



▶ “LOVE SHOULDN'T HURT” CAMPAIGN.....1



▶ WHO IS THE NEW DOMESTIC VIOLENCE COMMUNITY EDUCATOR?.....1

▶ EARLY WARNING SIGNS OF TEEN DATING VIOLENCE.....2



▶ TEEN DATING VIOLENCE AWARENESS AND EDUCATION.....2

○ February | ○ 2010

# 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 COMMUNITY'S AWARENESS ABOUT THE PROBLEM.

## Love Shouldn't Hurt Campaign

The first thought of February is love, not hurt. Cupids shooting arrows and heart shaped boxes are presented everywhere. The smell of flowers fills the air. The First Step Program has a different perspective on February. This month's theme "Love Shouldn't Hurt" will be shared throughout the community to promote love is caring, not hurting.

The Family Guidance Center's thrift store, The Purple Ribbon, located across from the Catawba Furniture Mart, is beginning to sell Valentine's Day t-shirts. The shirts are a kickoff for the agency's campaign "Love Shouldn't Hurt". The cost is only

\$10.00, which is for a good cause. All the proceeds will go toward our First Step Shelter for Battered Women, which provides a safe haven for women and children fleeing domestic violence.

"Love Shouldn't Hurt" campaign is to not only to create awareness but to promote the services of First Step. There is 24 hour crisis assistance, a safe shelter, counseling, court advocacy, support groups, and life skills group.

Please support and promote the Family Guidance Center by shopping at The Purple Ribbon Thrift Store. Any questions call (828) 322-3423



The new T-shirt design located at the Purple Ribbon Thrift Store



## Who is the New Domestic Violence Community Educator?

Hi! My Name is Liz Jordan, and I am the new First Step Domestic Violence Community Educator. Education is power, therefore, I strongly desire the community to know about domestic violence, in order to prevent it and transform lives affected by abuse. Domestic violence impacts the entire community. 1 out of 3 women will experience some form of abuse. The person affected by abuse could be your co-worker, family member, or a friend. Please help me educate the community about domestic violence.

Call me for a presentation or materials at The Family Guidance Center (828) 322-1400



# Public Awareness: Love is in the Air

**1 in 5 teens, who have been in a serious relationship, report being hit, slapped or pushed by a partner.**

The First Step program is encouraging parents, teachers, youth leaders, and teens to recognize the warning signs of teen dating violence. In the rapid growth of technology, teenagers are more easily controlled within a dating relationship.

1 in 3 girls who have been in a serious relationship say they've been concerned about being physically hurt by their partner.

In the community, February is about love. Spread the word that Love Shouldn't hurt. Love is in the air; therefore, educate others on what love is not. Love is not hurt.

## You Have the Right to:

- Ask for a date
- Refuse a date
- Suggest activities
- Refuse any activities
- Have your own feelings and be able to express them
- Have your limits and values respected
- Tell your partner when you need affection
- Refuse affection
- Be heard
- Refuse sex at any time, for any reason

February is a good time to think about love. In dating relationships, the culture promotes this month as a beautiful time to share romantic moments with the one you love.

Unfortunately, many people are not aware that February is declared Teen Dating Violence Awareness and Prevention Month. Teenagers are educated on the effects of drugs and alcohol. However, there is not a lot of awareness about dating violence. Less than 25% of teens say they have discussed teen dating violence with their parents.

If there is no discussion about dating violence between parents and teenagers, then where are the teenagers getting their information about dating relationships?

Love shouldn't hurt! Being a victim of dating violence is not your fault. If you or someone you know is in an abusive relationship seek help immediately.

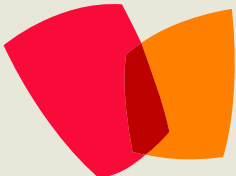
Contact the Family Guidance Center's

**First Step Program**

**(828) 322-1400**

**Evenings or Week-ends (828) 228-1787**

The Family Guidance Center is prepared to help you with counseling and resources needed to get out of an abusive relationship.



## EARLY WARNING SIGNS OF TEEN DATING VIOLENCE:

- Texts, calls, emails, all the time
- Tries to isolate you from seeing or talking to family and friends
- Controlling, possessive, and/or jealous
- Mood swings, verbally abusive



## IF YOU ARE A VICTIM YOU MAY...

- Blame yourself
- Feel Angry, sad, lonely, confused or depressed
- Be afraid of getting hurt



Help is Available  
Call First Step  
**(828) 322-1400**

A UNITED WAY AGENCY

