

FEBRUARY NEWSLETTER

Understanding Stalking and How it Impacts Victims

Of the forms of violence, stalking is one that is sometimes minimized when it's compared physical, sexual, or other types of abuse that are clearer and have visible effects. Stalking in no way should be minimized because it can seriously harm an individual.

Stalking can look like different things, but is defined by the U.S. Department of Justice as "means to engage in a course of conduct directed at a specific person that would cause a reasonable person to fear for his or her safety or the safety of others or suffer substantial emotional distress." (2022). Some common means, or behaviors, of stalkers are unwanted contact through phone calls, texts, and social media, unwanted gifts, approaching an individual or their family/friends, monitoring, surveillance, property damage, and threats.

Difficulty in recognizing the occurrence of stalking exists because some of these behaviors might not seem frightening or malicious from an outsider's perspective. However, the fear that stalking incites in a victim legitimizes its severity and incidence. That is why it is important for responders to understand what causes a specific person fear and what other emotions, such as hopelessness or anxiety, a person might feel alongside fear.

The long term impacts of stalking vary from person to person and can be influenced by how others respond to a victim's situation. Research shows that there are in fact common effects that victims of stalking experience in different areas of their health. Effects in mental health include fear of being alone, depression, signs of post-traumatic stress disorder (e.g. hypervigilance), suicidal social thoughts, and/or suicide attempts. Physically, a survivor may feel fatigued from difficulty sleeping, have headaches/hypertension due to chronic stress, and have sexual dysfunction. Effects in social life are deteriorating school/work performance, inability to trust others, and isolation. Lastly, a victim might experience negative effects on finances from legal fees, relocation, or medical treatment.

Stalking is a serious crime and warrants legal intervention. In all cases, persons impacted by stalking must know that they deserve support and the ability to live free of fear.

Last Month's Statistics

January Lethality

Assessment Protocol data:

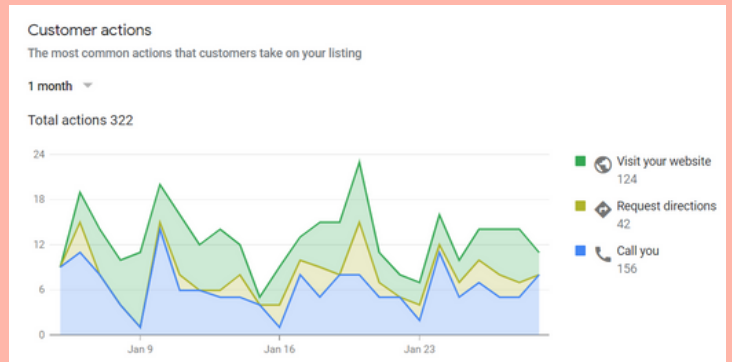
Total Calls: 13

High Danger: 12

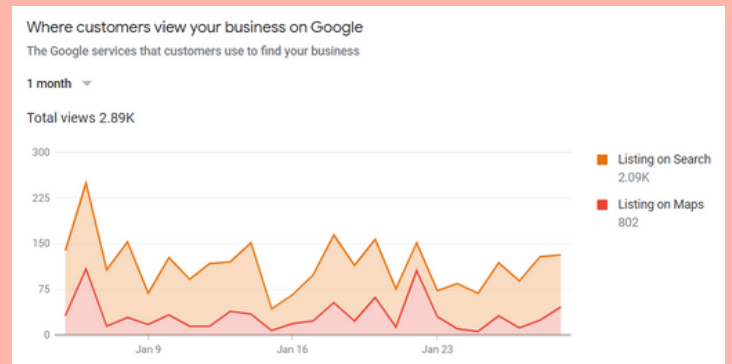
Not High Danger: 1

The Lethality Assessment Protocol, or LAP, is a tool that helps police officers and other crisis responders to put victims in contact with us almost immediately after a domestic violence incident. Officers or responders use the lethality assessment to determine how much danger the victim is in in their current situation. If they conclude that the risk of lethality is high, the responder will call us and an advocate will speak with the victim, inform them of our services, and set up a time to call back for a more in-depth conversation.

According to Google we had a total of 322



Last month we had 2.8k views



Questions? Call us 715-834-9578

24/7 Crisis Line: 855-5BOLTON or 855-526-5866