



October  
Domestic  
Violence  
Awareness  
Month.

October | 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.

## The Color Purple

I want to share a story of someone I recently met.

*"I got obsessed with wearing purple and blue makeup to cover my black and blue eyes", says a survivor of child abuse and teen dating violence.* She believes she will not be the same face to everyone, because she has had to lie her whole life; she does not know her true self when she looks in the mirror. Her first memory was seeing bright sparkly "things" flying by her face,



which was glass from a door her father had broken to get to her and her mom. Even though her parents divorced when she was 2 years old, it did not stop her father from being mentally, verbally, and physically abusive to her, and to the next women he would marry. "He passed anger management with flying colors," says our young survivor, "but he was a white washed rebel, clean on the outside, very bad on the inside." Growing up with an abusive father, she had to adapt to not think about how horrifying her life was. At 8 years old, she had already had regular beatings with a belt, until she could not sit, stood in a corner for hours at a

time until she wet herself, and was dragged across gravel and floors, until she bled. All her punishments were for petty reasons, such as, not bringing in her clothes in from the car, or not cleaning up a mess. The abuse was all about her father's power and control over her, she states, "anything to show he was in charge and in control, he did." At her father's house, she did not even eat; the survivor states she had "no choice, no right, no ability to make a decision." He got better at abusing, she got better at covering up her bruises. "The day I got my freedom," states the survivor, "was a day of unbelief." The abuse was over, until she met her ex-boyfriend, at the age of 18, who was just like her father. **"It never goes away, when you are with your abuser. The abuse never stops; if you let your abuser have any control, even saying sorry, you become a victim."** Even though she is not in an abusive relationship today, she still lives with the terrifying fear she will end up with a guy like her father. To prevent domestic violence in her life, she made a list of abuser traits/warning signs, so she will not marry an abuser. Who is this survivor? She is a cute, bubbly, and friendly young woman. Prior to the interview, I never would have guessed she had been a victim of so much abuse in her short life.

***"I packed long sleeves, to cover the bruises on my arms."***

***-Domestic Violence Survivor***

# Awareness Events During October

## October is Domestic Violence Awareness Month

*"While we work all year to keep attention focused on the problem of domestic violence, we observe the month with several special activities,"* says Ruth Phelps, Program Coordinator. Those activities include:

- Cookies for Cops— our staff and volunteers are baking cookies to salute our county's law enforcement officers for their support
- October 21st- Radio Spot on WHKY 1290 AM at 7:45am
- October 28th— will be involved with CVCC in hosting a Domestic Violence Roundtable at 12pm
- October 28th- Domestic Violence Dinner and Vigil at 1st Baptist Church, Hickory at 6pm. The public is invited.

## 5 Things You Can Do to Raise Domestic Violence Awareness

1. Talk to people around you about domestic violence. Invite the First Step Community Educator to speak about domestic violence for free. Call 828-322-1400
2. Distribute purple ribbons at your place of work, social events, to raise awareness about domestic violence.
3. Have a food, clothing, and/or cell phone drive to support victims at the *Shelter for Battered Women*
4. Donate money to help support the First Step Domestic Violence Program
5. Participate in Family Guidance Center's upcoming events to bring awareness to domestic violence in Catawba County. 322-1400



## Shop While Stopping Domestic Violence

The Newton-Conover Women's Club, supporters of our First Step Program, are sponsoring a "Domestic Violence Awareness Night" on Thursday, October 21st at 2 Pink Magnolias in downtown Newton From 5pm until 8pm.

Bring in a used cell phone and receive \$5 off your purchase. We appreciate the Newton-Conover Women's Club for their support and help in increasing awareness about domestic violence.

## Mums Help Stop Domestic Violence

In support of our *Shelter for Battered Women*, the Family Guidance Center is selling mums during the month of October.

For more information visit our website at <http://www.fgcservices.com/support.html>



## Special Thanks



Thanks to all supporters who make it possible for us to serve our community.  
Thanks to the schools and churches, who have welcomed us to educate our youth about teen dating violence.



# Domestic Violence Awareness Month

BY THE PRESIDENT OF THE UNITED STATES OF AMERICA  
A PROCLAMATION

Domestic violence touches the lives of Americans of all ages, leaving a devastating impact on women, men, and children of every background and circumstance. A family's home becomes a place of fear, hopelessness, and desperation when a woman is battered by her partner, a child witnesses the abuse of a loved one, or a senior is victimized by family members. Since the 1994 passage of the landmark Violence Against Women Act, championed by then Senator Joe Biden, our Nation has strengthened its response to this crime and increased services for victims. Still, far too many women and families in this country and around the world are affected by domestic violence. During National Domestic Violence Awareness Month,



we recommit ourselves to ending violence within our homes, our communities, and our country.

During this month, we rededicate ourselves to breaking the cycle of violence. By providing young people with education about healthy relationships, and by changing attitudes that support violence, we recognize that domestic violence can be prevented. We must build the capacity of our Nation's victim service providers to reach and serve those in need. We urge community leaders to raise awareness and bring attention to this quiet crisis. Together, we must ensure that, in America, no victim of domestic violence ever struggles alone.

BARACK OBAMA

## Honor Lives Lost to Domestic Violence

Last year, 70 victims were killed by domestic violence in North Carolina.



Sign outside of the Family Guidance Center, acknowledging October as Domestic Violence Awareness Month

This year 53 victims have been killed by domestic violence in North Carolina. One victim was a resident in Catawba. For a list of names and dates, please visit the North Carolina Coalition against Domestic Violence at [www.nccadv.org/homicide](http://www.nccadv.org/homicide)



Domestic Violence Community Educator wears purple to bring awareness to domestic violence this month

This month we honor and remember lives taken by domestic violence!

If you or someone you know is abused call

**FIRST STEP  
Domestic Violence  
Program**

**828-322-1400**

**Crisis Line:  
828-228-1787**



**17 Hwy. 70  
Hickory NC 28602**

**[www.fgcservices.com](http://www.fgcservices.com)**

**Check us out on  
Facebook at Family  
Guidance Center!**

