


## The WHALE Study Family Newsletter

July | 16<sup>th</sup> | 2021

### *Staying safe within your family*



All couples fight; conflict is inevitable. But some ways of managing conflict can be dangerous. Partner aggression can be expressed physically or psychologically. Psychological aggression can include expressive aggression (name calling, humiliation) or coercive control (threats, control over your decisions or finances). Experiencing violence in your relationship can lead to feelings of depression, anxiety, low self-esteem, PTSD, and physical health concerns. For your safety and wellbeing, it's important to connect with supportive and caring people who understand this is not your fault.

Even if high-conflict arguments take place in another room, children usually know this is happening. They can hear raised voices or loud noises and sense the tension; their body is also aware and activates fear responses (fight, flight, or freeze) such as increased heart rate or sweating. All children react differently. Common reactions may include increased irritability, fearfulness, worry, separation anxiety, depression, or aggression. If your child has been exposed to violence, talk to them about it in child-friendly language. Children should know it is not their fault (nor the victim's); violence is not a solution; and how you are working to keep them safe.

If you are in a relationship with high conflict where you may fear for your family's safety, here are some quick tips to keep yourselves safe in the context of violence:

- Identify the signs that you or your children may be in danger before it occurs.
- Inform friends and neighbors of your situation and develop plans or visual signals for when you need help.
- Teach your children how to call for help. Consider developing a code word for them to get help or leave the house for their own safety. Practice these strategies with your children.
- Identify safe areas of the house without weapons (avoid the kitchen) and escape routes. Move toward these areas if an argument begins. If physical violence is occurring, tuck yourself into a ball in a corner, protecting your face with your arms around each side of your head, fingers entwined.

If you or someone you know may be in danger, local resources and help is available (see next page). You deserve to be treated with respect and feel safe in your home and relationships. If you have concerns, hotlines are always available for advice and support.

Check out the page below for **domestic violence** and **community resources**!

Click [here](#) to tell us what topics you want covered in future newsletters!



Please reach out if you have any questions, comments, or concerns regarding The WHALE Study or the COVID-19 situation. Staff can be reached by call, text, or email: [whalestudy@unc.edu](mailto:whalestudy@unc.edu) | 919-914-0588

Find us on Twitter: [@circlelab\\_unc](#), Instagram: [circlelab\\_unc](#), and [Facebook](#)!

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## REMINDERS

**\*Reminder:** Please refer your friends if they have a 4-6-year-old and you think they would be interested in participating in the WHALE study. For every eligible family that you refer to us, you will receive \$10! Email us at [whalestudy@unc.edu](mailto:whalestudy@unc.edu) or call/text us at 919-914-0588 with their information.\*

## DOMESTIC VIOLENCE + COMMUNITY RESOURCES (CLICK BLUE LINKS)

- More info on the lasting impact of violence exposure on children: Body Keeps the Score (Book) or for a quick watch: [Video by School of Life](#) (6 minutes)
- National Resources:
  - [American Psychological Association \(APA\)](#) and [National Coalition Against Domestic Violence](#)
  - [Domestic Violence hotline](#) 1-800-799-SAFE, instant chat on their website, or text START to 88788
- Local Resources:
  - Shelters: [Compass Center for Women and Families](#): Hotline: [919-929-7122](tel:919-929-7122) or [Interfaith Council for Social Service](#) (HomeStart program) [919-932-6025](tel:919-932-6025) ext. 20.
  - [Intimate Partner Violence \(IPV\) Resources | UNC Hospital's Beacon Program](#)
  - [Durham Crisis Response Center \(DCRC\)](#) 24-hour hotlines English: 919-403-6562; Español: 919-519-3735

### HOUSING

- [Durham Continuum of Care \(CoC\)](#)
- Eviction Information: 216-965-5095
- [Durham Rescue Mission](#)
  - 919-688-9641
- [Orange County Partnership to End Homelessness](#)
- [Urban Ministries of Durham](#)
- [Durham County Social Services](#)
- [Orange County Social Services](#)
- [Wake County Social Services](#)

### FOOD & GROCERIES

- [Wake County Public Schools Free Meals](#)
- [Durham County Public Schools Free Meals](#)
- [Orange County Food Resources](#)
- [Chapel Hill/Carrboro Schools](#)
- [TABLE](#)
- [Food Bank of Central & Eastern North Carolina](#)
- [Wake County Food Resources](#)
- [No Kid Hungry NC](#) - Text FOODNC or COMIDA to 877-877 to receive information about 3 drive-thru or pickup sites with meals for kids closest to you

### HEALTH & SAFETY

- [Compass Center for Women and Families](#)
  - 919-929-7122
- [Durham Crisis Response Center](#)
  - 919-403-9425
- [InterAct Family Safety and Empowerment Center](#)
  - 919-828-7501
- [Orange County Rape Crisis Center](#)
  - 866-935-4783 (call) , 919-504-5211 (text)
- [Freedom House](#)
  - 919-967-8844 (Crisis Unit, Chapel Hill)
  - 1-877-967-8844 (Mobile Service)
- [Suicide prevention lifeline](#): 1-800-273-TALK (8255)
- Hope4NC Helpline: 1-855-587-3463
- [Crisis Text Line](#): Text HOME to 741 741

### CHILDCARE

- [NC Hotline for Critical Workers Seeking Child Care Options](#)
- [Covid Childcare Co-op Creator](#)
- [Covid Urgent Childcare](#)
- [Child Care Services Association](#)

### LEARNING

- [Scholastics Learn at Home](#)
- [Khan Academy](#)
- [PBS Kids](#)
- [CDC Tips for Talking with Children about COVID-19](#)