



HOPE'S DOOR MISSION

Hope's Door seeks to end domestic violence and to empower victims to achieve safety, independence and healing from the trauma of abuse.

WORDS OF HOPE

Counseling and Support Groups

"Hope's Door has given me the courage and hope I never had before and has helped me become the woman I was meant to be—strong, courageous, and most of all free."

Legal Services

"When I left court that day, I had more than my order of protection. I went home with my dignity and my confidence restored. Hope's Door had built a protective fence around me and my family. It was the first time in months that I felt I could breathe."

Emergency Shelter

"I don't know what I was expecting, but what I found was a home where everybody did everything they could to make us feel safe and comfortable."

For more information on STAR

STAR@HopesDoorNY.org

914-747-0828

FOLLOW US



StarAtHopesDoor



HOPE'S
DOOR

Embracing Life Free
From Domestic Abuse

P.O. Box 262, Hawthorne, NY 10532

www.HopesDoorNY.org

HOPE'S DOOR

LOVE SHOULDN'T HURT



STAR

Students
Talking
About
Relationships

LOVE SHOULDN'T HURT HOTLINE:

888.438.8700

LOVE SHOULDN'T HURT

is an awareness, intervention, and prevention initiative that addresses the serious issue of abuse in dating relationships. Its purpose is to help young people become empowered with the skills to distinguish between relationships based on power and control and those based on equality, respect, and trust. Young people also learn strategies to help themselves and their peers confronting abuse.



There are three components in Love Shouldn't Hurt:

WORKSHOPS

We conduct interactive workshops in middle schools, high schools, colleges, and community-based sites. Young people are empowered with potentially life-saving information about abuse, learn about community resources, and are invited to join STAR and take action against abuse in their schools and communities.

STAR PEER LEADERSHIP PROGRAM

Young people that accept our invitation to join STAR (Students Talking About Relationships) come together in their schools and communities to design and implement awareness events that promote healthy relationships based on equality, respect, and trust.

TEEN SYMPOSIUM

At our daylong symposium, students and educators convene from across our county to learn more about healthy relationships and dating abuse. We offer keynote speakers, performances, and discussion groups in an effort to inspire young people to join STAR.

A CARING RELATIONSHIP AND A RELATIONSHIP WITH AN ABUSIVE PERSON – DO YOU KNOW THE DIFFERENCE?

Signs of a Caring Relationship

YOU AND YOUR PARTNER...

- Treat each other with respect.
- Support each other's goals.
- Have space to be yourself outside the relationship.
- Trust that the other won't hurt you or the relationship.
- Can communicate honestly without fear.
- Respect each other's boundaries.
- Treat each other with kindness and affection.
- See yourselves as equals in the relationship.

Signs of a Relationship with an Abusive Person

YOUR PARTNER...

- Early on, expresses intense feelings that overwhelm you.
- Wants to spend every minute with you.
- Isolates you from friends and family.
- Tries to control everything you do, say, wear...
- Is constantly possessive and jealous.
- Humiliates you, puts you down.
- Blames you for their bad behavior.
- Makes you feel confused, intimidated, afraid.



MORE ABOUT STAR

Students Talking About Relationships is a peer leadership program for high school and middle school students.

THE STAR MISSION

To speak out against interpersonal and societal violence and to promote healthy relationships based on equality, respect, and trust.

STAR PEER LEADERS

- Promote equality and respect in dating relationships.
- Raise awareness about dating abuse.
- Provide information and resources to their peers.
- Coordinate awareness activities in their schools and communities.

WHAT TEENS HAVE TO SAY

"Before STAR, I imagined abuse as physical violence and only happening to girls. I soon learned it was so much more—things like jealousy, control, and possessiveness, and that anyone could be abused."

"I joined STAR after Hope's Door gave a workshop on dating abuse. I wanted to learn more and to be able to help anyone who was in an unhealthy relationship in the safest and best way possible."

"Even after my ex-boyfriend tried to strangle me, I didn't tell anyone. I didn't know where to turn. I felt stuck. Then I heard about the teen program at Hope's Door. I not only learned how to protect myself but now I can help others."