

YOU ARE NOT ALONE!

- ◆ 8.2 million women (1 out of 12) and 2 million men (1 out of 45) will be stalked in the course of their life
- ◆ 1.4 million people are stalked annually
- ◆ 87% of stalkers are men
- ◆ 77% of victims know their assailant
- ◆ 13% of female college students report they have been stalked
- ◆ 59% of female victims and 30% of male victims are stalked by an intimate partner
- ◆ 81% of women stalked by their partners were also physically assaulted.
- ◆ 31% of women stalked by their partners were also sexually assaulted.
- ◆ 76% of intimate partner murders followed one or more stalking incidents.
- ◆ Cyberstalking most often begins through e-mail, message boards, chat rooms, and instant messaging
- ◆ Over 60% of reported online harassment escalated as it continued and over 64% of victims received threats of offline harassment
- ◆ The average duration of staling is 1.8 years

*** These statistics were provided by the National Center for Victims of Crime.

Resources

- ⇒ National Center for Victims of Crime
- 1-800-FYI-CALL (394-2255)
- ⇒ Stalking Resource Center
- <http://www.ncvc.org/src>
- ⇒ W.H.O.A.
- <http://www.haltabuse.org>
- ⇒ The Anti-Stalking Website
- <http://antistalking.com>

ATVP

Celebrating 25 Years of Survivors' Strength in 2005

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Visit our website at:
<http://www.atvp.org>

Contact Us!

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24-hour Hotline

(509) 332-HELP (4357)

Or

(208) 883-HELP (4357)

Collect calls accepted

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"A high-tech twist on Abuse: Technology, Intimidate Partner Stalking, and Advocacy," Southworth, C., Shawndell, D., Fraser, C., Tucker, S. (2005).
Minnesota Center Against Violence and Abuse

Technology Safety & Cyber-stalking



Alternatives to Violence of the Palouse

(208) 883-HELP

Or

(509) 332-HELP

24- Hour crisis intervention,
referral and assistance

Help for victims and survivors
of domestic violence
and sexual assault.

STALKER:

A person who maliciously, willfully and repeatedly follows or harasses another person and who makes a credible threat to place that person in fear of his or her safety.

Types of behaviors that constitute stalking:

- √ Sending or leaving unwanted letters, cards, or gifts for the victim at home, school or work
- √ Showing up at victim's home, school, work
- √ Following victim or other violations of protective orders
- √ Vandalism of the victim's property
- √ Entering home of victim when they are not there
- √ Stealing/tampering with victim's mail
- √ Reporting victim to authorities for crimes that did not occur
- √ Disabling the victim's car or puncturing tires
- √ Attempting to gather information from others about the victim

When it comes to technology safety,

Trust Your Instincts!



If you suspect the abusive person knows too much, it is possible that your phone, computer, email, and possibly other activities are being monitored. Be suspicious if your abuser has installed a new keyboard or has done computer repair work that coincides with an increase in stalking. Abusers, and stalkers especially, can be incredibly persistent and often try to find creative ways to maintain their power and control..

If You are a Victim of Stalking consider these Personal Safety tips:

- ◆ Keep a log of every stalking incident and include names, dates and times of contact and hide this diary in a safe place. Consider calling the police and filing a crime report.
- ◆ Get a temporary protection order. Keep a copy on you at all times, giving copies to relatives, friends, co-workers and employers.
- ◆ Consider seeking help in a support group.
- ◆ Obtain an unpublished and unlisted phone number.
- ◆ Get a dog for protection.
- ◆ Install a deadbolt on the front door.
- ◆ Inform a trusted neighbor or coworker of the situation. Provide them with a description of the suspect and any possible vehicle they may drive.
- ◆ Be aware of your surroundings, trust your gut and instincts about a situation.
- ◆ Get a 911 cell phone for emergencies.
- ◆ Vary the routes to places you frequently travel.
- ◆ If possible, vary your work schedule.
- ◆ Keep an "escape bag" at the home of a trusted friend.
- ◆ Keep important documents in a security box at the bank or with a trusted friend or family member.
- ◆ Gather an emergency bag packed with clothing, money, social security cards, and emergency numbers. Be sure to hide the bag in a safe place.
- ◆ For further Safety Planning you can always speak with an Alternatives to Violence advocate.

Technology Safety Tips

- Take precautions if you have a technology savvy abuser.
- Try to use a safe, public computer at a local library or internet café if you suspect your computer might be monitored.
- Avoid using e-mail to communicate sensitive and personal information.
- Consider changing passwords and pin numbers to e-mail and bank accounts frequently.
- Create a new email account
- Save and document everything.
- Avoid cordless phones. Use a new or donated cell phone for personal calls.
- Consider activating the key-lock feature present on most modern cell-phones to prevent auto-dialing.
- Contact your phone company and ask if location services have been added to your service plans.
- Obtain a private mailbox and do not give out your real home address.
- Search or have your car searched for signs of tampering.
- Contact Alternatives to Violence of the Palouse for information on computer monitoring prevention and safety tips.

Ways to Help Avoid Internet Exposure:

- If possible, use anonymous e-mail accounts accessed from public computers.

Look for your name on the Internet:

- Request that government agencies such as the IRS, court systems, post office, etc. to ask what information about you has been made available and request it be made confidential.
- Run a search of your name on search engines such as Google.com, Yahoo.com, etc.
- Check that schools, businesses, and organizations that you have been or are involved with have not posted your picture and/or other identifying information on their websites.

