

Common Reactions of Victims:

- Feeling hopeless about whether or not something can be done
- Feeling anxious
- Feeling angry
- Feeling sad or depressed
- Fear of being hurt again
- Feeling ashamed
- Wanting to hurt yourself or someone else
- Blaming yourself for what happened
- Worrying about your privacy
- Having trouble sleeping
- Feeling sick to your stomach
- Not wanting to eat
- Feeling like you have no friends
- Being afraid to go out

If you are feeling some of these ways, you should know that you are not alone and help and support are available.

Victim Assistance can provide teens and parents with:

- Information on crime victims' rights and services available to those who have experienced victimization.
- Safety planning for ideas to keep safe.
- Information on what to expect at different points during the investigative process.
- Advocacy and accompaniment during legal proceedings.
- Referrals to other community agencies for additional resources and for long-term support.

**Douglas County Sheriff's Office
Victim Assistance**

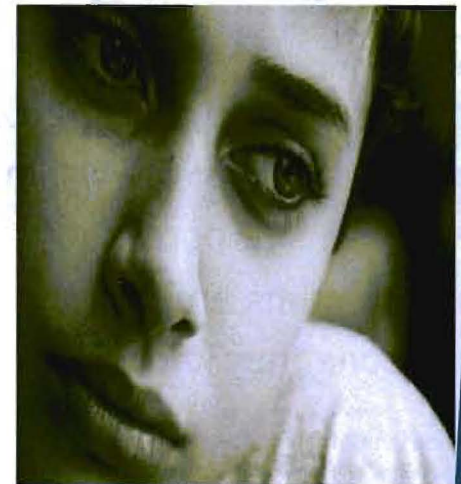
4000 Justice Way
Castle Rock, CO 80109

303-660-7535

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**Douglas County
Sheriff's Office
Victim Assistance**

Teen Victims Of Crime



**YOUR GUIDE TO
UNDERSTANDING
VICTIMIZATION
AND HOW TO GET
HELP**

You Are Not Alone...

- Teens are more often victims of crime than adults.
- Approximately, 1 in 5 teens is a victim of violent crime.



• Although teens are only 14% of the U.S. population, they are 25% of the victim population.

- Often victims are hurt by someone they know.

Information in this brochure provided by:

The National Center for Victims of Crime. (2007). *When a Youth is Victimized*. Available at <http://www.ncvc.org/ncvc/AGP.Net/Components/documentViewer/Download.aspxnz?DocumentID=46869>.

The National Center for Victims of Crime. (2007). *Teen Tools: Crime, Teens, and Trauma*. Available at <http://www.ncvc.org/tvp/AGP.Net/Components/DocumentViewer/Download.aspxnz?DocumentID=45313>

The National Center for Victims of Crime. (2007). *Teen Tools: Getting Help*. Available at <http://www.ncvc.org/tvp/AGP.Net/Components/DocumentViewer/Download.aspxnz?DocumentID=45321>

The National Center for Victims of Crime. (2006). *Teen Victims: A Guide to Help*. Available at <http://www.ncvc.org/ncvc/main.aspx?tabid=2&documentViewer&documentID=38721>

Why It's Hard To Talk About It:

Teens who have been hurt by crime may tell trusted friends about the victimization, but they often avoid or delay in telling adults about such traumatic experiences. Some of these reasons include:

Fear of consequences: You may believe that disclosing victimization will only make things worse.

Shame: Fear of others' reactions is a leading reason that youth delay in getting help.

Trust issues: You may think that adults won't believe you or won't understand what you have been through.

Lack of awareness: You may not be aware that a crime has occurred or that anyone can help.

Desire for privacy: You may feel ashamed to have people know the details of their victimization.

Need for independence: You may fear that adults will take over and you will lose control and decision-making power in the situation.

If you talk with someone, you:

- Can learn that it is not your fault that someone hurt you.
- Can get support to be safe.
- Start the process of feeling better.
- Have a better chance of healing and getting your life back.
- Don't have to carry the burden by yourself.
- May find out that other people have been through similar things.
- May feel more hopeful about your life.

REPORTING YOUR VICTIMIZATION

- Call 911 for emergencies.
- Call the Douglas County Sheriff's Office by dialing 303-660-7500.
- Speak with a Victim Advocate who can provide emotional support, safety ideas, and resources for you. Call 303-660-7535.
- Speak with your School Resource Officer.