



Potty Talk

Brought to you by the Wellness Center



January is Stalking Awareness Month

January is Stalking Awareness Month. Stalking is a pattern of behavior that makes you feel afraid, nervous, harassed, or in danger. Most stalkers are not strangers, but are known by their victim. Look for more information about stalking around campus this month, brought to you by Every 2 Minutes & 1 in 4.

WHAT IS STALKING?

A stalker can be someone you know or not at all, though most have dated or been involved with people they stalk. Stalking can be unpredictable and dangerous, with no two situations being exactly alike. Stalkers often commit acts such as:



- Call you repeatedly, including hang-ups.
- Follow you and showing up where you are.
- Sending unwanted gifts, letters, texts, or emails.
- Damage your home, car, or other property.
- Monitoring your phone calls and computer use.
- Use technology to track your location (GPS, cell phones, Facebook).
- Drive by or hang out at your home, school, or work.
- Threaten to hurt the person, family, or friends.
- Find out about you by using public records, online searches, hiring investigators, contacting people in your life.
- Other unwanted actions that control, track, or frighten you.

http://stalkingawarenessmonth.org/sites/default/files/Are%20You%20Being%20Stalked%20Brochure%202011_ENG_color.pdf

The Numbers



According to the CDC, on average, 24 people per minute are victims of rape, physical violence, or stalking by an intimate partner in the United States (that's 12 million men and women each year).

- 6 million men and women are victims of stalking each year
- One in 6 women has experienced stalking victimization during her lifetime in which she felt very fearful or believed that she or someone close to her would be harmed or killed. Much of stalking victimization was facilitated by technology, such as unwanted phone calls and text messages.
- One in 19 men has experienced stalking victimization at some point during their lifetime in which they felt very fearful or believed that they or someone close to them would be harmed or killed.

http://www.cdc.gov/media/releases/2011/p1214_sexual_violence.html

Have ideas about what you would like to see in future editions of Potty Talk?

Tell us! Contact Sarah Maciel, Assistant Health Educator, at smaciel@scu.edu.



IF YOU ARE BEING STALKED

- Take threats seriously and trust your instincts. If you feel unsafe, you probably are. If you are in immediate danger, call 911. Danger is generally higher when the stalker talks about suicide or murder, or when a victim tries to leave or end a relationship.
- Contact a crisis hotline, victim services agency, or a domestic violence or rape crisis program. They can help you devise a safety plan, give you information about local law, refer you to other services, etc.
- Don't communicate with the stalker or respond to attempts to contact you.
- Keep evidence of the stalking.
- Every state has stalking laws. Contact the police and consider getting a court order that tells the stalker to stay away from you.
- Tell family, friends, roommates, and co-workers about stalking and seek their report. Talk to security staff at your job or school. Ask others to help you watch out for your safety.



Adapted from www.ncvc.org/src

Impact of Stalking

If you are being stalked, you may:

- Feel **fear** over what the stalker will do.
- Feel **vulnerable, unsafe, and not know who to trust.**
- Feel **anxious, irritable, impatient, and on edge.**
- Feel **depressed, hopeless, overwhelmed, tearful, or angry.**
- Feel **stressed, including having trouble concentrating, sleeping, or remembering things.**
- Have **eating problems**, such as **appetite loss, forgetting to eat, or overeating.**
- Have **flashbacks, disturbing thoughts, feelings, or memories.**
- Feel **confused, frustrated, or isolated** because other people don't understand why you are afraid.



Free and confidential counseling is available on campus at **Counseling and Psychological Services (CAPS)** in the Cowell Health Center building. Call **408-554-4172** to make an appointment. For more resources and information, contact the **Wellness Center** at **408-554-4409**.



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Potty Talk is brought to you by the Wellness Center. To learn more, contact:

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