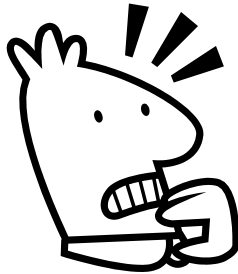


It's frightening to be bullied or hurt by someone you know. You may feel like you want to just be alone and stay away from everyone.

If someone is hurting you, you may:

- Have trouble controlling your feelings
- Have a lot of stomachaches or headaches
- Feel tired all the time
- Be afraid to trust anyone
- Have trouble making friends or keeping friends
- Feel guilty and scared all the time
- Think about hurting yourself
- Pretend you are happy when you're with your friends but go home and hide from everyone
- Think that it is ok to hit other people or hurt them because that is what is happening to you
- Feel lonely most of the time.



THERE IS HELP & PEOPLE WHO CARE ABOUT WHAT IS HAPPENING TO YOU.

Remember:
It
Shouldn't
Hurt



To
Go
Home
Or
To
School
Or
To
Be
With
Your
Friends

If it does—get help now.
City Life 208.365.1615

Email:
fleda@citylifeinc.com
Web:
www.citylifeinc.com

It Shouldn't Hurt to Go Home



Living With Purpose & Dignity

We are advocates against Violence

We are here to help

You can call 24 hours a day
208.870.5532

City Life

1648 N Washington
Emmett ID 83617
208.365.1615

No One Has the Right to Abuse Anyone Else

It isn't right to be abused at home
It isn't right to be abused at school
It isn't right to be abused by your friend or someone you're dating

You don't have to "keep it a secret." If someone is abusing you, you need to tell.

Tell your school counselor.
Tell a teacher.
Call City Life.

WHAT DOES "ABUSE" MEAN?

- Hitting or beating up someone
- Unwanted sexual touching
- Making you do things you know are wrong
- Bullying you
- Scaring you into thinking you are going to be beaten up or hurt
- The intentional use of physical force or other forms of power, threatened or actual, against oneself, another person, or against a group or community, that either results in or has a high likelihood of resulting in injury, death, psychological harm, maldevelopment or deprivation.

What Can You Do If Someone is Hurting You?

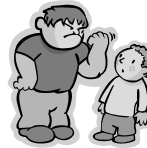
- Talk to your school counselor
- Talk to your teacher
- Talk to someone at City Life

The only way to stop violence is to tell someone that it is happening to you.

There are people who care and who can help.

There are many kinds of violence:

- Domestic violence—two people in a relationship— one of them hits, abuses and intimidates the other one.
- Dating violence—the same as domestic violence.
- School violence—another kid scares, threatens, embarrasses, makes fun of others and may even hit or hurt them.
- Assault—one person physically attacks another person and harms them.
- All types of violence can include sexual violence such as rape, attempted rape, molestation and incest.



No matter what you call it—
violence is wrong.
It is wrong for it to happen to you.
It is wrong for you to do it
to someone else.

Why Should You Get Help and Who Can You Call?

- Emmett Police 365-6055
- Gem County Sheriff 365-3521
- City Life 365-1615
- 24 hour crisis line 870-5532

OR JUST DIAL 911

You should get help because:

- No one deserves to be abused
- You could save someone's life—even your own
- The person who is hurting others needs to get help
- Domestic violence, dating violence and assault are against the law
- You could keep a friend or family member from being hurt

If you are not sure about what to do or whether or not to tell someone about the things that may be happening to you or to someone you know -

Call City Life—we are here to help you.

365-1615
870-5532