



"Potty Talk"



January is Stalking Awareness Month

This January marks the fourth annual observance of National Stalking Awareness Month (NSAM), started in 2004 by the National Center for Victims of Crime. Since its inception, NSAM has become a unifying force for victim service providers across the country to raise awareness about the serious and deadly crime that victimizes more than one million women and nearly 400,000 men in America each year. Stalking can happen to anyone, regardless if you are smart or popular, strong or sophisticated. It happens to people of all ages, ethnicities, socio-economic levels, genders and sexual orientations.

Know the steps on how to spot stalking behaviors and how to protect yourself. Most of all-- learn what to do & where to go if someone is stalking you.



Stalking Facts

- 13% of college women were stalked during one six to nine month period.
- 80% of campus stalking victims knew their stalkers.
- 3 in 10 college women reported being injured emotionally or psychologically from being stalked.
- 1,006,970 women and 370,990 men are stalked annually in the United States.
- 1 in 12 women and 1 in 45 men will be stalked in their lifetime.
- 77% of female and 64% of male victims know their stalker.
- 87% of stalkers are men.
- The average duration of stalking is 1.8 years.
- If stalking involves intimate partners, the average duration of stalking increases to 2.2 years.
- Stalking is a crime under the laws of all 50 states, the District of Columbia, and the Federal Government.

-source: www.ncvc.org

facebook

Facebook and Myspace: How to stay safe!

Students are using myspace.com and facebook.com as ways to stay connected. Unfortunately there are some people that use these sites as ways to gain personal information about people and even stalk or harass victims.

Here's what you can do to protect yourself:

- **Don't post information that can make you vulnerable to a physical attack.** This includes your address, your schedule or where you will be meeting friends this weekend.
- **Think twice before posting photos.** Again, this could be used by a malicious person to identify you offline. It can also be altered or shared without your knowledge.
- **Consider restricting access to your profile.** Check to see if the site allows you to limit access to your profile to people, such as classmates, clubs, sports teams, or family.
- **Choose a screen name that isn't too close to your real name.** Also avoid using any other personal information in your screen name, such as your street name or age. This information could be used to identify or locate you offline.

-source: http://www.utexas.edu/its/secure/social_networking.php



ARE YOU BEING STALKED???

There are several signs that are good indicators of stalking behavior. It is also important to consider the intensity of such behaviors.

1. Persistent & repeated phone calls/texts/IMs, etc despite being told not to contact you at all
2. Knowing your schedule, showing up at class, work, your home, etc
3. Threats of any kind.
4. Manipulative behavior (for example: threatening to commit suicide in order to get a response from you).
5. Defamation: The stalker often lies to others about the victim or reveals personal information that you do not want shared (i.e., claims of infidelity, telling people you have an STD, revealing family secrets, etc).
6. Sending unwanted gifts
7. Stealing and/or destroying things that are yours

Danger!

EVENTS THIS MONTH



Stalking Awareness Day: Wednesday, Jan. 10th

Come join Every 2 Minutes and 1 in 4 at the tables outside Market Square Benson Center

Tuesday, Jan. 16th: Empowerment Model of Self-Defense

Learn some great self defense moves to empower yourself with confidence. Space is limited! Sign up through Associated Students in Benson Center, Room 1 by 1/12/06.

6-8 p.m. Sobrato Commons

Thursday, Jan. 18th: Stalking on Campus

Michelle Garcia, from the National Center for Victims of Crime's Stalking Resource Center, will speak about stalking on college campuses & how stalking affects victims.

5:45-7:15 p.m. Casa Commons

Tuesday, Jan. 23rd: How to Help a Survivor of Sexual Assault

Led by "Every 2 Minutes" and "1 in 4", these programs will teach you how to help a friend who has experienced sexual assault. Learn to recognize signs that might indicate that your friend has been through sexual assault and what you should do to help your friend.

8-9 p.m. Kennedy 108 and 109

Sunday, Jan. 28th: Sports, Sex, and Society

Led by Janice DeMonisi and Steve O'Brien, this fun and interactive conversation will explore the interrelatedness of sports, sex, & society & how they impact the SCU community.

7 p.m. Leavey Center Team Room

Tuesday, Jan. 30th: So, Now What?

Led by Brandon Farmer, this reflection will provide an opportunity to wrap up all that you've learned and discussed this week with others.

6-8 p.m. Sobrato Den



Cell Phone Collection

Drop off your old cell phones in the SCCAP office, Benson Center 15, to be distributed to domestic violence survivors and victims so that they are able to call 911 if needed.



WHAT TO DO: INCREASE YOUR AWARENESS

- Do not overlook the signs of unwanted attention.
- Heed internal "red flags" (i.e., Intuition) alerting you to danger.
- Harassment/stalking often begin as minor annoying encounters, be attentive to early warning signs prior to the escalation of the stalking.
- Although "Letting someone down easy" may seem conscientious, it can inadvertently provide a "mixed message". Give a firm and definite "No", to communicate that you are not interested in a relationship of any kind.
- When receiving unwanted attention, you shouldn't respond at all. If it is too late or unavoidable, don't use statements that can be misconstrued.
- Any threats or suspicious activities (from minor or vague to severe or specific) should be reported to campus safety ASAP (Call 554-4441)

Where to Go On-Campus for Help & Information

Counseling Center: 554-4172
Office of Student Life: 554-4583
Campus Safety: 554-4441
Wellness Center: 554-4409

www.scu.edu/wellness



"Potty Talk" is brought to you by the Wellness Center.

To learn more about the topics discussed here, please contact 554-4409 or:

Jeanne Zeamba, Psy. D. or Wendy Baumbach
JZeamba@scu.edu WBaumbach@scu.edu