

# Victims Services Program

## FEBRUARY

Is Teen Dating Violence Awareness Month.

**Physical violence** is what people normally think when they hear about the abuse, but that's not always the case. **Dating abuse** is a pattern of behaviors used to gain or maintain power and control over a partner - physical violence is just one example.

**Understanding** and knowing the different types of abuse will better prepare you to identify the signs when you see them: **physical**, emotional/verbal, sexual, financial, **digital**, and stalking.

Remember: no one deserves to experience abuse in any capacity and every type of abuse is serious. Find out more at <https://www.loveisrespect.org/resources/types-of-abuse>. If you recognize any of these warning signs in someone or your relationship, you can reach out to VNT Victims Services at **907.835.1144**.

Love is respect.



### Signs of Teen Dating Violence

- Excessive jealousy or insecurity
- **Unexpected** bouts of anger or rage
- Unusual moodiness
- Taunting or bullying
- Demands **details** about how you spend your time
- Restricts contact with family or friends
- Controls what you wear or look like
- Ignores or violates your physical boundaries

If you or someone you know is a **victim of teen dating violence**, call  
**1.866.331.9474**

## Important Dates

VALENTINES DAY

♥ FEBRUARY 14 ♥

ELIZABETH PETATROVICH DAY

FEBRUARY 16

GATHERING CIRCLE

FEBRUARY 16

PRESIDENTS DAY (OFFICE CLOSED)

FEBRUARY 21

NATIONAL BANANA BREAD DAY

FEBRUARY 23

## Contact

Samantha Rice, Director

(907) 255 - 7172

Keristyn Weber, Advocate

(907) 255 - 7413

Office Phone

(907) 835 - 8069

Email

victims\_services@valdeznativetribe.org

Mailing Address

PO Box 1634 Valdez, AK 99686



## Gathering Circle

With guest speaker **Jessie Kaleikau**

February 16, 2022, from 6-8 pm

Join us for an evening of conversation with Jessie Kaleikau as she discusses Teen Dating violence.

Jessie Kaleikau, MA, Registered Professional Counselor Associate, grew up on the only Native reservation in Alaska, is from the **Tsimshian Tribe** and Pacific Islander. Jessie has been working in the mental health field for about 9 years. Jessie specializes in working with teenagers, adults, couples, families who have experienced anxiety, depression, life adjustments/stressors, and teenagers and adults who have experienced trauma, abuse, domestic violence, and sexual assault survivors.

As a **survivor** of domestic violence herself, she has a passion for working with survivors to support them and walk alongside them in their healing journey.

## 24/7 Crisis Hotline

(907) 835 - 1144

- You need someone to talk to
- You need information & resources
- You don't know what to do next
- You are a victim of a crime of trauma
- You are a family member of a victim



## Food Bank Distribution Dates

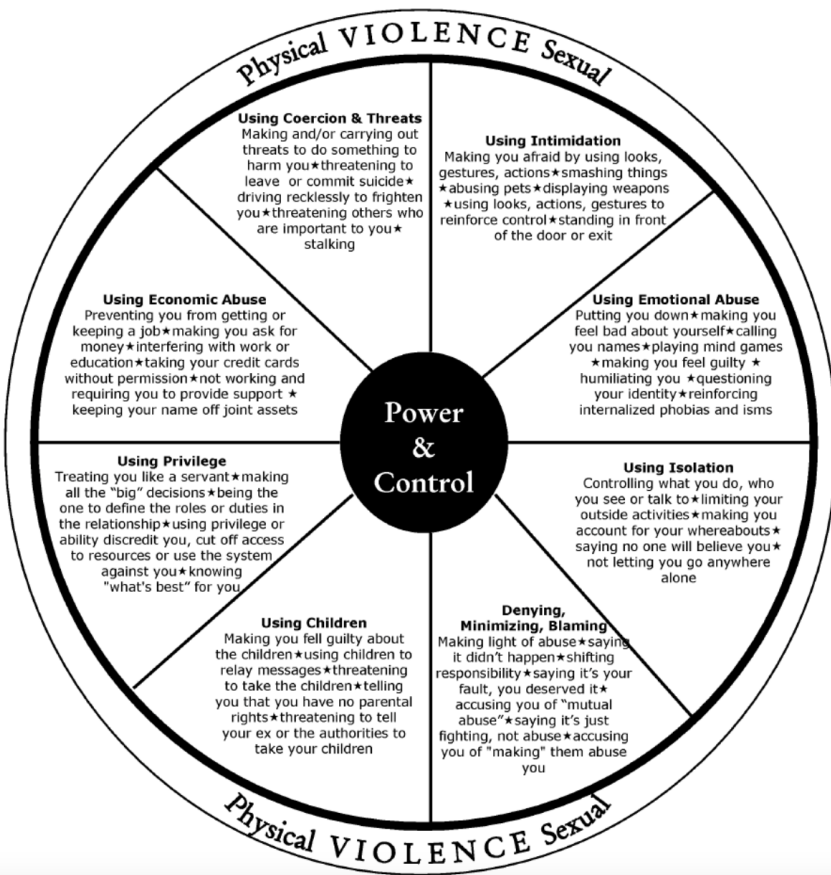
February 13th from 1-3pm

February 27th from 1-3pm



Scan the QR code for  
more information

## Power and Control Wheel



## ANNOUNCEMENTS

Alaska Native Foster Parents are Needed!  
Call 907-255-7413 for additional information.

## EVENTS

Parenting Classes - Coming April 2022

## CONTACT

Dr. Tanya Bailey  
Director of Social Services  
907-461-7290  
[DrTanya.B@valdeztribe.org](mailto:DrTanya.B@valdeztribe.org)

Throughout our lives, we develop relationships with different people. But how do you know if that relationship is **healthy**, **unhealthy**, or **abusive**? In a **healthy** relationship, each partner communicates assertively, respects the other, is honest, each partner is equal, decisions are decided upon mutually, and are financial partners. In an **unhealthy** relationship, a partner does not communicate, is disrespectful, dishonest, asserts control, restricts the other from spending time with others, is pressured into situations, and has unequal financial control. In an **abusive** relationship, a partner's communication is threatening or hurtful, makes accusations, denies the behaviors are abusive, isolates the partner from family and friends, controls the partner, and controls the finances. Abuse can come in many different forms.

If you or someone you know is experiencing abuse, seek help. You can call **VNT Victims Services** at 907-835-1144.

