The First Step:

If you are fearful of your safety and/or the safety of your children and/or suspect they are in a violent relationship, take the first step and ask for help.

- **The North Carolina Coalition Against Domestic Violence, NCCADV. 1-888-232-9124 www.nccadv.org**
- **The North Carolina Coalition Against Sexual Assault (NCCASA) 1-888-737-2272 (CASA) www.nccasa.org**
- **The National Domestic Violence Hotline 1(800) 799-7233 (SAFE) TTY:1-800-787-3224 www.ndvh.org**

"The task ahead is never as great as the strength within you."
– Eleanor Roosevelt

"We cannot direct the wind, but we can adjust the sails."
– Dolly Partin

"The future belongs to those who believe in the beauty of their dreams."
– Maya Angelou

"Love is kind."
– Ecclesiastes

For more information contact:
www.nccadv.org

State of North Carolina | Dept. of Health & Human Services
NC Division of Social Services

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Is Family Violence Keeping You From Working?

Work First

North Carolina Department of Health & Human Services
Economic and Family Services

What Is Family Violence?

Family violence often goes beyond being hit or kicked. Typically, it is a system of power and control exerted over another person. It can include verbal threats, emotional and financial abuse, even rape or unwanted sexual acts.

YOU May Be A Victim If Someone Is:

- Keeping you isolated,
- Making you feel like a prisoner;
- Threatening or scaring you,
- Taking control over your life;
- Shaming and belittling you;
- Forcing you into sexual acts, or
- Hitting, slapping, kicking, choking, or in any way hurting you physically.

If you are a victim of family violence, you are not alone. Many people in North Carolina and across the nation have this problem and need help.

Help IS Available

If you are a Work First participant and a victim of family violence, talk to your Work First caseworker. Your caseworker can help you:

- Plan what to do,
- Find counseling for you and/or your children, and
- Put you in touch with someone to provide emotional and other assistance.

Safety First

Work First has time limits, work requirements, and requires child support cooperation. Teen parents are required to live at home and attend school.

Meeting these requirements may be an extra challenge for someone experiencing domestic violence. If you are experiencing some of these challenges, you may talk with your Work First caseworker. In certain situations, the caseworker can waive some of the Work First requirements. For example:

- If you are on Work First's 24-month time clock, your caseworker could take you off temporarily.
- If giving information about the other parent of your children puts you and/or your family in danger, your caseworker could allow you to keep that information private.
- If you are a teen parent and living at home and unsafe, your caseworker could allow you to live away from home.
- If family violence keeps you from meeting any other Work First requirements, talk to your caseworker about it. There may be other kinds of help for you.

We Respect Your Privacy, But Child Safety Comes FIRST

It is your decision to tell or not tell the Work First caseworker about your abusive relationship. If you decide to tell your caseworker, the information will not affect your Work First Family Assistance (WFFA) check or be used against you in any way. All information is considered confidential and will be kept within the Work First Program.

If children are in danger, please call the police or Child Protective Services in DSS right away. If you tell us that a child is being abused, the Work First caseworker must by law, report that information to DSS Child Protective Services.