OCTOBER IS...
DOMESTIC VIOLENCE AWARENESS MONTH

Save the Date!
Meet, Eat, & Learn
November 7th ; 12-1pm
International Centre

November’s Meet, Eat, & Learn will be an exciting event. Join us for a panel discussion on Women In Leadership. Panelist will share their views on what it means to be a leader, how being a woman has shaped their leadership experiences, and offer advise for others in reaching their individual goals.

Look for next month’s newsletter for further details.

Meet, Eat & Learn is an opportunity to learn something new, share views and ideas, and interact with others - all while enjoying a delicious and FREE lunch

In This Issue:
- Are you being stalked?
- North Dakota Domestic Violence statistics
- Authentic Voices publication fundraiser for Prevent Child Abuse North Dakota.

Stop by the Women’s Center!
Hours:
Monday-Friday
8:00am-4:30pm

Or visit our website at:
http://und.edu/student-life/womens-center

Kay Mendick, Director
Patty McIntyre, Program Associate

701-777-4300
Email
und.womenscenter@email.und.edu

International Centre
Stalking refers to harassing or threatening behavior that is engaged in repeatedly. Such harassment can be either physical stalking or cyberstalking. (Privacy Rights Clearinghouse, 1994) The seriousness of stalking is underestimated by victims, most see the actions as “creepy” but not dangerous.

Stalking is a very serious issue especially on college campuses. According to the Stalking Resource Center people aged 18-24 years experience the highest rate of stalking and 3.4 million people over the age of 18 are stalked each year in the United States.

Most victims know their stalker which often makes victims hesitate to contact authorities. It is important to keep a log of every instance of stalking. Some common indicators are; persistent phone calls after being asked not to contact the person in any way, waiting at a workplace or in the neighborhood, threats, manipulative behavior (threatening suicide or self harm if their calls are not answered), sending messages (text, e-mail, letters, etc.), sending gifts, defamation (stalker lies to others about victim), and objectification (the stalker derogates the victim, reducing him or her to an object).

Types of stalking

Although there are many different ways of being stalked, there are two main forms of stalking. Physical stalking is the stalking most people think of when they hear the word. It consists of following an individual, appearing at social events, the victim’s home, place of employment, etc. It also includes harassing phone calls, threatening letters or messages, or leaving objects as a means of intimidating and threatening the individual. It is important for victims to know that any type of stalking can lead to a physical attack if the situation is not properly dealt with as soon as possible.

Cyberstalking is using the internet or electronic devise as tools to harass. Aside from the typical telephone bills and caller id, stalkers are now using cellular phones, GPS systems, and internet spyware programs to stalk their victims. Stalkers use cell phones and GPS systems to track the location and daily routines of their victims. Programming can be sent through text messages to cell phones in a common forward and downloaded as a GPS system which sends constant updates to the stalkers computer, mapping the victim’s exact location. Perpetrators are also able to download victim’s calls and have the calls ring to the stalkers phone as well so they can listen in on the victim’s phone conversations. Computer and internet technology is a new way of stalking victims. Stalkers are increasingly using SpyWare programs to monitor their victim’s internet use. They are able to download this program by either accessing the victim’s computer or from a remote location. Keystroke logging is another method stalkers monitor victim’s computer use, by adding a tiny device on the keyboard cable stalker’s can see every keystroke made by the victim including passwords, personal identification numbers and more.

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<th>Tips for victims</th>
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<tr>
<td>Take potential threats seriously</td>
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<td>Tell your family or friends that you are being stalked; consider letting your neighbors know so they can keep an eye out</td>
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<td>Change or vary your routine</td>
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<td>Keep gender-neutral user names. Change passwords regularly; and do NOT indicate personal information on your social networking profile (phone, address, where you are).</td>
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<tr>
<td>Keep a log of EVERY stalking incident</td>
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<td>Do not put your name on the list of</td>
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*** If you are concerned you are being stalked or would like to know more about stalking, contact the UND Women’s Center at 777-4300.***

Information from:  
www.stalkinghelpline.org  
www.privacyrights.com  
www.ncvc.org/src
FACTS ABOUT DOMESTIC VIOLENCE IN NORTH DAKOTA

January – December 2011

• 5,159 incidents of domestic violence were reported to crisis intervention centers in North Dakota.

  This reflects a 3% increase from the same reporting period in 2010.

• At least 4,739 children were directly impacted by these incidents.

• 167 women (3% of total new victims) were pregnant at the time they were assaulted. This number is consistent with the number of new victims from the same period in 2010.

• 94% of the victims were women.

• At least 26% of the victims were under the age of 25. At least 1% were under the age of 18.

• 13% of the new victims were disabled. Of those disabled, 18% were developmentally delayed, 34% were physically disabled and 47% suffered from mental illness.

• At least 75% of victims served were physically abused. This is a 3% increase from 2010.

• 1,608 (33%) of victims served were abused by a former spouse or former partner.

• Alcohol use by abuser only was indicated in 34% of the new cases. Alcohol use by both victim and offender was indicated in 10% of the cases. This reflects no change from 2010.

• The abuser had a history of abusive behavior with other adults, including prior partners, in at least 47% of the cases.

• Domestic violence programs provided victim assistance with 661 emergency protection orders, a 4% increase from the same period in 2010.

Domestic Violence Statistics are compiled by the ND Council on Abused Women’s Services/
Coalition Against Sexual Assault in ND for the State Health Department
525 N. 4th St., Bismarck, ND 58501
701-255-6240

Find us on Facebook for Event Updates and Information:
Search UND Women’s Center
Authentic Voices Logo Pin:
The dark field represents the struggle with ongoing pain related to abuse.
The maroon field represents the wound of abuse.
The white heart represents individuals’ ability to heal from those wounds.
The white dove represents hope for a full, joyful life.

Suggested Donation price for pin & book $5. All funds raised will be donated to Prevent child abuse North Dakota. www.pcand.org

UND Women’s Center
305 Hamline Street
Grand Forks, ND 58203

Where to Find Us:

Memorial Union
University Ave.
Cambridge St.
International Centre
Women’s Center
Hamline St.
Parking Lot
Cornell St.
Era Bell Thompson Multicultural Center

21880-5180