



# Article Series

Brinkley Walser, PLLC

*Helping you stay current on today's legal topics*

## No One Should Have to Live in Fear Domestic Violence Awareness

Domestic violence is a worldwide problem that crosses racial, age and socio-economic barriers. In North Carolina in 2009-2010 there were over 120,000 reports of domestic violence. While society typically sees women as the victims of abuse, statistics in the state show that in 15% of cases men are the victims<sup>1</sup>.

### Signs of Abuse

Not all abuse is physical. Abusers want to control your life. Some of the signs may include verbal put-downs or embarrassing you in public, interfering with relationships between you and your family or friends, refusing to allow you to work or go out by yourself, physical threats, threatening your life or threatening to commit suicide. A great resource with additional information is The Hotline™ ([www.thehotline.org](http://www.thehotline.org) or 1-800-799-SAFE).

### Teens & Children

When children are raised in an environment where domestic violence exists, they begin to believe that this behavior is normal and they can suffer long-term damage that can interfere with their relationships with others. There is a great video on YouTube that was created by the Verizon Foundation and is supported by the National Domestic Violence Hotline called Monsters in the Closet that portrays domestic violence through the eyes of a young girl.

Teens are also vulnerable as they begin dating and may be pressured by a partner who they believe loves them into allowing controlling or violent behavior. Get more information by visiting the National Dating Abuse website or calling their helpline at 1-866-331-9474.

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<sup>1</sup> <http://www.nccfwdvc.com/stats.htm>



10 LSB Plaza • Lexington, NC 27292  
Mailing Address: PO Box 1657 • Lexington, NC 27293-1657 • Phone: 336.249.2101  
GREENSBORO: \_\_\_\_\_  
604 Green Valley Road, Suite 312 • Greensboro, NC 27408  
Phone: 336.235.2941 • [www.BrinkleyWalser.com](http://www.BrinkleyWalser.com)

## Resources

One of the most dangerous times for a victim of domestic abuse is when she or he tries to escape the violence, but there are resources available. Here are some options:

- Check out the North Carolina Coalition Against Domestic Violence Safety Plan at [http://nccadv.mrgdesign.com/safety\\_plan.htm](http://nccadv.mrgdesign.com/safety_plan.htm).
- Call the Hotline Number: 1-800-799-SAFE (7233) or TDD Number: 1-800-787-3224.
- If you have been sexually assaulted, call the National Sexual Assault Hotline: 1-800-656-HOPE.
- Local Options:
  - Family Services of Davidson County  
PO Box 607  
Lexington, NC 27293  
Office: (336) 249-0237  
Crisis: (336) 243-1934
  - Family Services, Inc. (Forsyth County)  
1200 S. Broad Street  
Winston-Salem, NC 27101  
Office: (336) 722-8173  
Toll free: 1-800-316-5513  
Crisis: (336) 723-8125
  - Family Service of the Piedmont (Guilford County)  
315 East Washington St.  
Greensboro, NC 27401  
Office: (336) 387-6161  
Crisis: (336) 723-7273

There are civil and criminal legal remedies available to victims of domestic abuse. No one should have to live in fear. Get help today.

## About Brinkley Walser, PLLC

Brinkley Walser prides itself on providing new and cutting edge legal counsel built on a foundation of knowledge and integrity 125 years in the making. The firm has offices at 10 LSB Plaza in Lexington and in the Green Valley Building, 604 Green Valley Road, Suite 312, in Greensboro. Visit Brinkley Walser on the web at [www.brinkleywalser.com](http://www.brinkleywalser.com) or call (336) 249-2101 for assistance.



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