



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.

Strangulation Can Be Deadly

One of the most serious and deadly forms of physical abuse is strangulation. If your partner has ever put his hands around your neck, put you in a "sleeper hold" or used anything else to strangle you, such as a scarf, necklace, belt, or rope, please keep reading.

Strangulation is often confused with choking, but the two words have very different meanings. The definition of "choking" is the internal obstruction of the airway, such as "she choked on a piece of steak." In contrast, "strangulation" is the external force by the hands, arms, legs, or ligature that results in restriction of oxygen intake and blood flow to the brain. Strangulation can render a victim unconscious in seconds.

It takes just 11 pounds of pressure to cut off blood flow. Temporary or permanent brain damage can occur in as little as 30 seconds; brain death can occur in four to five minutes.



Strangulation can be sneaky. It's possible for a person to survive the assault, regain consciousness, and then die later from the loss of oxygen to the brain or due to progressive internal injuries/complications. Beware, if you're ever strangled, seek medical attention immediately.

You Need To Know

- ~ Strangulation is a significant predictor for future lethal violence
- ~ If your partner has strangled you in the past, your risk of being killed by him/her is 10 times higher.

Abusers strangle to show their victims they can kill them anytime they choose to.

Give a Financial Gift

When you give a gift, you are helping us meet the needs of victims and their children.

Which one of these is not sexual harassment?

1. Spreading sexual rumors.
2. Making sexual jokes.
3. Being friendly to co-workers.
4. Making unnecessary physical contact.
5. Asking for sexual favors.

If you answered number 3, you are right.

What is Sexual Harassment?

Sexual harassment includes unwelcome sexual advances, requests for sexual favors, and other verbal, or physical harassment of a sexual nature in the workplace or learning environment.



What Sexual Harassment Look Like

Family Guidance Center
Phone: (828)322-1400
Crisis Line: (828)228-1787

Sexual harassment can happen anywhere, but is typically associated with the workplace. The #METOO movement has shed a light on just how prevalent it is.. Who would have ever thought the long-time trusted journalist, Charlie Rose, would use his power to prey on women in the workplace. Some of his reported behavior can be found in this glimpse of what sexual harassment looks like:

- ~ Making conditions of employment dependent on sexual favors.
- ~ Physical acts of sexual assault.
- ~ Request for sexual favors.
- ~ Verbal harassment of a sexual nature.
- ~ Unwanted touching or physical contact.
- ~ Unwelcome sexual advances.
- ~ Telling sexual jokes

What you can do if you are Sexually Harassed?

DOCUMENT:

Keep a record of any comments or treatment that may be considered sexual harassment. Include the date, time, place, and any witnesses.

REPORT:

Report the harassment following your company's sexual harassment policy.

FILE:

If the situation is not helped by your employer, file a complaint with the EEOC

(Equal Employment Opportunity Commission) within 180 or 300 days depending on the state. You are protected from retaliation.



Know your rights

27th. Annual Golf Tournament

Thursday, June 21st.
at Catawba Springs Captains' Choice
Lunch at 12 noon/ Tee off at 1 p.m.

Support our services by being a tournament sponsor or by entering a team.



YOU MADE A DIFFER- ENCE

Thank you to **It's Fashion** for their generous financial gift and donations of new clothing for women in our shelter. They met needs and brightened the women's stay in our shelter.

We Appreciate CVCC Cosmetology School, located in Newton, for their financial gift to our Shelter for Battered



At the top of the stairs

The young boys sat sobbing
At the top of the stairs
Trying not to make a sound
Hearing the drunken bully
Shouting his abuses
Knowing that justice won't be found

Torn over what to do they just sat
At the top of the stairs
Awoken from their dreams
For what seemed like ages
They had laid quite still
Hoping the sounds were not what they seem

The familiar sounds of crying met them
At the top of the stairs
When the finally ventured out
Courage taking them down
Only a few steps
Before finally wimping out

For many times they had sat
At the top of the stairs
Wishing they were bigger and older
Wanting to run downstairs
And pull the bastard off
But knowing they'd need to be much bolder

The guilty fearful boys that sat
At the top of the stairs
Heard the pleas for an end
'Til one day their brave Mother
Decided her bruises
For the last time she would mend

The boys now grown men
Dearly love their Mother
Who for them unconditionally cares
Since the day of their Mothers independence
They vowed never ever again to just sit
At the top of the stairs

~ written by the son of a DV survivor

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HAPPY
Mother's
Day

SHOP THE PURPLE RIBBON FOR ALL YOUR SPRING NEEDS!

Address: 360 US-70, Hickory, NC 28602

phone: (828) 322-3423

