



Two Thousand and Twelve

Stalking Awareness Month

*1 in 6 women and 1 in 19 men
are stalked in their lifetime - CDC: National
Intimate Partner and Sexual Violence Survey*

According to the National Center for Victims of Crime, virtually any unwanted contact between two people that directly or indirectly communicates a threat or places the victim in fear can be considered stalking. A stalker can be someone you know well or not at all. Most stalkers have dated or been involved with the people they stalk. Some things stalkers do:

- Repeatedly call you, including hang-ups.
- Follow you and show up wherever you are.
- Send unwanted gifts, letters, texts, or e-mails.
- Damage your home, car, or other property.
- Monitor your phone calls or computer use.
- Use technology, like hidden cameras or GPS, to track where you go.
- Drive by or hang out at your home, school, or work.
- Threaten to hurt you, your family, friends, or pets.
- Find out about you by using public records, on-line search services, hiring investigators, going through your garbage, or contacting friends, family, neighbors, or co-workers.
- Other actions that control, track, or frighten you.

What to do if you are being stalked:

- If you are in immediate danger, call 911.

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- Trust your instincts and take threats seriously. Don't downplay the danger. If you feel you are unsafe, you probably are.
- Develop a safety plan, including changing your routine, arranging a place to stay, and having a friend or relative go places with you. Tell your supervisor at your job or school to help watch out for your safety.
- Don't communicate with the stalker or respond to 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 e-mails, phone messages, letters, or notes. Photograph anything the stalker damages and any injuries the stalker causes. Ask witnesses to write down what they saw.
- Contact the police. Every state has stalking laws.
- Contact Hands of Hope Resource Center. They can help you devise a safety plan, give you information about local laws, refer you to other services, and help you weigh options such as seeking a protection order that orders the stalker to stay away from you.

Growing Through Support Groups

Support groups bring together people facing similar issues, whether it's illness, relationship problems, victimization, or major life changes. A support group can help you cope better and feel less isolated as you make connections with others facing similar challenges. Members of a support group typically share their personal experiences and offer one another emotional comfort and moral support. They may also offer practical advice and tips to help you cope with your situation. A support group shouldn't replace your traditional therapy or counseling, but it can be a valuable resource to help you cope. Benefits of participating in support groups may include:

- Feeling less lonely, isolated or judged
- Gaining a sense of empowerment and control
- Improved coping skills and adjustment
- An opportunity to talk openly and honestly about your feelings



*Support and healing
for victims of crime
and abuse*

Contact Us:

Morrison County Office
PO Box 67
Little Falls, MN 56345
Phone 320-632-1657
Fax 320-632-5457
24 Hour Hotline
320-632-4878
Or 1-888-454-4878

Todd County Office
PO Box 171
Long Prairie, MN 56347
Phone 320-732-2319
Fax 320-732-2056
24 Hour Hotline 1-800-682-4547

- Reduction in distress, depression or anxiety
- A clearer understanding of what to expect with your situation
- Getting practical advice or information
- Comparing notes about resources, such as counselors and alternative options

Hands of Hope Resource Center is currently offering support groups for victims and survivors of domestic violence, sexual assault, and a support group for children who have experienced trauma related to crime. Call for more information.



A Slice of Hope

Wednesday, January 11, 2012
Domino's Pizza
107 2nd Street NE, Little Falls, MN
320-632-2371

[Click here to order online!](#)



Surprise your family by bringing home a delicious dinner, or call and have it delivered right to your door! Treat yourself (and your employees or coworkers) to lunch!

25% of the total sales for the day will be donated to Hands of Hope Resource Center to help victims of child abuse, domestic violence, sexual assault and general crime.

