

# Nami Migizi Nangwiihgan

Domestic Violence, Sexual Assault, & Stalking Services



**Individual Counseling**  
**Case Management**  
**Cultural Sensitivity**  
**Confidentiality/ Privacy**  
**Transportation**  
**989-775-4400**

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)**

Regular office hours are M-F 8:00a.m.-5:00p.m. Our on-call worker can be reached 24/7 by contacting Tribal Dispatch at 989-775-4700. Calling this number will NOT dispatch police, it will simply connect you to our on-call worker.



# JANU- Stalking Awareness Month

**Stalking is a pattern of repeated and unwanted attention, harassment, contact, or any other course of conduct directed at a specific person that would cause a reasonable person to feel fear.**



## **Stalking can include:**

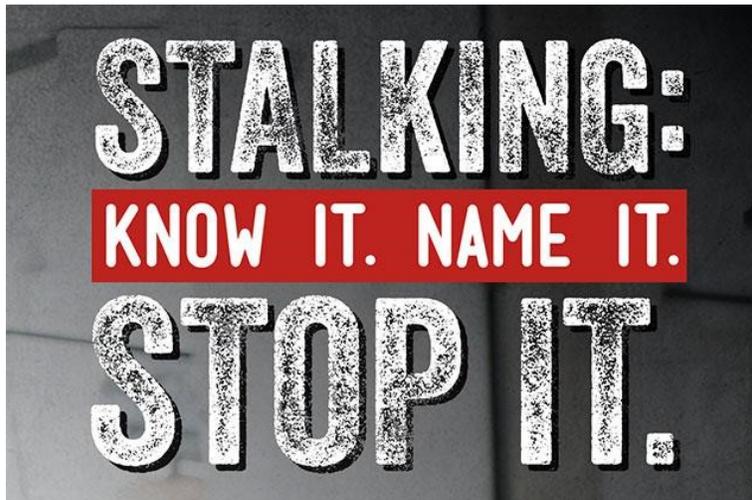
- \* Repeated, unwanted, intrusive, and frightening communications from the perpetrator by phone, mail, and/or email.
- \* Repeatedly leaving or sending the victim unwanted items, presents, or flowers.
- \* Following or waiting for the victim at places such as, home, school, work, or a recreational place.
- \* Making direct or indirect threats to harm the victim, the victims children, relatives, friends, or pets.
- \* Damaging or threatening to damage the victims property.
- \* Harassing the victim through the internet.
- \* Posting information or spreading rumors about the victim on the internet, in a public place, or by word of mouth.
- \* Obtaining personal information about the victim by accessing public records, using internet search services, hiring private investigators, going through the victims garbage, following the victim, contacting victims friends, family, work, neighbors, etc.

## **Stalking Victimization:**

- \* 7.5 million people are stalked in one year in the U.S.
- \* Over 85% of stalking victims are stalked by someone they know.
- \* 61% of female victims and 44% of male victims are stalked by a current or former intimate partner.
- \* 25% of female victims and 32% of male victims are stalked by an acquaintance.
- \* About 1 in 5 stalking victims are stalked by a stranger.
- \* Ages 18-24 experience the highest rate of stalking.
- \* 11% of stalking victims have been stalked for 5 years or more.
- \* 46% of stalking victims experience at least one unwanted contact per week.
- \* American Indian women are stalked at a rate at least twice that of any other race.
- \* 17% of American Indian women are stalked in their lifetime, compared to 8.2% of white women, 6.5% of African American women, and 4.5% of Asian/Pacific Islander women.

## What to do if you are being stalked?

- \* Trust your instincts. Victims of stalking often feel pressured by friends or family to downplay the stalker's behavior, but stalking poses a real threat of harm. Your safety is paramount.
- \* Call the police if you feel you are in any immediate danger. Explain why even some actions that seem harmless—like leaving you a gift—are causing you fear.
- \* Keep a record log of each contact with the stalker. Be sure to also document any police reports.
- \* Stalkers often use technology to contact their victims. Save all emails, text messages, photos, and postings on social networking sites as evidence of the stalking behavior.
- \* Get connected with a local victim advocate to talk through your options and discuss safety planning.
- \* Call the National Domestic Violence Hotline at 1-800-799-SAFE.



### **The importance of documentation: Harassment Log**

If you are a victim of stalking, it can be critical to maintain a log of stalking-related incidents and behavior, especially if you choose to engage with the justice system. Recording this information will help to document the behavior for protection order applications, divorce and child custody cases, or criminal prosecution. It can also help preserve your memory of individual incidents about which you might later report or testify. The stalking log should be used to record and document all stalking-related behavior, including harassing phone calls, text messages, letters, emails, acts of vandalism, and threats communicated through third parties. When reporting the incidents to law enforcement, always write down the officer's name and badge number for your own records. Even if the officers do not make an arrest, you can ask them to make a written report and request a copy for your records. ***Important note: since this information could potentially be introduced as evidence or inadvertently shared with the stalker at a future time, do not include any information that you do not want the offended to see.*** Attach a photograph of the stalker, photocopies of restraining orders, police reports, and other relevant documents. Keep the log in a safe place and tell only someone you trust where you keep your log. Documenting stalking behavior can be a difficult and emotionally exhausting task. A local advocate in your community can provide support, information about the options available to you, and assistance with safety planning.

**Nami Migizi Nangwiihgan staff are trained to assist victims in completing harassment logs, if you or someone you love is being stalked, contact us for assistance in assuring your safety at: 989-775-4400.**



# THIS FEBRUARY,

**START TALKING ABOUT HEALTHY RELATIONSHIPS!**

**LOVE HAS MANY DEFINITIONS BUT ABUSE ISN'T ONE OF THEM.**

Dating Abuse is a pattern of abusive behaviors— usually a series of abusive behaviors over a course of time-used to exert power and control over a dating partner. A young person can experience dating abuse or unhealthy relationship behaviors, regardless of gender, sexual orientation, socioeconomic standing, ethnicity, religion or culture. It does not discriminate and can happen to anyone in any relationship, whether it is one that is casual or serious.



## FORMS OF ABUSE

### SEXUAL ABUSE



Sexual activity that occurs without willing, active, unimpaired consent, such as unwanted sexual touch, sexual assault, rape, or tampering with contraceptives.

### PHYSICAL ABUSE

Any intentional use of physical touch to cause fear, injury, or assert control, such as hitting, shoving, & strangling.



### EMOTIONAL/VERBAL ABUSE



Non-physical damaging behaviors like threats, insults, screaming, constant monitoring, or isolation.

### FINANCIAL ABUSE

Exerting power and control over a partner through their finances, such as taking or hiding money, or preventing a partner from earning money.



### STALKING



Being repeatedly watched, followed, monitored, or harassed. Can occur online or in-person, & include giving unwanted gifts.

### DIGITAL ABUSE

Using technology to bully, stalk, threaten, or intimidate a partner using texting, social media, apps, tracking, etc.



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Remember, the abuse is **never** your fault, and asking for help is *nothing* to be ashamed of.

# #LoveShouldntHurt

**In a healthy relationship, communication is key. When you communicate effectively, you understand your partner better and make your relationship stronger. When you can resolve conflicts successfully, you are developing a healthy, mature relationship.**

- ◆ **Set Boundaries.** Everyone deserves to be treated with respect— even during an argument. If your partner curses at you, calls you names or ridicules you, tell them to stop. If they don't, walk away and tell them you don't want to continue arguing right now.
- ◆ **Find the real issue.** Typically, arguments happen when one partner's wants are not being met. Try to get to the heart of the matter. If your partner seems needy, maybe they are just feeling insecure and need your encouragement. If you are angry that your partner isn't taking out the trash, maybe you are really upset because you feel like you do all the work around the house. Learn to talk about the real issue so you can avoid fighting.
- ◆ **Agree to disagree.** If you and your partner can't resolve an issue, sometimes it's best to drop it. You can't agree on everything. Focus on what matters. If the issue is too important for you to drop and you can't agree to disagree, then maybe you are not really compatible.
- ◆ **Compromise when possible.** Easy to say but hard to do, compromising is a major part of conflict resolution and any successful relationship. So your partner wants Chinese food and you want Indian? Compromise and get Chinese tonight and Indian next time you eat out. Find a middle ground that can allow both of you to feel satisfied with the outcome.
- ◆ **Consider everything.** Is this issue really important? Does it change how the two of you feel about each other? Are you compromising your beliefs or morals? If yes, it's important that you really stress your position. If not, maybe this is a time for compromise. Also, consider your partner's arguments. Why are they upset? What does the issue look like from their point of view? Is it unusual for your partner to get this upset? Does your partner usually compromise? Are you being inconsiderate?



# Know the Facts

- ◆ Nearly 1.5 million high school students nationwide experience physical abuse from a dating partner in a single year .
- ◆ One in three adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner. A figure that far exceeds rates of other types of youth violence.
- ◆ Girls and young women between the ages of 16 and 24 experience the highest rate of intimate partner violence.– almost triple the national average.
- ◆ Nearly half (43%) of all college women and one third (28%) of college men report having experienced either abuse or controlling behaviors in a dating relationship.
- ◆ Violent relationships in adolescence can have serious ramifications by putting the victims at higher risk for substance abuse, eating disorders, risky sexual behavior and further domestic violence.
- ◆ Half of youth who have been victims of both dating violence and rape, attempt suicide, compared to 12.5% of non-abused girls and 5.4% of non-abused boys.
- ◆ Only 33% of teens who were in a violent relationship ever told anyone about the abuse.
- ◆ 81% of parents believe teen dating violence is not an issue or admit they don't know if it is an issue.
- ◆ Though 82% of parents feel confident that they could recognize the signs if their child was experiencing dating abuse, a majority of parents (58%) could not correctly identify all the warning signs of abuse.
- ◆ More than half of women (69.5%) and men (53.6%) who have been physically or sexually abused, or stalked by a dating partner, first experienced abuse between the ages of 11 and 24.



Nearly 1.5 million high school students in the US are physically abused by dating partners every year.



25% of high school girls have been abused physically or sexually.



50% of youth who report dating violence and rape have also reported they attempted suicide.



One in three adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner.



## peppermint bark pretzel bites



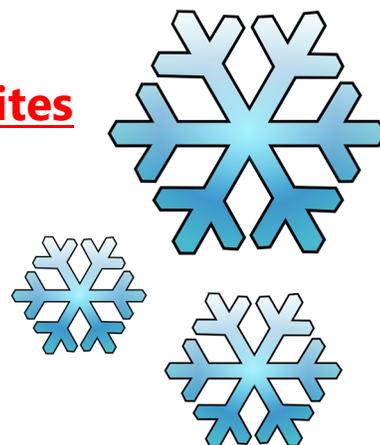
## Peppermint Bark Pretzel Bites

Ingredients:

- \* 1 bag (10oz) Candy Cane Hershey Kisses
- \* 1 bag white peppermint m&m's
- \* Pretzels
- \* Christmas Sprinkles

Instructions:

- \* Heat over to 250 degrees. Line baking sheet with parchment paper
- \* Lay out pretzels and place an unwrapped candy cane Hershey kiss on each pretzel
- \* Bake for 5 minutes
- \* Remove from oven and immediately press a peppermint m&m on top of each Hershey kiss. Sprinkle with Christmas sprinkles
- \* The chocolate will be soft, let it sit at room temperature for 1-2 hours until firm, or place baking sheet in refrigerator.



## Pine Cone Christmas Tree Decoration

Instructions:

- \* Simply paint the pine cone, and let it dry
- \* Apply glue on the edge of each spine on the pine cone and sprinkle some glitter
- \* Hot glue the pine cone to the terra cotta pot and glue the star on top
- \* You can get creative with the decorations, use different paint colors, rhinestones, sequins, beads, fluff balls, ribbons, etc.

What you need:

- \* Pine Cone
- \* Green acrylic paint
- \* Glitter
- \* Hot glue
- \* Glue
- \* Mini terra cotta pot
- \* Mini star

