

When You Need Help, Contact:

Family of Woodstock

Domestic Violence Services; Emergency Shelter for Women & Children, Counseling, Case Management, Crisis Intervention, Advocacy with Family & Criminal Court, & DSS.

- 24-Hour Hotline (845-338-2370)
- "Just Connect" Teen Hotline: (845-679-5999)
- www.familyofwoodstockinc.org

Crime Victims' Assistance Program

Provides court accompaniment, Crisis Counseling, Accompaniments, Information and Referral Services, & Community Education.

- 24-Hour Hotline (845-340-3442)
- Office: (845-340-3443)
- www.ulstercountyny.gov/cvap

Legal Services of the Hudson Valley

Non-profit legal firm that protects rights and promotes justice for victims of abuse.

- 845-331-9373
- www.lshv.org

National Teen Dating Abuse Helpline

- 1-866-331-9474

NYS Office for the Prevention of Domestic Violence

- 1-800-942-6906
- 1-800-942-6908 (Spanish)
- www.opdv.state.ny.us

KNOW THE FACTS:

- Girls and women between the ages of 16 and 24 experience the highest rates of intimate partner violence
- 1 in 5 High School girls is physically or sexually assaulted by a dating partner
- 1 in 3 teens experiences some kind of abuse in their dating relationships



www.facebook.com/ucdomesticviolencecouncil

TEEN DATING VIOLENCE

It's All About RESPECT

Ulster County Interagency Council on Domestic Violence



MICHAEL P. HEIN
ULSTER COUNTY EXECUTIVE

YOU HAVE THE RIGHT TO:

Always be treated with respect.

Be with people who treat you with kindness.

Never be humiliated or called names, either privately or publicly.

Never be abused – verbally, physically, emotionally or sexually.

Say NO.

Be listened to and to express your own opinions without fear of ridicule.

Private time and your own space.

Have your needs considered, even as you consider other's needs.

Have friends of your own.

Pursue your own interests without criticism.

Accept gifts without being expected to give gifts in return.

Be safe and in an environment that is free of drugs.

Not take, view, or send sexual messages if you so choose.

Change your mind.

Not be stalked, bullied or harassed, either in person, online or on the phone.

HOW TO HELP A FRIEND OR FAMILY MEMBER IN AN ABUSIVE RELATIONSHIP

- Listen. It is very important that the victim express his/her feelings, fears, and thoughts in a safe, non-judgmental environment.
- Be supportive. Don't blame them for their situation, and don't ask "why" questions. They're feeling bad enough already.
- It's OK to tell them that it's not their fault; they don't deserve what's happening to them.
- Be patient with them, and respect their decision, even if it means staying with an abusive partner. It can be very difficult to leave these types of relationships.
- It's OK to let them know that you are worried about them, or that you are concerned for their safety.
- If they ask for help, provide them with the information in this brochure so that they can take steps to end the relationship safely.
- Let them know that they can always call our hotlines to get immediate assistance (Family Of Woodstock Hotline is 338-2370; Crime Victims Assistance Program Hotline is 340-3442)

KNOW THE SIGNS OF AN ABUSIVE RELATIONSHIP

- Does your partner constantly "check in" on you throughout the day?
- Does your partner tell you who you can hang out with and talk with?
- Do you feel like you don't have any power in your relationship?
- Are you afraid of your partner's temper?
- Does your partner tell you what you can and cannot wear?
- Are you afraid to disagree or speak your mind?
- Does your partner call you names, insult you, or put you down?
- Does your partner keep you away from your friends and family?
- Are you being forced or pressured to have sex, drink alcohol, or do drugs?
- Has your partner ever hit, kicked, shoved you, or thrown things at you?



**For more information, visit
www.breakthecycle.org**