



CONTACT THE  
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# 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 ABOUT THE PROBLEM.



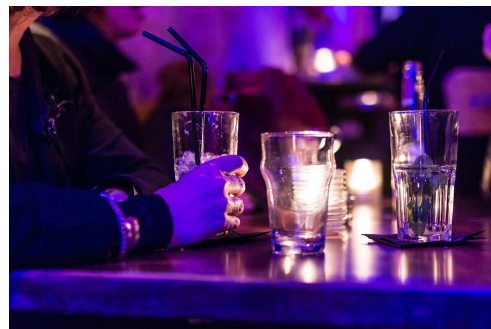
Father's Day image retrieved from: [www.123freevectors.com](http://www.123freevectors.com)

## Dating Violence

Traveling, beach trips, and cook-outs are just some of the things students will be doing this summer. There will likely be many opportunities to hangout with or date new people. Dating should be exciting and fun, but sometimes it can turn into a living nightmare. **To ensure your safety, follow these simple rules:**

- ▽ Make sure someone knows who you are going out with and where you're headed.
- ▽ Go out with a group of friends and look out for each other.

- ▽ Do not be alone with someone you do not know well.
- ▽ Do not take rides or stay the night with someone you just met.
- ▽ Drink in moderation if at all; many date rapes happen when a person is under the influence.



- ▽ Pour drinks yourself and keep your drink with you at all times.
- ▽ Do not accept rides from someone who has been doing drugs or drinking.
- ▽ You have the right to say no. Leave if someone will not stop making advances.
- ▽ Ask for help if you feel scared or threatened.

### ON THE INSIDE

**Date Rape  
How to Detect Spyware**



## Date Rape

A common form of dating violence is date rape. This does not only happen on dates. Anytime someone is raped by a person they know, it qualifies as date rape or acquaintance rape. The rapist could be someone the victim is intimate with or someone they just met. Forced sex is equally a crime no matter the relationship between the rapist and the victim. Anyone can become a victim of rape though, in reported cases, women are more likely to be the victims.

If you have been a victim of rape, get help as soon as possible. Be aware that showering or changing clothes after a sexual assault can destroy evidence.

Source: L.A.W. Publications

## Detecting Spyware On Your Phone

Today's technology has created many new ways to track people which puts victims of domestic violence at greater risk. Stalking is easier than ever and abusers are increasingly using spyware apps to track their partner's whereabouts.

We could all be vulnerable and need to know how to detect spyware on our phones.



*"Close up person using smartphone ". Image by Japanexperterna of [www.japanexperterna.se](http://www.japanexperterna.se) . Retrieved from flickr.com.*

## Signs of Spyware:

**Abnormal Performance**— Spyware can significantly impact your phone's ability to run smoothly. You may experience lag, slow start up times, and the phone may turn itself on or off by itself. A delay while attempting to turn your phone off may also be a sign something is wrong.

**Battery Drain**— Spyware could be eating up your battery life as it never turns off. Note: Newer spyware doesn't use as much battery power as older or less sophisticated programs. Don't rule out spyware being present even if your battery life seems normal, especially when you've identified other signs.

**Consistent Background Noise On Calls**— Background noise, echo, or static during calls may be an indication that your calls are being monitored.

**Check Your Phone's Directories**— Spyware will not generally show up as an icon on your phone, but may appear in the list of running applications. An internet search, tech professional, or tech savvy friend could check this for you.

If you find spyware on your phone, don't just delete it. Deleting spyware tips off your stalker that you've found the spyware. Contact the police. Stalking is illegal.

How to Spy Spyware on Your Phone. (2015, July 1). Retrieved May 2016 from [www.domesticshelters.org](http://www.domesticshelters.org).

If you or someone you know is being abused, we can help.

Call: 828 322 1400

Crisis/After Hours Line: 828 228 1787

## Judge Sends Wrong Message in Sexual Assault Case

20 year old Brock Turner, a former Stanford University swimmer, was sentenced to six months in county jail and three years probation for sexually assaulting an intoxicated, unconscious woman on campus after both attended a fraternity party.

The Judge's sentence for such a violent act defies the meaning of justice and accountability. With his "slap on the wrist" sentence, the Judge sent a message that:



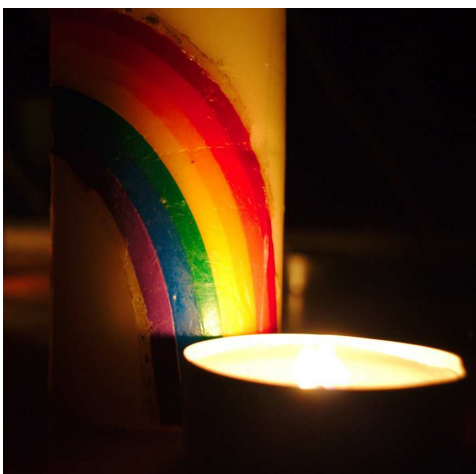
- 1) If you commit a serious crime, you may or may not be held accountable. There is obviously no set standard for holding someone accountable in the legal system.
- 2) The Judge placed more value on the man's future than on the value of the victim's future. Once Mr. Turner serves his short sentence, he will be able to move on with his life. The victim; however, will be impacted by the emotional scars for years to come, perhaps for her lifetime. It will affect her future relationships, her sense of self-worth; every aspect of her life.
- 3) Violence against women isn't taken seriously in the legal system.
- 4) Money and high-powered attorneys determine what justice means.

It's unfortunate that the Judge failed this victim, yet her standing up against her rapist showed tremendous courage and strength. She would not be silent nor hide the violence she experienced. We applaud her. Further, we believe that if we are ever going to decrease violence, it has to begin with holding individuals accountable, using an established standard.

To learn more use the search term "Brock Turner".

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### In Our Prayers



All of us at Family Guidance Center are keeping the families and victims of the Orlando, Florida shooting in our thoughts and prayers.

In our own county a 6th victim has died due to domestic violence this year. Stephanie Harvey, 50, lost her life. To learn more, search her name on the Hickory Daily Record's website.

Everyone, everywhere, must stand up against violence.

# Thank You



## You Made A Difference

Thank you for touching the lives of victims of domestic violence and for your wonderful support of our agency. We appreciate:

**Aaron Ballengee** – for all your assistance and help with our newsletter.

**Perrin and Renae Everman**, the **patrons at Fuel Hickory**, and **Massage Envy** for your gift of twelve 1 hour massage sessions for women in our Shelter.

**Lenoir Rhyme Association of Nursing Students** for your special donation of toiletries and clothing to our Shelter.

**Westview United Methodist Church** for your financial gift from your Hotdog and Bake Sale.

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## Triple P

Catawba County's newest and most comprehensive parent education program called Triple P (Positive Parenting Program) is now available to community families. Triple P provides effective methods of managing the big and small parenting challenges and offers practical methods to meet individual family needs. Being a parent is the toughest job you'll ever have and you only have one chance to do it right.

Triple P classes and consultations are free for Catawba County families. This program is sponsored by Catawba County Partnership for Children.

Call 828 695 6565 for more information.

