

FROM THE DIRECTOR

April is Sexual Assault Awareness Month

Who Will Speak Out?

"The elimination of domestic violence and sexual assault through education, intervention, support, and transitional assistance until the dream comes true." This has been the stated vision of Hopeline for most of its twenty-six year history. It is the goal that guides our strategic plan, our services and our day-to-day operations. For us to reach our goal, however, this vision must be that of our entire collective community. If most citizens were asked if they supported non-violence, their answer most assuredly would be "yes". They might even be somewhat dismayed that we would even ask the question. Some may even feel insulted to think we would not automatically know this fact about them. And for some, we do know the answer. These are the concerned citizens who support non-violence in words and action.

At Hopeline we see countless caring people who are in this group: those that give of their energy, time, expertise and financial resources to ensure a safer community; those that speak out against violent, abusive behaviors; and those that do both. We are grateful for their partnerships and what they give to Hopeline and to their community.

They make a difference every day. But they need reinforcements. More must stand and be counted. More must demand and enforce zero tolerance of violence in our community and in our world. With ever increasing severity and incidences of violence, silence is no longer an option. I'm reminded of a quote by Pastor Martin Niemoller that is both disturbing and applicable. *"First they came for the Jews and I did not speak out because I was not a Jew. Then they came for the Communists and I did not speak out because I was not a Communist. Then they came for the trade unionists and I did not speak out because I was not a trade unionist. Then they came for me and there was no one left to speak out for me."*

We must ensure that regardless of which war we are waging – that against a world power or a power-seeking abuser – when lives are being lost we must stand up and speak out for those with no voice. We must, because someday in our own vulnerability we may need someone to speak out for us. **And we must, because it is the right thing to do.**

Patricia Youngblood
Executive Director

Fall Collaboration a Big Success!

Albemarle Hopeline and the District Attorney's Office for the First Judicial District hosted the 12th Annual Fall Collaboration of Professionals October 21-25. The four-day conference was held at the Kill Devil Hills Ramada Inn and drew over 160 participants from across the state representing the fields of domestic violence, sexual assault and child abuse. More than twenty experts presented trainings on topics including: the impact of trauma on children; domestic violence and the health care system; sexual assault response teams; elder abuse; the correlation between substance abuse and violence; gangs in North Carolina; and stalking on college campuses. Those attending the conference were also treated to a luncheon and a hospitality room with food and beverages donated by Pepsi, Coastal Beverage, Port O'Call and Kelly's Restaurants.

The conference was funded by a grant from the Governor's Crime Commission and served as both a source of education and an opportunity for service providers from all regions of North Carolina. We have applied for funding to hold this year's conference October 20 – 23, 2008.



Conference participants listen to trainer Ralph Strickland

Hard to Say "Good -Bye"

After seventeen years in the Albemarle Hopeline nest, Holly Wilson has decided to spread her wings and fly! As a Hopeline counselor for many years and the Director of Non-Residential Services for the past year, Holly worked passionately on behalf of countless victims and survivors of domestic and sexual abuse. She has touched the lives of so many women, men and children in our community.

Holly will be missed within these collective walls, but she is not going to fly too far from home. She will continue her work in the domestic violence field through both her

private practice and local batterers' intervention program.

We send with Holly our best wishes and know that she will continue to soar.



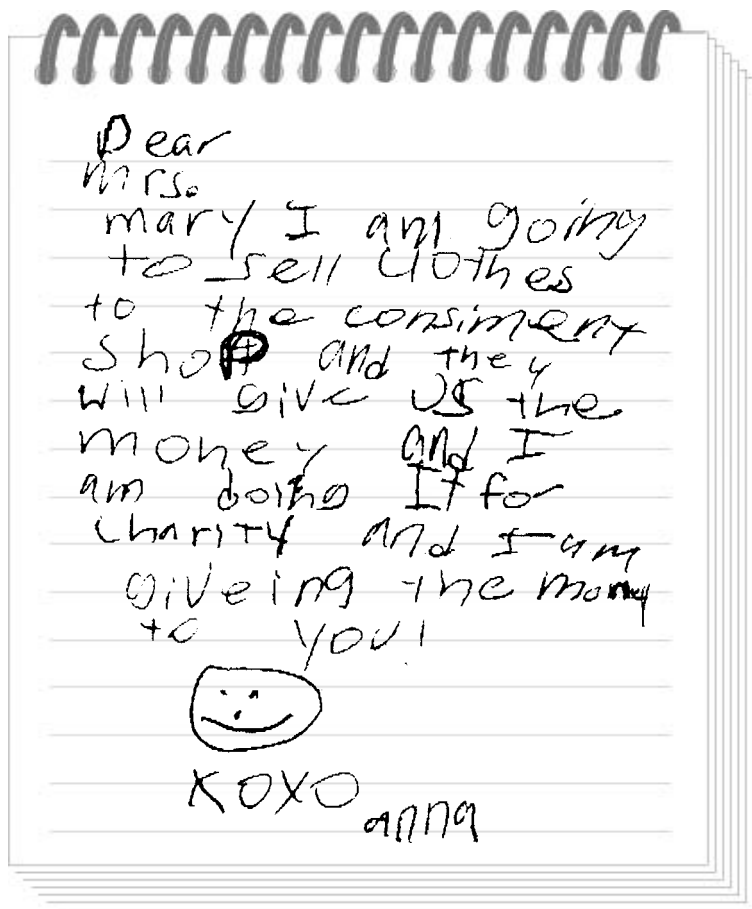
Pat Youngblood and Holly Wilson

Out of the Mouths (and hearts) of Babes

Anna is a precious child who lives in Edenton with her parents. Anna and I have a special friendship and she is very much aware of our program. It has touched my heart for such a young person – 6 years in age – to want to raise money for us. I love her for all the effort she puts forward to her charity for Hopeline.

Mary Altman
Chowan Staff Assistant

Below is Anna's note to Mary:



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Net-Workz Spring Cleaning?

Cleaning out that clutter can be profitable both for you and for those in need. Bring your “too-good-to-throw-away” treasures to Net-Workz and we will do the rest! Our professionals will photograph your items and place them on our eBay site for you. Then you just sit back and wait for them to sell. A percentage of the selling price will go to Net-Workz and the rest will go into your pocket! What could be easier?

Net-Workz has just moved to its new location on McMorrine Street (just down from the Colonial Restaurant) in downtown Elizabeth City. The new storefront is more visible than our previous location and offers a larger space for inventory. Net-Workz, a partnership between Hopeline and Northeastern Community Development Corporation, serves as a way for us to help better the lives of families in our community.

Stop in or give us a call at 333-1993 for more information.

Board News

Albemarle Hopeline welcomes a new Board of Directors President, Marcia Phillips. Mrs. Phillips is no stranger to Hopeline as she has served in many Board capacities in the past. We are happy to have her at the helm in 2008 and 2009!



At the same time we are saying good-bye to outgoing Board President Bonnie Curling. Mrs. Curling has been a wonderful supporter of Hopeline for many years and will continue in her efforts on behalf of victims and survivors of domestic and sexual violence by serving on the board as Immediate Past President.

Joining the Board are new members David Shaffer, Colleen Taylor, Erin Nixon, Rhonda Twiddy, Linda Farnsworth, and Heidi Prentiss.

Thank you to all members of the Board of Directors for the many volunteer hours and contributions that you make to help Hopeline in reaching its vision of the elimination of domestic and sexual violence.

Hospitals Bill Rape Victims

The majority of the 3,000 or so sexual assault victims in North Carolina that undergo a rape examination each year in hospital emergency rooms are forced to pay a portion of the bill. The exam, which collects biological evidence needed at trial, costs an average of \$1,600. For those victims with insurance, the cost is as little as a \$50 co-pay. For those that are uninsured, hospitals can send the bills to the N.C. Department of Crime Control and Public Safety which has a fund that can cover up to \$1,000. Other medical facilities send the bills directly to the rape victims – further reminders of the sexual assault.

Some hospitals forgive the balance due, others do not. A spokesman for the N. C. Hospital Association says that the exams are done at the request of the state and that someone there should be responsible. At the present time the state sets aside approximately \$258,000 a year to help cover the cost of the rape kit exams for those uninsured. The Rape Victims Assistance Program was established in 1981 to help cover the cost of assembling about 3,000 rape kits each year. Since 2004, the fund has helped more than 400 women annually.

According to Monika Johnson-Hostler, executive director of the North Carolina Coalition Against Sexual Assault, rape victims are being treated differently from victims of other crimes. She compared it to law enforcement charging victims of robbery and home invasion for fingerprinting.

Many were surprised that rape victims pay for their exams. The public learned of the practice when a story concerning the cost to victims was published in a major North Carolina newspaper in February 2008. House and Senate leaders were outraged and vowed to look into the matter when the state legislature reconvenes in May. Bryan Beatty, secretary of the Department of Crime Control and Public Safety, reported on February 13 that his department would immediately eliminate the \$1,000 cap and pay any reasonable bill for those uninsured rape victims that receive an exam.

4th Graders Learn About DV

Fourth grade students at Central Elementary School in Elizabeth City saw the pages of a library book come alive. Under the guidance of school counselor Marion MacGowan and media coordinator Carliss Gordon, the students read *Cracker Jackson* by Betsy Byars. Cracker is an eleven year-old boy who sets out to help his former babysitter after she contacts him and tells him that she is being abused by her husband. In the story, Cracker advises Alma to leave Billy Ray and seek help from the local women’s shelter.

The 4th graders loved the book, which is filled with suspense, sadness, heroics, and hope for the future. In November 2007 Hopeline staff members Kathy Leary, Susan Goodwin, and Elizabeth Thomas visited the classes and gave the students an overview of Hopeline services. They learned that Hope House was very similar to the shelter that helped Alma and her baby. The children began collecting canned goods for shelter residents and delivered them to Hope House just before Thanksgiving. Assistant Shelter Manager, Alfreda Threat, gave the children a tour of Hope House. They were fascinated to see where women like Alma live after escaping from their abusers. Seeing the residents’ rooms, dining area, and counseling offices made the story of Alma and Cracker more realistic.

We are grateful to Central Elementary’s Carliss Gordon and Marion MacGowan for giving their students a lesson that they will never forget. They had the opportunity to learn that anyone can reach out to save another and that help is always close by. Keep up the good work!

Albemarle Hopeline Christmas Project

Hopeline's 2007 Christmas project assisted 102 families and 299 individuals in our six county area. Many individuals, churches, businesses, agencies, clubs and civic groups gave countless gifts and monetary donations to make the holidays brighter



Kathy Leary(center) receiving crocheted hats & scarves from Maxine Poulos(left) & Linda Vance(right) of the Riverside Community Crime Watch

for Hopeline families. The Elizabeth City Jaycees provided a \$1,000 Wal-Mart gift certificate to assist with purchasing clothing and toys for the children of Hope House. For the twelfth year in a row, the Southern Riders Motorcycle Club conducted their annual drive on the Saturday before Thanksgiving. This year they delivered a trailer packed with household supplies, toys, \$55 in Food Lion gift cards and over \$200 in cash. A Celebrity Brunch was sponsored by the Moyock Woman's Club benefiting Hopeline's Christmas Project. Held at the Coinjock Marina Restaurant, the event netted \$2,300 cash and \$500 in Food Lion gift cards.

A great big "THANK YOU" goes out to everyone who helped to put smiles on the faces of our families at this special time of the year.

Help A Loved One

There are many ways that you can help a friend or family member who has been raped or sexually assaulted:

- Listen. Be there. Don't be judgmental.
- Be patient. Remember, it will take your friend some time to deal with the crime.
- Help to empower your friend or family member. Sexual assault is a crime that takes away an individual's power, it is important not to compound this experience by putting pressure on your friend or family member to do things that he or she is not ready to do yet.
- Encourage your friend to report the rape to law enforcement (call 911 in most areas).
- Let your friend know that professional help is available at Albemarle Hopeline.
- If your friend is willing to seek medical attention or report the assault, offer to accompany him or her wherever s/he needs to go (hospital, police station, campus security, etc.)
- Encourage him or her to contact one of the hotlines, but realize that only your friend can make the decision to get help.

It is also *important* to note that having a friend or family member who is assaulted can be a very upsetting experience. For this reason it is also important that *you take care of yourself*. Even if your friend and family member isn't ready to talk to a professional, you can get support for yourself. You can also get ideas about ways to help your friend or family member through the recovery process.

**Albemarle Hopeline Crisis Line is available
24 hours a day.**

Call 252-338-3011 for help.

Elder Abuse Conference



An "Abuse in Later Life" workshop was held on Friday, March 14 in Albemarle Hospital's Education Center. This day-long conference was sponsored by Albemarle Hopeline and the

Albemarle Commission's Area Agency on Aging. Conducting the training was Paul Greenwood, Deputy District Attorney in San Diego, California.

Mr. Greenwood has worked in that office since 1993 and has been involved in the prosecution of over 200 felony cases (both physical and financial) of elder and dependent adult abuse. He has also prosecuted eight murder cases and obtained first degree murder convictions in seven of them – over the past six years. San Diego's Elder Abuse Prosecution Unit was awarded the California State Association of Counties' Challenge

Award for Innovation and Creativity. The elder abuse program that Mr. Greenwood has developed is a model for the nation and he is considered to be one of the country's top experts in the field. We were most fortunate to have Mr. Greenwood

with us here in Elizabeth City for this very important educational opportunity.



Left to right: Paul Greenwood (workshop presenter), Debra Sheard & Susan Scurria, (Albemarle Commission), & Pat Youngblood (Albemarle Hopeline)

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Clothesline**



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Small Appliances,
Books & Magazines

Albemarle Hopeline is a private, non-profit organization dedicated to providing comprehensive direct and preventive services to the victims of family violence, sexual assault, and teen dating violence in the counties of Pasquotank, Camden, Chowan, Currituck, Perquimans, and Gates. In addition to a 24-Hour Crisis Line, Hopeline offers counseling, court advocacy, emergency shelter for victims and their children, crisis response team, volunteer training and education.

Hopeline has offices in Elizabeth City, Edenton, Hertford, and Coinjock and a thrift store, Hopeline's Clothesline, located on Halstead Boulevard in Elizabeth City.

If you or your organization would like to have a Hopeline representative provide information to your group, call the Hopeline office at 252-338-5338.

All services are free of charge

STEP of FAITH Benefit Concerts

The local gospel group, Step of Faith, presented three Christmas concerts in Elizabeth City benefiting Albemarle Hopeline and Benjamin House, another local non-profit. On Friday, November 30 the group gave a "preview" concert at the Evangelical Methodist Church that was attended by more than 400. Their tenth annual holiday concert was held on Friday, December 7 at College of the Albemarle Auditorium with shows at 2:00 pm and 7:00 pm. The evening show was near capacity – approximately 850 – and also featured the nationally-known Southern gospel group, The Down East Boys. Amber Braddy Jones was a featured performer with Step of Faith and previously sang at Hopeline's annual Candlelight Vigil in October 2007.

Hopeline appreciates the generosity of Step of Faith members, Dale Jones, Darryl Stallings and Barry Overton, and the donation that they have given to Hopeline.

Displaced Homemakers Program

In 2007, 106 women were assisted through Albemarle Hopeline's Displaced Homemakers Program. The goal of the program is to provide greater opportunities for qualified women to become more economically, emotionally and physically self-sufficient. A displaced homemaker is an individual who: has worked in his or her own household for at least five years and was not paid for household services; is unable to secure gainful employment due to lack of required training or experience; is unemployed or underemployed; has been dependent on the income of another household member but is no longer adequately supported by that income or is within two years of losing such support, or has been supported by public assistance as the parent of minor children but is no longer eligible or within two years of losing such eligibility.

Displaced Homemakers Coordinator Lorrie Meads works with individual clients with job searches, applications, resume writing, practice interviews, clothing and appearance, training and education and child care. Many clients are successful in finding employment that leads to financially secure lives for themselves and their children. For more information on the Displaced Homemakers Program, please contact Lorrie Meads at 338-5338.

Domestic Violence Training for Pasquotank County Educators

Hopeline and the Elizabeth City-Pasquotank County School System have taken a proactive step in providing domestic violence training for all teachers and school employees. Midge Hudyma, school social worker, and Kathy Leary, Hopeline's Prevention Specialist, began a series of workshops in April 2007 by attending after-school staff meetings at the twelve schools in the district (elementary, middle and high). The brief 20-30 minute sessions on issues surrounding family violence and its effects on children included how to recognize and report signs of abuse, and area resources that are available to help both the school employee and the family members involved.

These trainings are a result of NC House Bill 1354, signed into law in August 2004 to help strengthen family violence laws, and a collaboration between Department of Public Instruction and the North Carolina Coalition Against Domestic Violence.

For information on how to get domestic violence training into your school, call Kathy Leary at 338-5338.

Peace for Families

Edenton-Chowan Peace for Families helped to bring Christmas cheer to more than 12 Chowan County residents this year with a \$1,500 donation. Peace for Families leaders are now working on plans for 2008 fundraising efforts. The group assists victims of domestic violence that live in Chowan County.

*For more information on
Peace for Families,
contact Sonia Rivenbark
in Hopeline's Edenton office
(252-482-9918)*



Stalking

According to the National Center for Victims of Crime and the Stalking Resource Center, approximately 1 million women and 400,000 men are victims of stalking in this country annually. 1 in 12 women and 1 in 45 men will be stalked at some point in their lives, as well as close to 13 percent of female college students. Moreover, today's technology has made stalking much easier, as stalkers can design websites to encourage others to monitor or harm their victim, install spyware on their victim's computer or plant global positioning systems (GPS) in their victim's car to track their victim's travels. Other technologies, including social networking websites, such as Facebook and MySpace, cell phones with surveillance devices meant for parents monitoring their children, and running shoes implanted with GPS devices, may provide additional opportunities for stalkers to harm their victims. While all fifty states have laws against stalking, only one-third of states have included language relating to stalking via electronic means.

"Stalking is not a one-time occurrence; this is a crime that leaves its victim fearful 24 hours a day, seven days a week. No place – not even home – is safe if a stalker knows where the victim lives. Victims spend their days and nights looking over their shoulder, often changing jobs, relocating their homes, and even changing their appearance to escape the stalker," said Sen. Joseph Biden (D-DE), author of the landmark Violence Against Women Act. In many instances, victims usually know their stalkers and 81 percent of women victims are also physically assaulted by their stalker. "We can – and we must – do more to ensure that stalking victims are not forced to live in constant fear and that stalkers are brought to justice," added Sen. Biden.

Victims of stalking include individuals presently at risk for *imminent* danger to their physical and/or emotional welfare, and those with danger continually pending, but not *immediately* at risk for harm. In addition to becoming familiar with stalking laws that presently exist, victims of stalking should be informed about the resources and procedural precautions available to assist and protect them. It is important for stalking victims to recognize that their victimization is *not* their fault. Stalking is a crime that can touch anyone, regardless of gender, race, sexual orientation, socio-economic status, geographical location, or with whom a person may associate. Unfortunately, there is no single psychological or behavioral profile for stalkers. Every stalker is different. This makes it virtually impossible to devise a single effective strategy for victims to cope with stalkers' behavior which can then be applied to every single situation and all circumstances. This is why it is so vital that victims of stalking immediately seek the advice of local victim specialists who can work with them to devise a safety plan or action plan to address their unique situation and circumstances.

10 Things That You Need to Know About Stalking

1. Stalking is a crime. Stalking is a course of conduct directed at a specific person that places a reasonable person in fear for her or his safety. It is against the law in every state. Stalking across state lines or in federal territories is illegal under federal law.

2. Many people are stalked. 1 in 12 women and 1 in 45 men will be stalked in their lifetimes.

1.4 million people are stalked every year in the United States.

3. Stalking can be very dangerous. 76 percent of women killed by their intimate partners were stalked by these partners before they were killed. All stalkers should be considered unpredictable and very dangerous.

4. Stalking is harmful and intrusive. Stalking victims often lose time from work or never return to work, and some even relocate to regain a sense of safety. Many suffer from anxiety, insomnia, and severe depression as a result of being stalked.

5. Anyone can be stalked— not just celebrities. The vast majority of stalking victims are ordinary people. Furthermore, most stalkers are not strangers, but are known by their victim.

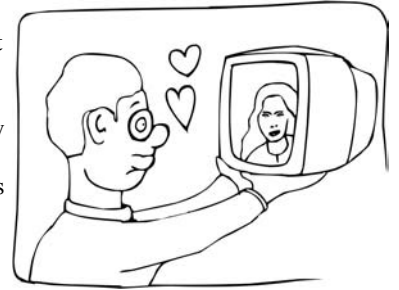
6. Stalking can occur at any time. Stalking often begins during a relationship. Stalkers may keep the victim under surveillance or threaten her or him. Others begin stalking after the victim has ended the relationship, and the stalker feels desperate to maintain or regain control. Still others become fixated on a victim without ever having had any relationship with the person. All forms of stalking are unpredictable, and all should be considered dangerous.

7. Technology can be used to stalk. Although newly-developed technology enhances our lives, it can also empower criminals. Cell phones, computers, and surveillance equipment are just some of the technologies stalkers now use.

8. An effective response to stalking includes the entire community. Police, prosecutors, advocates, educators, reporters, neighbors ... everyone can and should play a part in stopping stalking. Working together, we can make victims safer.

9. You can make a difference. Visit www.ncvc.org/src to learn more about stalking and how to fight it.

10. Help is available. If you or someone you know is being stalked, call Albemarle Hopeline for assistance.



Legislative Breakfast

Hopeline held its annual Legislative Breakfast on Monday, March 10 at Cypress Creek Grill in Elizabeth City. The yearly event is an opportunity for area leaders to come together and learn what is being



Rita Anita Linger talks with Sen. Ed Jones and Pat Youngblood

done to provide services to domestic violence victims in their respective counties. Marcia Phillips, President of Hopeline's Board of Directors, welcomed the approximately eighty county and city leaders

including council members, commissioners, clerks of court, school superintendents, sheriffs and police chiefs from Hopeline's six-county community. Hopeline was also honored to have Senator Ed Jones as a guest representing Chowan, Perquimans and Gate Counties. Executive Director of the North Carolina Coalition Against Domestic Violence Rita Anita Linger was the keynote speaker. Ms. Linger spoke on the work being done across the state to change attitudes and laws concerning family violence. She applauded Hopeline's dedication and hard work, while urging community leaders to lend their continued support.



Judge J.C. Cole with Rita Anita Linger and Marcia Phillips

Sexual Harassment

Sexual harassment: unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature in which submission to or rejection of such conduct explicitly or implicitly affects an individual's work or school performance or creates an intimidating, hostile, or offensive work environment.

Sexual Harassment in the Workplace

2 Types of Sexual Harassment:

- 1. Quid pro quo** - When a perpetrator makes conditions of employment contingent on the victim providing sexual favors. This type of harassment is less common.
- 2. Hostile environment** - When unwelcome, severe and persistent sexual conduct on the part of a perpetrator creates an uncomfortable and hostile environment (e.g., jokes, lewd postures, leering, inappropriate touching, rape, etc.). This type of harassment constitutes up to 95% of all sexual harassment cases.

Variety of Circumstances:

- Survivor and harasser do not have to be of different genders; both can be men, both women, or they can be different genders.
- Similarly, as with sexual assault, women can be perpetrators.
- The harasser can be a supervisor, an agent of the employer, a supervisor in another area, a co-worker, or a non-employee.
- The survivor does not have to be the person that is directly harassed. It can be anyone affected by the offensive conduct.
- Unlawful sexual harassment may occur without economic injury to or discharge of the survivor.
- The harasser's conduct must be unwelcome.

Common Emotional and Physical Reactions:

- Poor concentration at work
- Stress on personal relationships
- Fear/anxiety
- Debilitating depression
- Sleep/weight problems
- Alcohol or drug use
- Staff turnover
- Increased absenteeism
- Tarnished company reputation
- Increased payouts for sick leave and medical benefits
- Vulnerability to hostile confrontations
- Legal and consultant costs
- Lower staff productivity
- Poor staff morale
- Less teamwork

Options for Action:

- Say "No" clearly** - Express in direct language (verbal or written) that behavior must stop.
- Document the harassment** - Keep a written log, keep track of dates, times, and behavior.
- Get emotional support** - Friends/family can be good outlets.
- Document your work** - Keep copies of performance evaluations and memos that attest to the quality of your work.
- Explore company channels** - Talk to a supervisor and/or contact the personnel officer or human resources department.
- File a complaint** - If the problem can't be solved through company policy, you may choose to pursue a legal remedy.

April is Sexual Awareness Month

Every 2 minutes, someone in the U.S. is sexually assaulted

Who are the Victims?

(Breakdown by gender & age)

- **Women: 1 out of every 6 American women** have been the victims of an attempted or completed rape in their lifetime. (14.8% completed rape; 2.8% attempted rape)
 - 17.7 million American women have been victims of attempted or completed rape.
 - 9 of every 10 rape victims are female.
- **Men: About 3% of American men — or 1 in 33 —** have experienced an attempted or completed rape in their lifetime.
 - In 2003, 1 in every ten rape victims were male.
 - 2.78 million men in the U.S. have been victims of sexual assault or rape.
- **Children: 15% of sexual assault and rape victims are under age 12.**
 - 29% are age 12-17.
 - 44% are under age 18.
 - 80% are under age 30.
 - 12-34 are the highest risk years
 - Girls ages 16-19 are 4 times more likely than the general population to be victims of rape, attempted rape, or sexual assault.

7% of girls in grades 5-8 and 12% of girls in grades 9-12 said they had been sexually abused.

- 3% of boys grades 5-8 and 5% of boys in grades 9-12 said they had been sexually abused.

93% of juvenile sexual assault victims know their attacker.

- .2% of attackers were family members.
- 58.7% were acquaintances.
- Only 7% of the perpetrators were strangers to the victim.



Effects of Rape

Victims of sexual assault are:

- 3 times** more likely to suffer from depression.
- 6 times** more likely to suffer from post-traumatic stress disorder.
- 13 times** more likely to abuse alcohol.
- 26 times** more likely to abuse drugs.
- 4 times** more likely to contemplate suicide.

HOW CAN I HELP?

If you would like to: (check all that apply)

- Be a Volunteer
- Donate Goods and Services
- Provide Monetary Support
- Provide a Special Skill
- Inquire about Counseling Services
- Inquire about Advocacy Services
- Inquire about Educational Programs

PLEASE COMPLETE AND MAIL TO:

Albemarle Hopeline
P.O. Box 2064
Elizabeth City, NC 27906-2064

OR CALL:

Elizabeth City	252-338-5338
	252-338-1646
Advocacy	252-338-2701
Chowan office	252-482-9918
Currituck office	252-453-8116
Perquimans office	252-426-3800

Name: _____

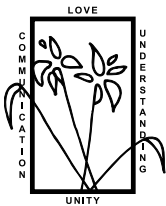
Address: _____

City/State/Zip: _____

Phone: _____

If you are not receiving Hope Lines in the mail and would like to be added to our newsletter list, please mail this page to Hopeline. Also, let us know if you are receiving more than one copy. Thank you.

24-Hour Crisis Line 252-338-3011



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