

Nami Migizi Nangwiihgan

Domestic Violence, Sexual Assault & Stalking Services



January 2015



Women's Support Group

The 3rd Tuesday of every month at Behavioral Health
5:30-7pm

Dinner, Transportation & Childcare Provided

Contact Us:
(989) 775-4400

Inside This Issue:

Cyber Stalking	P.2
What To Do If Being Stalked	P. 2
Types of Stalkers	P. 3
Reel Love (Twilight & Fear)	P. 4
One Survivor's Story	P. 5
Available Services	P.5
Editor's Picks	P. 6
Red Velvet Sugar Cookie	P. 6
New Year Play Dough	P. 6

Stalking Awareness Month

Stalking is a dangerous crime that affects an estimated 6.6 million women and men each year. Stalking is generally defined as a pattern of behavior directed at a specific person causing fear. It typically involves repeated visual or physical proximity, unwanted communication, and threats (*U.S. Department of Justice*).

As many as 1 in 4 women and 1 in 13 men have experienced stalking victimization at some point during their lifetime.

Examples of stalking include:

- Repeated unwanted contact (phone calls, text messages, emails, letters, show up unexpectedly, etc.).
- Following the individual.
- Monitoring their phone calls, text messages, e-mails, or computer use.
- Damaging the victim's home, car, or other property.
- Using technology, like hidden cameras or GPS to track someone.
- Driving by or hanging out at a victim's home, work, or school.
- Making threats to the individual or her/his family.
- Any other behavior used to contact, harass, track, or threaten the individual.

Most often the stalker is someone the victim knows—an acquaintance, a relative, or a current or former intimate partner.

Stalking is a crime under the laws of all 50 states, the District of Columbia, U.S. territories, and the federal government.

Stalking behavior should always be taken seriously; stalking is never well-intentioned. Steps must be taken to protect a stalking victim from incidents of future harassment and ultimate danger in the event that the stalker is prepared to take their behavior to the next level and inflict injury on the victim.

Persons aged 18-24 years experience the highest rate of stalking.

If you or someone you love is a victim of stalking and you would like to seek help or learn more, please call Nami Migizi Nangwiihgan (NMN) at **989-775-4400**. NMN offers counseling, case management, transportation, advocacy, and more. All services are confidential and free of charge.

Cyber Stalking

Cyberstalking is threatening behavior or unwanted advances directed at another using the Internet and other forms of online and computer communications.

A cyberstalker relies upon the anonymity afforded by the Internet to allow them to stalk their victim without being detected. A cyberstalker relies upon the anonymity afforded by the Internet to allow them to stalk their victim without being detected.

THE USE OF TECHNOLOGY TO STALK

“Cyberstalkers use email, instant messages, phone calls, and other communication devices to stalk.”

10% of victims report being monitored with global positioning systems (GPS), and 8% report being monitored through video, digital cameras, or listening devices.

Cyberstalking can take forms such as:

- ◆ Threatening/obscene emails
- ◆ Live chat harassment or online verbal abuse
- ◆ Harassment through texting
- ◆ Sending multiple texts, e-mails, and calls each day
- ◆ Hacking and/or monitoring a victim's computer and internet activity
- ◆ Forming a website in honor of a victim

1 in 4 victims report being stalked through the use of some form of technology (such as an e-mail or instant message).

What To Do If You Are Being Cyberstalked

1. If you are receiving unwanted contact, make clear to that person that you would like him or her not to contact you again.
2. Save all communications for evidence. Do not edit or alter them in any way. Also, keep a record of your contacts with Internet system administrators or law enforcement officials.
3. You may want to consider blocking or filtering messages from the harasser. However, in some circumstances (such as threats of violence), it may be more appropriate to save the information and contact law enforcement authorities.
4. If harassment continues after you have asked the person to stop, contact the harasser's Internet Service Provider (ISP). Often, an ISP can try to stop the conduct by direct contact with the stalker or by closing their account. If you receive abusive e-mails, identify the provider (listed after the "@" sign) and contact them. If the ISP has a website, visit the site for information on how to file a complaint.
5. Contact your local police department and inform them of the situation in as much detail as possible.

Stalkers come from every walk of life and every socio-economic background. Virtually anyone can be a stalker, just as anyone can be a stalking survivor.

Incompetent Suitor

Motivation: This type of stalker is motivated by a desire to start a romantic relationship with the survivor.

Personality: This type of stalker may be cut off from the survivor's feelings and believe that any person should be attracted to them. This stalker likely has poor social skills.

Stalking Behaviors: This type of stalker typically engages in behaviors such as: repeatedly asking for dates even after being rejected; repeatedly calling on the phone; and trying to hold the survivor's hand or kiss the survivor.

Duration and Criminality: This type of stalker stalks for shorter periods, on average, than any other type of stalker and has likely stalked others in the past. This stalker will usually quickly stop stalking if confronted with legal action or after seeking counseling.

Morbidly Infatuated

Motivation: This type of stalker believes that they are loved by the survivor even though the survivor has done nothing to suggest this is true. The imagined romance with the survivor is the most important part of their life.

Stalking Behaviors: This type of stalker repeatedly tries to approach and communicate with the survivor.

Duration and Criminality: This type of stalker may sometimes respond well to psychological treatment and is typically unresponsive to threats of legal action short of time behind bars. Without psychological treatment, they are likely to continue stalking the survivor after they are released.

Resentful Stalker

Motivation: This stalker wants to frighten or distress their survivor and often stalks to get revenge. This type of stalker views their survivor as being similar to those who have oppressed or humiliated them in the past and may view themselves as a survivor striking back against an oppressor.

Personality: This type of stalker is often irrationally paranoid.

Stalking Behavior: This type of stalker can be the most obsessive and enduring type of stalker. They are likely to verbally threaten their survivor, and one of the least likely to physically assault their survivor.

Duration and Criminality: This type of stalker is likely to stop stalking if confronted with legal sanctions early on. The longer the stalking continues, the less effective legal sanctions are likely to be.

Rejected Stalker

Motivation: This type of stalker begins to stalk after their partner (romantic or close friendship) has ended their relationship or indicates that they intend to end the relations.

Personality: This type of stalker may have high levels of narcissism and jealousy. This type of stalker may also have feelings of humiliation, over-dependence, and/or poor social skills resulting in a poor social network.

Stalking Behaviors: This type of stalker is often the most persistent and intrusive type of stalker and is more likely to employ intimidation and assault in pursuit of their survivor. A history of violence in the relationship with the partner is not uncommon.

Duration and Criminality: This type of stalker is typically the most resistant to efforts aimed at ending their stalking behavior.

Predatory Stalker

Motivation: This type of stalker stalks their survivor as part of a plan to attack them, usually sexually, and is motivated by the promise of sexual gratification and power over the survivor.

Personality: This type of stalker often has poor self-esteem, poor social skills (especially in romantic relationships), and may have lower than normal intelligence.

Stalking Behaviors: This type of stalker usually does not harass or try to contact their survivor while they are stalking. This type of survivor may engage in behaviors such as: surveillance of the survivor, obscene phone calls, exhibitionism, fetishism, and voyeurism.

Duration and Criminality: This type of stalker may stalk for a shorter period of time than other types of stalkers and has a higher potential to become physically violent with the survivor.

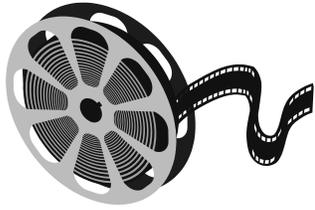
Intimacy Seeker

Motivation: This type of stalker seeks to establish an intimate, loving relationship with the survivor and may believe that the survivor is in love with them. This is a delusion. The stalker sees the survivor as an ideal partner. The stalker may interpret any kind of response from the survivor, even negative responses, as encouragement and may believe the survivor owes them love because of all they have invested in stalking.

Personality: This type of stalker is often shy and isolated. They often live alone and lack close relationships in their life.

Stalking Behaviors: If the stalker recognizes they are being rejected by the survivor, they may become threatening or violent. This type of stalker may engage in behaviors such as: writing letters to the survivor; calling the survivor on the phone; or sending the survivor gifts. The stalker may become jealous if the survivor enters or continues a romantic relationship with another person.

Duration and Criminality: This type of stalker is among the most persistent type of stalker, harassing longer than any type except the rejected stalker. The stalker is usually unresponsive to legal sanctions.



Films wrongly portray passion and violence to be one in the same. They often don't show the bruises, the ambulances, the police cars, the tears, and the fear that countless victims are forced to endure.

Reel Love IS NOT REAL LOVE.

The Twilight Movies

Twilight films were some of the most popular films in history among teens, because of the "romance" between Edward and Bella. The two have been called "a modern day Beauty and the Beast," and their relationship has been described as "the ultimate love." But many people don't see the true characteristics of the relationship, a relationship filled with templates for violence and abuse.

Edward relentlessly pursues his love interest, watches her sleep, and resorts to disturbing lengths to protect her if he feels the need. He is obsessed with her. He is stalking her. She should be creeped out, right? Instead, the film portrays Bella as completely dazzled by Edward's actions and she views them as romantic. Wrong.

Edward's Abusive Tactics

Control— Edward is always aiming to have complete control over Bella and he isolated her from others. Abusers often use this tactic as a way of ensuring their victims have no way to escape, should they ever want or need to.

Coercion— accelerating the development of closeness is a common warning sign of abuse. Once Edward and Bella decided to be together, they spent very night together. He proposed to her, knowing she was not ready and he refused to listen to her reasons for delaying marriage.

Jealousy/Possessiveness— Edward's constant jealousy and need to always be near Bella are consistent with common characteristics of an abuser.

"There was a faint shadow across one of my cheekbones, and my lips were a little swollen, but other than that, my face was fine. The rest of me was decorated with patches of blue and purple. I concentrated on the bruises that would be the hardest to hide — my arms and my shoulders. They weren't so bad. My skin marked up easily. By the time a bruise showed I'd usually forgotten how I'd come by it. Of course, these were just developing. I'd look even worse tomorrow. That would not make things any easier." (Twilight: Breaking Dawn pg. 95-96)

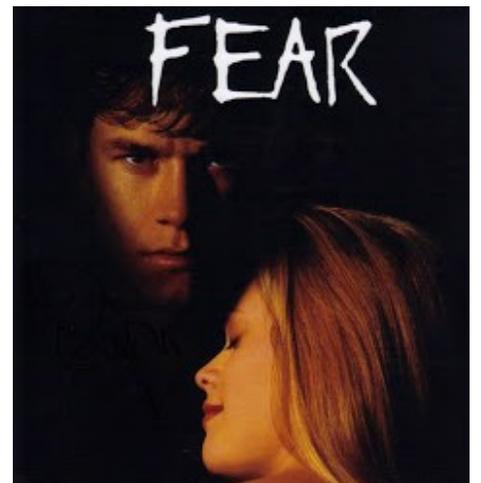
Reading this quote on it's own, not knowing it's context, you would think it is an extract from an account of domestic abuse, but it is not, instead it is a direct quote from the last book in the *Twilight* series. Bella's bruises are portrayed to be marks of Edward's 'undying' love for her, but if you take a step back from this the bottom line is that Edward has *physically* harmed Bella. This film is actively encouraging young girls to feel like they can accept men hurting them physically, because deep down they do love you. What is even worse is that Bella then goes on to try and make Edward feel better about him hurting her, wrongly suggesting how timid women should be when faced with physical abuse.



Fear

In 1991, a movie called "Fear" was released. It starred Mark Wahlberg (David), as an estranged boyfriend who mercilessly stalked his teenage girlfriend (Nicole). When Nicole met David; she found him to be handsome, charming, and affectionate, he was everything. It seemed perfect, but she soon realized David has a darker side. His adoration turns to obsession, their dream into a nightmare, and her love into fear. He followed her. He terrorized her. He terrorized her friends and family. He invaded her parents' home. He turned out to be a violent sociopath who sees Nicole as his possession. Yet people still viewed "Fear" as a love story and claim David "loved" Nicole.

Abuse is not Love.



One Survivor's Story

At first, he was amazing. He opened doors for me, bought flowers, cooked me dinner, and gave me massages. There wasn't anything he wasn't willing to do. We talked about dreams and built this beautiful picture of the future. We moved in together and within two weeks of living together, I knew that something was wrong. He was controlling, wanting to know where I was going, where I was at that minute, how long it would take me to go somewhere. There were multiple phone calls asking where I was, when he knew I was at work.

From the minute I woke up to the minute I went to bed I was badgered. It was common to get 60 texts a day. I finally ended it with him, but the mental abuse was so constant and intense following that I actually agreed to consider dating him after I left. I just wanted it to stop. But it didn't, so I packed up everything that remained of my life in two days and fled. I had a PO box that wasn't in an area where I lived. I had no utilities in my name, because they are traceable. I chose not to work because that's traceable. I hid for a year. You ever try to hide nowadays, with social networks, Google? It's horrible. I had to research how to remove myself from search engines for months and then I had to monitor it all the time. I'm still monitoring myself, every day.

Law enforcement said I had enough information to get him for stalking, but I'd have to go in front of a judge. And that is exactly what he wants. He wants to see me. And that's so scary, to voluntarily walk into that situation, I can't even describe it.

With domestic violence, people think that they have to physically abuse you to fall into this category, but they don't. Stalking, mental abuse, emotional abuse, financial abuse, they are all forms of domestic violence. Stalking is an abuser's way of making sure you know they can find you. I still get anonymous phone calls today. People say, "you don't know it's him," but I don't know it isn't him. Now, I am judged by the fact I'm a survivor. Society wants to know the answers to all the questions. How could someone like you end up in a relationship like that? What did you do to make him so mad? Trust me: I didn't do anything to make anyone so mad that I fear for my life.

-Anonymous (Frontline, 2013)

Society wants to know all of the answers to all of the questions. How could someone like you end up in a relationship like that? What did you do that made him so mad?
Trust me: I didn't do anything to make anyone so mad that I feared for my life. And neither did you.

From Women Who Experienced Violence

If you or someone you love has been a victim of sexual assault, domestic violence, or stalking, you know how much they have been hurt. As a loved one you suffer too. Help is available for victims and their families. Please Call:

Nami Migizi Nangwiihgan:
989-775-4400

Behavioral Health Programs:
989-775-4850

National Sexual Assault Hotline:
1-800-656-4673

National Domestic Violence Hotline:
1-800-799-7233 (SAFE)



Individual Counseling
Case Management
Support Group
Group Counseling
Transportation
Cultural Sensitivity
Confidentiality/Privacy
Batter's Intervention
989-775-4400

Regular office hours are M-F 8:00 a.m.—5:00 p.m. Our on-call worker can be reached 24/7 by contacting Tribal Dispatch at 775-4700. Calling this number will NOT dispatch police, it will simply connect you to our on-call worker.

Red Velvet Sugar Cookie Bars

- 3½ cups flour
- ¼ cup unsweetened cocoa
- ½ teaspoon salt
- 1 teaspoon baking powder
- 1 cup butter, softened
- 1½ cups sugar
- 2 eggs
- 2 teaspoons vanilla extract
- 2 Tablespoons red food coloring

Cream Cheese Frosting Ingredients:

- 2 8 Oz cream cheese, softened
- ½ cup butter, softened
- 2 cups sifted powdered sugar
- 1 teaspoon vanilla

Instructions:

1. Preheat oven to 350 degrees. Have a 9X13 inch pan ready, lined with aluminum foil and sprayed with cooking spray.
2. In a medium bowl, whisk together flour, cocoa, salt, and baking powder. Set aside.
3. In a mixing bowl, cream together 1 cup butter softened and sugar until light and creamy. About 2-3 minutes. Beat in the eggs, vanilla, and food coloring until combined.
4. Add the flour mixture until a soft dough forms. Press into the bottom of the 9X13 inch pan. Bake for about 20 minutes until the edges start to pull away from the sides and a toothpick entered into the center comes out clean. Allow to completely cool before frosting.
5. Cream Cheese Frosting: Beat together the cream cheese and butter. Add the powdered sugar and vanilla. Beat together until smooth. Frost the top of the bars and **enjoy!**

Glittery New Year Party Play Dough!

Ingredients:

- 2 C Flour
- 1 C Salt
- 2 C Water
- 2 TBS Vegetable Oil
- 4 TSP
- 1/2—1 Cup of Glitter

Mix all ingredients in a saucepan. Batter will resemble pancake batter. Cook on the stove at medium heat until mixture forms a ball (stir constantly). Place ball on the counter to cool slightly. Knead the playdough to smooth out any bumps. Store in a plastic container or bag.

Enjoy!



Craft Corner

