your words, always treat them with respect.

Talk to them about domestic violence by age 11. Stay “tuned in” to them and listen, really listen to what they are saying. Respond in a non-critical,

nonjudgmental way.

Let them know you love them unconditionally and that they can tell you anything; it won’t change how you feel about them.

Be role models in your own relationships by being trusting, respectful, kind, and caring to each other.

Learn more about teen dating violence. Get the facts and know the signs of a person being abused.

Talk with other parents about domestic violence, share information. In fact, share this newsletter, every parent needs to know about domestic violence and teen dating violence.

Call First Step for more information: 828-322-1400



Image by Will Eisner (pencils) and Lou Fine (inks), uploaded by Roygbiv666 - Public Domain Super Heroes, Public Domain, <https://commons.wikimedia.org/w/index.php?curid=10405477>

Thanks to Our Superhero

Just like in any home, things can go wrong in our Shelter. Recently it happened. A door knob to one of our rooms broke, making it impossible to open. There were children trapped behind the locked door and we needed to get to them. We worked and worked trying to get into the room with no success. We called our friend, Mr. Bowers, who came to our rescue. It took some maneuvering, a little climbing, and stretching to get the job done.

Thank you Mr. Bowers. You’re our Superhero!

Shop for a Purpose

Shop at The Purple Ribbon Thrift Store.

All proceeds help support our Shelter.

Controlling partners are manipulative; they may use feelings of both fear and love to control a partner, and they are not likely to do so around others. Partners/guardians most often will not be witness to any of the abuse.





Our New DV Community Educator

Danielle Cisney began working for Family Guidance Center in November, 2015. She is currently a student in the Counseling Master's program at Lenoir-Rhyne University and has her B.A. in Psychology from Winthrop. Her passion is in studying conflicts in communication and helping others become self-actualized.

You Made A Difference!

Hal Row, host of First Talk (WHKY)

For having Ruth Phelps on air to talk about Teen Dating Violence Awareness Month

The Newton Elk Lodge

For your financial gift

Debbie Arndt

For tutoring the children in our Shelter

The Core Sunday School Class in Hickory's St. Luke's United Methodist Church

For your donation of much needed items

**Victims of Domestic Violence
Need Your Help**

www.razoo.com/us/story/Family-Guidance-Center-Incorporated

*Donate to help Victims of Domestic Violence
receive Free Counseling
From the First Step Domestic Violence Program*

Family Guidance Center
17 Hwy 70 SE
Hickory, NC 28602
Phone: 828-322-1400
Crisis Line: 828-228-1787

Contact our Community Educator
with any questions
E: dcisney@fgcservices.com

Welcome Our New Intern!

Bailey Cansler is currently a senior at St. Stephen's High School. She is planning to go for her B.A. in



Psychology at Mars Hill where she intends to join their clogging team. We fully intend to see her sweet dance moves!