

CONTACT THE
FAMILY GUIDANCE
CENTER AT
828-322-1400



#17 HWY 70 SE
HICKORY, NC 28602
FGCSERVICES.COM



January 2015

Spotlight On Domestic Violence

First Step Newsletter

*A Program of
The Family Guidance Center*

THE MISSION OF FAMILY GUIDANCE CENTER'S FIRST STEP DOMESTIC VIOLENCE PROGRAM IS TO PROVIDE NEEDED SERVICES TO VICTIMS OF DOMESTIC VIOLENCE AND TO INCREASE THE COMMUNITY'S AWARENESS OF THE PROBLEM.



January is National Stalking Awareness Month

Stalking is a course of conduct directed at a specific person that would cause a reasonable person to feel fear.

Stalking is a serious crime that is often violent and can escalate over time. In the United States, about 7.5 million people

are stalked in one year, and more than 85% of stalking victims are stalked by someone they know. **One in four female victims and one in three male victims are stalked by an acquaintance.** One in five victims are stalked by a stranger.

Stalking can be closely related to domestic violence: 61% of female victims and 44% of male victims are stalked by a current or former intimate partner. 78% of women killed by an intimate partner have previously been stalked by that partner, and two-thirds were also abused by their intimate partner.

A stalker's individual actions might seem harmless, but the pattern of unwanted contact that makes their victim fear for their safety. **Two-thirds of stalkers pursue their victims once a week,**

Stop Stalking

Stalking is NOT a joke
It's NOT romantic
It's NOT ok
IT'S A CRIME

Stalking and Intimate Partner Homicide

- 76% of intimate partner homicide victims have been stalked by their intimate partner.
- 67% had been physically abused by their intimate partner.
- 89% of homicide victims who had been physically assaulted had also been stalked in the 12 months before their murder.
- 79% of abused homicide victims reported being stalked during the same period that they were abused
- 54% of homicide victims reported stalking to police before they were killed by their stalkers.

Impact of Stalking on Victims

- 46% of stalking victims fear not knowing what will happen next
- 29% of stalking victims fear the stalking will never stop
- 1 in 8 employed stalking victims lose time from work as a result of their victimization and more than half lose 5 days of work or more.
- 1 in 7 stalking victims move as a result of their victimization
- The prevalence of anxiety, insomnia, social dysfunction, and severe depression is much higher among stalking victims than the general population, especially if the stalking involves being followed or having one's property destroyed.



Stalker Behavior Might Include

- Lurks around in your neighborhood, follows you or shows up wherever you are
- Sends unwanted gifts, letters, cards or e-mails
- Calls you multiple times everyday even though you only casually know the person or he calls and hangs up
- Threatens to hurt you, your family, friends or pets
- Watches you from a distance, asks your friends about you, photographs you, collects information about you from public records or on-line searches, goes through your garbage
- Drives by or hangs out at your home, workplace, or school
- Monitors your phone calls or uses technology to track you or GPS to know where you are going
- Damages your car, home, or other property
- Posts information or spreads rumors about you on the internet, in a public place or by word of mouth.
- Any other behavior that causes your to feel fear, controlled, or violated

Are You Being Stalked?

Things To Do:

Stalking is unpredictable and dangerous. No two stalking situations are alike. Know what to do to help a friend or yourself:

- Trust your instincts. Don't downplay the danger. Take threats seriously. If you feel unsafe, you probably are.
- Take threats seriously. Danger is usually higher when the stalker talks about suicide or murder.
- Don't communicate with the stalker or respond to his/her attempts to contact you.
- Keep evidence of the stalking. When the stalker follows you or contacts you, write down the time, date, and place. Keep emails, messages, and notes. Photograph anything of yours the stalker damages and any injuries the stalker causes.
- Tell people you trust, who can help support you
- Report to law enforcement
- Report/Discuss with your supervisor at work
- Change your daily routine, but be sure that a trusted friend knows it.
- Contact First Step Program to help with options such as a safety plan and seeking a Protective order.



Welcome to the New DA

Congratulations to Mr. David Learner who assumed his new responsibilities on

January 1, 2015. We look forward to working with him and his staff in helping our victims obtain justice through the courts. Best wishes, Mr. Learner!



LIKE" us on Facebook to keep up with FGC news and see facts and information on Stalking throughout the month of January.

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Sights of Christmas at Family Guidance Center



Amy Massey and 2 of her friends delivering baskets of goodies for women and children in our shelter.



Children at Chesterbrook Academy in Mountain View collected knit hats, scarves, and gloves for our children. Those "little ones" are so adorable!



Mary Pruitt and Mike Webb from Century's Casegood Plant delivering gifts for our children who were on their Angel Tree.



Ann picking up a donation from Rock Barn Ladies Golf Association which was later delivered to our shelter for battered women.

Tremendous Blessings

We received so many wonderful blessings for families in our Shelter at Christmas, as well as items to meet our Shelter operating needs. The Rock Barn Ladies Golf Association, St. Joseph's Catholic Church, Elizabeth Circle—Bethlehem Lutheran Church, Friendship United Methodist Women, the Women's Circle at First Baptist Church, Hickory, New Horizons Church, Women of Wisdom at Healing Springs, Mathis Chapel Baptist Church, and so many more! Thank you for sharing the real meaning of Christmas with us!

Thank You to Our Community!

We send our heartfelt thanks and appreciation to a community that is kind, generous and supportive of our shelter. You touch our hearts with your acts of kindness...

Applebee's
Conover Police Department
Hickory Police Department

Mr. Richard Bowers
Conover Fire Department
Friendship United Methodist Church

Trinity Reformed Church of Christ
Catawba County Sheriff's Dept
Those who have donated clothing and other items for our families

Special Thanks To

Greater Faith Missionary Baptist Church for providing a delicious Thanksgiving meal for our families... you have been so faithful in this mission and we appreciate it.

Quality Management Team at Frye Regional Hospital for providing a "yummy" meal for our families throughout the year. Our families love it and the children really love the "kid food". We've been told that the dessert is SCRUMPTIOUS! We appreciate your caring and your nurturing their spirits!