

Offices that may help you in your area:

Victim Services –
Kristie Cross
Director

706-795-6322

Elbert & Oglethorpe County
762-338-8825

Franklin & Madison County
706-795-6322
Hart County
706-376-3128

Harmony House 706-245-8700

Teen Matters 706-795-2506

Georgia Legal Aid – 1-800-735-4271

Rape Crisis Line – 229-432-1300

District Attorney's Office – 706-795-6322

RAINN (Rape, Abuse, & Incest National Network) – 1-800-656-HOPE (4673)

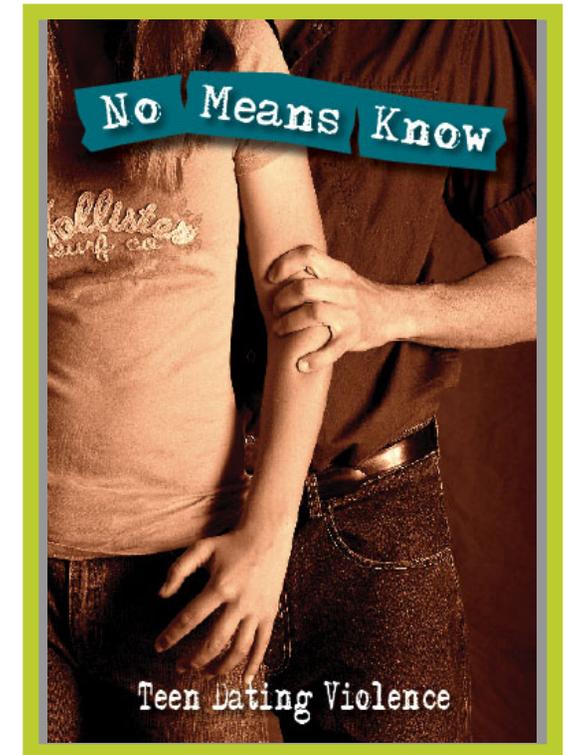
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If an
EMERGENCY
ALWAYS
Call 911

Victim Services

The Victim Services Program does not discriminate against individuals or group on the basis of race, color, national origin, religion, sex or disability. If you believe you have been the target of discrimination, you have the right to file a civil rights complaint. Information on how to file a civil rights complaint can be found on the Office of Justice Programs website.

Victim Services
Northern Judicial Circuit
Serving Madison,
Franklin, Hart, Elbert and
Oglethorpe Counties



Is it Abuse?

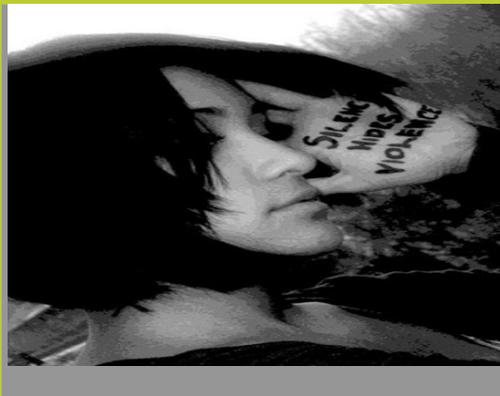
Teen Dating Violence

Is it Dating Violence?

If the person you're involved with acts controlling, aggressive, coercive, or violent, that's abuse. Relationships can be abusive even if there is no hitting: abuse can be verbal, emotional, physical, or sexual, or a combination of these.

Ask Yourself: Does my boyfriend or girlfriend.....

- Call or page me frequently to find out where I am, who I'm with, or what I'm doing?
- Tell me what to wear?
- Have to be with me all the time?
- Call me names, insult me, or criticize me?
- Act jealous, possessive, controlling or bossy?
- Give me orders or make all the decisions?
- Get angry very quickly, or fight a lot?
- Threaten to hurt me or someone in my family if I don't do what they want?
- Follow me or track where I go? Show up repeatedly at my home or work uninvited?
- Check up on me all the time?
- Refuse to allow me normal contact with my family and friends?
- Shove, punch, clap, pinch, kick, or hit me? Pull my hair? Strangle or Choke me?



If you are being abused, you might

- Believe it's your fault
- Feel angry, sad, lonely, depressed, or confused.
- Feel helpless to stop the abuse.
- Feel threatened, humiliated, or ashamed.
- Feel anxious, trapped, or lonely.
- Worry about what might happen next.
- Feel like you can't talk to family and friends.
- Be afraid of getting hurt.
- Feel protective of your boyfriend or girlfriend.
- Feel bad about yourself because abuser says you are stupid, lazy, ugly, worthless, helpless, and crazy or things like that.

These are normal reactions to being abused. You are not alone. If someone you know is being abused, you can help

- Listen. Show support. Don't blame the victim for the crime. Tell your friend that you're worried about them. Ask how you can help
- Encourage your friend to seek help; give them the information about victim service providers.
- Avoid confronting the abuser, it could be dangerous.
- Instead of deciding what's best for your friend, help your friend make their own decisions.
- Find someone you can talk to about your feelings about the situation.

Abuse can be unpredictable and dangerous. No two situations are alike, and there are no guarantees that what works for one person will work for another. Yet you can take steps to increase your safety.

- If you are in **immediate danger**, call 911 or the campus security number.
- Trust your instincts. Don't downplay the danger. If you feel unsafe, you probably are.
- Take threats seriously. Danger is often highest when the abuser talks about suicide or murder, or when the victim tries to leave or end the relationship.
- Get help from a crisis hotline, domestic violence program, campus health, or counseling service, or victim service agency. They can help you make a safety plan, give you information about laws in your state, refer you to other services, and weigh option as seeking a protection order.
- Develop a safety plan for when you go to class, the dining or residence hall, your job- or for other social situations. Involve friends and school staff, and keep a log of times the abuser contacts, threatens, follows, or harms you.
- Some types of abuse are crimes and you can file a report with the police. Campus judicial programs can provide sanctions for on-campus violations.
- Tell your friends, roommates, and others about the abuse and seek their support.
- Tell the security staff at school and at your work. Ask them to watch out for you.