

Hyde County Hotline, Inc.

24-Hour Crisis Line 252-925-2500

Visit us at: HydeCounty-Hotline.org Facebook: Hyde County Hotline



Hyde County Hotline's Mission:

The purpose of Hyde County Hotline, Inc. is to work to eliminate domestic abuse, sexual victimization, and human trafficking and provide safe shelter in Hyde County, North Carolina through the collaborative efforts of a compassionate community. We promote dignity, respect, and safety at home resulting in safer communities.

Recovering from Rape and Sexual Trauma

Recovering from sexual assault takes time, and the healing process can be painful. But you can regain your sense of control, rebuild your self-worth, and learn to heal.

The Aftermath of Rape and Sexual Trauma

Sexual violence is shockingly common in our society. According to the Centers for Disease Control and Prevention (CDC), nearly 1 in 5 women in the U.S. are raped or sexually assaulted at some point in their lives, often by someone they know and trust. In some Asian, African, and Middle Eastern countries, that figure is even higher. And sexual assault is not limited to women; many men and boys suffer rape and sexual trauma each year.

Regardless of age or gender, the impact of sexual violence goes far beyond any physical injuries. The trauma of being raped or sexually assaulted can be shattering, leaving you feeling scared, ashamed, and alone or plagued by nightmares, flashbacks, and other unpleasant memories. The world does not feel like a safe place anymore. You no longer trust others. You do not even trust yourself. You may question your judgment, your self-worth, and even your sanity. You may blame yourself for what happened or believe that you are “dirty” or “damaged goods.” Relationships feel dangerous, intimacy impossible. And on top of that, like many rape survivors, you may struggle with PTSD, anxiety, and depression.

It is important to remember that what you are experiencing is a normal reaction to trauma. Your feelings of helplessness, shame, defectiveness, and self-blame are symptoms, not reality. No matter how difficult it may seem, you can come to terms with what happened, regain your sense of safety and trust, and learn to heal and move on with your life.

Myths and Facts About Rape and Sexual Assault

Dispelling the toxic, victim-blaming myths about sexual violence can help you start the healing process.

Myth: You can spot a rapist by the way he looks or acts.

Fact: There is no surefire way to identify a rapist. Many appear completely normal, friendly, charming, and non-threatening.

Myth: It is not rape if you have had sex with the person before.

Fact: Just because you have previously consented to sex with someone does not give them perpetual rights to your body. If your spouse, boyfriend, or lover forces sex against your will, it is rape.

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Myth: If you did not fight back, you must not have thought it was that bad.

Fact: During a sexual assault, it is extremely common to freeze. Your brain and body shut down in shock making it difficult to move, speak, or think.

Myth: People who are raped “asked for it” by the way they dress or act.

Fact: Rape is a crime of opportunity. Studies show that rapists choose victims based on their vulnerability, not on how sexy they appear or how flirtatious they are.

Myth: Date rape is often a misunderstanding.

Fact: Date rapist often defend themselves by claiming the assault was a drunken mistake or miscommunication. But research shows that the vast majority of date rapists are repeat offenders. These men target vulnerable people and often ply them with alcohol in order to rape them.

(Source: <https://www.helpguide.org/articles/ptsd-trauma/recovering-from-rape-and-sexual-trauma.htm>)

Understanding God’s Hope and Help for Survivors of Sexual Assault

Are you a survivor of sexual assault seeking hope and comfort? You are not alone. Find God’s hope in these bible verses for coping with sexual assault.

God’s Comfort:

Psalms 9:9-10 – The Lord is a shelter for the oppressed, a refuge in times of trouble. Those who know your name trust in you, for you, O Lord, do not abandon those who search for you.

Isaiah 43:2-3a: When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you. For I am the Lord, your God.

Isaiah 61: 1-3: The Spirit of the Lord God is upon me, because the Lord has anointed me to bring good news to the suffering and afflicted. He has sent me to comfort the brokenhearted, to announce liberty to captives, and to open the eyes of the blind. ² He has sent me to tell those who mourn that the time of God’s favor to them has come, and the day of his wrath to their enemies. ³ To all who mourn in Israel he will give: beauty for ashes; joy instead of mourning; praise instead of heaviness.

God’s Justice

Psalms 82:3-4 “Give justice to the poor and the orphan; uphold the rights of the oppressed and the destitute. Rescue the poor and helpless; deliver them from the grasp of evil people.

Romans 12:19 – Do not take revenge, my dear friends, but leave room for God’s wrath, for it is written: “It is mine to avenge; I will repay,” says the Lord.

God’s Victory Over a Sinful World

Genesis 6: 11-12 – Now the earth was corrupt in God’s sight and was full of violence. ¹² God saw how corrupt the earth had become, for all the people on earth had corrupted their ways. (NIV)

John 16:33 – I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

If you are a survivor of rape or sexual assault or childhood sexual abuse, **YOU ARE NOT ALONE!**

God is with you and will be with you through your healing as He gives you hope and strength.

Seek support and help for resources to assist you as you heal.

Advocates are available 24/7.

Call Hyde County Hotline on the **24-Hour Crisis Line 252-925-2500** for support services today!

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Ways to Help Sexual Assault Victims and Survivors

- **Have a day of prayer for healing for sexual assault survivors.**
- **Plant a pinwheel garden to honor survivors of abuse.**
- **Have a fundraiser & raise awareness & support for the men, women, & children in your community.**
- **Offer a support group in your church or place of worship.**
- **Volunteer your time & resources to support a local advocacy agency.**
- **Get educated about abuse prevention & intervention.**
- **Speak out against abuse from the pulpit.**
- **Educate your employees and congregations about sexual violence.**

STEP UP & SPEAK OUT!



North East Coastal Human Trafficking Regional Rapid Response Team

Our mission is to identify and to connect recently liberated victims to needed services in the community as quickly and efficiently as possible with an emphasis on service provision during the first 72 hours after identification.

Labor Trafficking in the United States

It is hard to get a solid estimate of just how many people are being used as slave labor in the United States, as the government does not classify every freed slave as a trafficked person. According to the National Institute of Justice, 15% of the people classified as “trafficked” are deemed to have been put into labor trafficking—but they point out that they believe that number is significantly lower than the actual total.

The most common area of labor trafficking is in agriculture, and it encompasses both legal and undocumented workers. The exploitation is often threats of violence, either to the worker or their loved ones, the threat of deportation, or perpetual debt that the worker owes to their crew leader.

It is important to note that while some of the trafficking is on a small level (one crew leader—often a fellow migrant or worker—threatening a few people) it also takes place on a large corporate scale. For example, in 2000, the labor contractor JB Farm Labor forced hundreds of workers to farm asparagus for little to no pay. The workers, mostly from Mexico, were charged large fees that were deducted from their paychecks, leaving them trapped and enslaved. In another instance the next year, the company R&A Harvesting in Florida forced hundreds of citrus pickers to work under threat of abuse and violence. It would be inaccurate to believe that these trafficking operations are not taking place on a macro scale.

Susceptibility of Migrant Populations

Causes for migration are broken into categories of “push” and “pull.” The “push” categories are factors that force a person to migrate, such as unemployment and natural disasters. “Pull” factors are things that draw immigrants in, such as job opportunities, romantic relationships (deceitful or otherwise), and the American dream.

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Human traffickers exploit these-push and pull factors to get people to leave their positions of security and be exploited. Those suffering from push factors may feel they have no other choice but to accept the help of dangerous criminals—such as pursuing employment that may otherwise sound risky or untenable, but which people seek because they are desperate. Traffickers prey on individuals and families that are traveling, hungry, homeless, and sick. They may offer a job only to get the migrant away from their area of safety and force them into labor.

Likewise, pull factors entice people to come to the United States, often through deceitful practices: a trafficker may spark up a phony relationship with a person to get them to cross the border in search of a better life, only to trap them in sexual exploitation or labor trafficking.

Actions Taken to Prevent Human Trafficking

Human trafficking in the United States has been banned since the passage of the 13th Amendment. The federal statute outlawing trafficking is Title 18 of the United States Code, particularly section 1584 which makes it a crime to make someone work against their will, and section 1581, which makes it illegal to work in “debt servitude.”

In 2000, the Victims of Trafficking and Violence Protection Act made it easier to prosecute and sentence traffickers and provided resources to do so. There is also a National Human Trafficking Resource Center Hotline (1-888-373-7888), which answers questions and responds to crises in 170 languages. Since 2007, the hotline has logged 60,000 calls.

Safe harbor laws have also been enacted to protect victims, so that they will not be prosecuted for prostitution or other crimes they may have committed while in slavery. Doctors and medical professionals are also trained and instructed to identify and protect victims.

DeliverFund is working to counter human trafficking by attacking it from multiple angles. We equip, train, and advise law enforcement in the same counterterrorism methodologies that our founders used when they were in the CIA, NSA, Special Forces, and Navy SEALs. By disrupting the human trafficking market, we are driving human traffickers out of their business, tearing down their networks, and rescuing not only their current victims, but preventing future human trafficking victims.

(Source: [Facts About Human Trafficking in the US | DeliverFund.org](#))

Human Trafficking Rapid Response Team Meetings:

North East Coastal Regional Rapid Response Team Quarterly Meeting

April 15, 2021 10:00a.m.-12:00p.m.

Guest speakers: Nancy Hagan- North Carolina Human Trafficking Commission

Dean Duncan: Project NO REST

Join Here: <https://us02web.zoom.us/j/86454270993?pwd=bzRtamVtczNwc2NtNU5mNHgyY0hkdz09>

Hyde County Rapid Response Team Quarterly Meeting

May 20, 2021 10:00a.m.-11:00a.m.

Call Hyde County Hotline at 252-925-2502 to register to receive a Zoom invitation.



Thank you to our wonderful community partners who supported out Easter Basket Project. 8 children received very **AWESOME** Easter baskets stuffed with candy and toys and lots of **LOVE!**

Thank you for your kindness!

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SUPPORT GROUP

Begin your journey to healing.

Domestic Violence Survivors

Please join us on the 1st & 3rd Tuesday of each month
from 2:00p.m.-3:00p.m.

Sexual Assault Survivors

Please join us on the 2nd & 4th Tuesday of each month
from 2:00p.m.-3:00p.m.

**Call for more information Monday-Friday 8:30a.m.-4:30p.m. at
252-925-2502 or on our 24-Hour Crisis Line at 252-925-2500.**



We could not do it without you!

You can make a difference in someone's life by volunteering in our shelter or at the thrift store or by assisting with community outreach projects.

If you are interested in volunteering for Hyde County Hotline, please give us a call at 252-925-2502.

FYSB Family & Youth
Services Bureau

Family Violence Prevention
& Services Program



**Council for Women &
Youth Involvement**
Department of Administration

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