

February 2011

DVTF Newsletter

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A Quarterly Publication of the Kitsap County Domestic Violence Task Force

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Healthy Relationships (www.loveisrespect.org)

Do you sometimes wonder if the things happening in your relationship are normal?

Does the way your boyfriend or girlfriend treats you bother you?

These are some questions that may help you **decide if your relationship is healthy or not.**

Do you:

- Ever feel **guilty** about having your own friends and own interests?
- Often feel **pressured** to spend time with your boyfriend/girlfriend when you'd rather do something else?
- Keep opinions or concerns **to yourself** to make things easier?
- **Change your behavior** to avoid fighting with your boyfriend/girlfriend?

Does your boyfriend/girlfriend:

- Get **jealous** when you talk to friends of the opposite sex?
- **Complain** about or try to control what you wear?
- Call or text you **excessively**?
- **Push you** to do things you aren't sure you want to (like sex, drugs)?

If you answered yes to at least one of these questions, or if you have your own questions a

bout healthy relationships, please call the loveisrespect.org hotline.

We're here **24 hours a day, 365 days a year.**

Contact us by phone at **1-866-331-9474 (1-866-331-8453 TTY)** or chat online

from 4pm – 2am CST. All calls and chats are anonymous and confidential.

**You can always find updated info and events on
www.kcdvtf.org or find us on: www.facebook.com
Search: Kitsap County Domestic Violence Task Force**

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KITSAP COUNTY
Domestic Violence
TASK FORCE

Mission

To create a community free from domestic violence.

Goals

To promote victim safety and perpetrator accountability the KCDVTF will:

- Educate the community about domestic violence;
- Establish and maintain a Coordinated Community Response;
- Encourage and support agencies that work with domestic violence;
- Maintain information regarding Kitsap County domestic violence resources;
- Advocate for legislative progress in issues as they relate to domestic violence;
- Develop funding resources to maintain the KCDVTF and to support the efforts of our community;
- Collect and maintain data on domestic violence in the community.

How to reach us:

- Kitsap County Domestic Violence Task Force
Post Office Box 48
Bremerton, WA 98337
- Phone: 360.373.5392
- Email: info@kcdvtf.org

Upcoming KCDVTF Meetings

~ all meetings are open to the public ~

KCDVTF Board Meeting

- Second Tuesday of the month at 4 PM
- YWCA Bremerton

Faith Community Action Group

Serving as a resource for information and training to the local faith community on DV issues.

Contact Tom—STTO300@dshs.wa.gov

RESPECT (Relationship Education Strengthens & Provides Empowering Choices for Today's) Kitsap Youth

Addressing multi-disciplinary issues around youth.

- 2nd Tuesday of the month, 9 - 11 a.m.
 - Monica's Bakery, Old Silverdale, Upstairs
- For more information contact: Barbara Saur blink@ywcakitsap.org

Treatment Providers

Addresses issues of coordination and cooperation between the certified treatment providers in Kitsap County and the district, municipal and Dept. of Corrections probation officers. Meets every other month, Wed at noon 705 Sidney Ave Port Orchard

For more information, email debbieb@ywcakitsap.org

Triple Play

Network of DV, Mental Health and Chemical Dependency Professionals

Meets 3rd Tuesday every month Contact Barbara Chandler-Young blink@ywcakitsap.org

Community Education Committee -offering speaker and trainers to the community on D.V. issues. Contact the Task Force for more information.

SAVE THE DATE

2011 DV Quarterly
Friday April 19, 2011
6pm to 8pm

Fatality Review
Jackson Park Community Center, Bremerton

FREE Community Picnic
Tuesday July 26, 2011
5pm

Evergreen Community Park, Bremerton

This Year's Summit will be held in October
Subject is "Effects of DV on Children"

Date and location is TBD

Keep watching for more info

Email the Task Force for more information:

info@kcdvtf.org

TEEN DATING VIOLENCE

Helping a Friend in Need

February is National Teen Dating Violence Awareness and Prevention Month. This initiative was started by teenagers across the county who chose to take a stand and put a stop to teen dating violence. Teens want to be independent and have control over their social lives. Due to inexperience teens can get into unhealthy relationships. Sometimes these relationships can become abusive. They tend to talk more openly with their friends and rely on their advice before confiding in an adult. If your friend is in an abusive relationship and has come to you for help, here are some suggestions.:

DO: Listen to what they have to say. Be a part of their support system.

Tell them that you are there for them whenever they want to talk.

Believe what they are telling you. It takes a lot of courage to come forward about abuse. Talk to them in private.

Let them know that you will keep their confidence unless they are in physical danger. Then you must report the abuse to an adult.

Let your friend know that you are concerned for them and they don't deserve to be treated this way. Share specific incidences that you witnessed and made you worry about their safety. Offer to get them resource information and help. Go with them to the agencies for moral support.

DON'T

Be judgmental. It is never their fault. It is always the behavior of the offender.

Make them feel ashamed. They probably feel bad enough already.

Give ultimatums, or force them to make a decision. They have to decide when they are ready to get help or end their relationship.

No one deserves to be hurt. Teen dating violence can lead to problems in adult relationships later in life. There is support and help available. Helping a friend in need can be the first step in their path to safety and a healthy relationship. For more information please call a Family Victim Advocate at 360 396-4115, the National Teen Dating

Abuse Helpline at 1-866-331-9474, or visit the website at loveisrespect.org

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... creating a community free from domestic violence

ORDER FORM

You can also order on line at www.kcdvtf.org

Name: _____

RESOURCE GUIDES FOR DOMESTIC VIOLENCE VICTIMS
PRICE: \$20 for each 100 guides, \$100 for 500, \$200 for 1000 etc. Please order by denominations of 100. FREE 50 and a brochure holder if you've never received them before

Business/Agency/Faith Community: _____

Address: _____

WHAT EVERY CONGREGATION NEEDS TO KNOW ABOUT DOMESTIC VIOLENCE
PRICE: \$10 for each 50 brochures, \$20 for 100, \$40 for 200 etc. Please order by denominations of 50. FREE 50 and a brochure holder if you've never received them before

Phone: _____ Fax number: _____

Email Address: _____

Quantity: _____ Amount enclosed: _____

What is dating violence?
Price: \$10 for each 50 brochures, \$20 for 100, \$40 for 200 etc. Please order by denominations of 50. FREE 50 and a brochure holder if you've never received them before

Free 50 and Holder (I haven't received any RGs, Faith or Youth brochures before, free or purchased)

Do not add tax. We will call you to make drop off/pick up arrangements.

Send this form and your check or purchase order to: Kitsap County Domestic Violence Task Force, P.O. Box 48, Bremerton, WA 98337. We do not take credit cards at this time. Questions? Please call 360.373.5392 or drop us an email at: info@kcdvtf.org