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September | 2010

Spotlight

On Domestic Violence

*First Step Newsletter
A Program of
The Family Guidance Center*

THE MISSION OF FAMILY GUIDANCE CENTER'S FIRST STEP DOMESTIC VIOLENCE PROGRAM IS TO PROVIDE NEEDED SERVICES TO VICTIMS OF DOMESTIC VIOLENCE AND TO INCREASE COMMUNITY'S AWARENESS ABOUT THE PROBLEM.

Technology: Friend or Foe ?

In a hi-tech society, abusers and perpetrators use technology to threaten, harass, stalk, and violate their victims. **Abusers' motives remain the same: to gain power and control over their victims.** Batterers not only will use name calling, beating, threatening, sex forcing tactics to control and have power over their victims, but will also turn technology against them.

Technology has made it easier for batterers to control their victims. Here are some ways abusers use technology as a weapon against their victims.

WAYS ABUSERS USE TECHNOLOGY AGAINST VICTIMS

- Text messaging and emails have been used to harass victims. One woman, after fleeing from her abusive husband, was harassed and threatened daily with an overwhelming amount of text messages and emails.
- Half of all teenagers experience some type of abuse over text messaging, cyber bullying, sexting, instant messaging, and social networks.
- A college student was stalked by a study partner who placed a tracking device on her bag.
- Spyware software has been used to track and read emails, and view websites visited.
- GPS tracking units have been a good tool for abusers to use to map everywhere their victim goes. A young

woman's husband put a GPS unit under the hood of her car, and he would show up everywhere she was.

- Cell phones make it easier for batterers to find their victims through the GPS tracking technology in cell phones.

WAYS TECHNOLOGY HELPS VICTIMS

- Websites and search engines have been used to give victims resources to shelters, court advocacy assistance, housing, safety plans, and employment.
- Cameras, videos, and text messages have been great documentation in court to help victims receive protective orders and to even file charges against their batterers.
- Cell phones have helped victims receive help quickly by having a speed dial on their cell phone.

WHAT TO DO?

- Educate yourself and others. Bring awareness to the dark side of technology that batterers use.
- If you are being stalked or abused through the use of technology, stop using your computer if your batterer has had access to it or has used it. **It is good to have your technology and car examined for tracking and spyware systems.**
- Get a new cell phone, or track phone, so that the batterer cannot find you.

If you, or someone you know, have questions about domestic violence, please contact First Step at 828-322-1400

Get on Board

It's United Way Time

You can make this community a better place to live and work by supporting Catawba County United Way.

Why should you give to United Way?

YOUR DONATIONS STAY RIGHT HERE,
in Catawba County.



IT'S THE BEST WAY TO GIVE.

Local volunteers review the agencies and allocate funds where help is needed most.

WE'RE HELPING OUR OWN

One out of every three people who are either love and/or work in Catawba County will need an agency service.

Help friends and neighbors, give to United Way.

CHAMPIONS FOR CHARITY

The Ensure® Classic at Rock Barn, A PGA TOUR's Champions Tour golf tournament, returns to Rock Barn Golf & Spa in Conover, NC, Sept. 27 - Oct. 3, 2010.



A ticket to the Ensure® Classic is a ticket to an unforgettable experience. Through the innovative TICKETS Fore CHARITY Program, you can feel even better about your ticket purchase because every penny you spend benefits area charities.

You can purchase a ticket by going to www.ensureclassic.com. When you do, please indicate Family Guidance Center or Shelter for Battered Women as your charity of choice.

Shelter for Battered Women Wish List

**Thank you for your help
With these on-going needs:**

Gas cards and prepaid phone cards

Gift certificates/passes to movies, Hickory Dickory Dock, Chuck E. Cheese

Bus Tickets- Adult- Buy at Western Piedmont Regional Authority

Food storage containers with lids

Cell phones/Trace phone cards

Laundry baskets, shoe racks

Small radios

Under the bed Rubbermaid bins

Feminine hygiene products (especially tampons)

Gift cards from Kmart, Walmart, grocery stores, ect.

Shaving Cream

New ladies undergarments, all sizes

Light bulbs (60,75,100 watt)

Paper towel, napkins, toilet paper

Laundry detergent, fabric softener, dryer sheets

Cleaning supplies & office supplies

Food items

We desperately need:

Bath towels and wash cloths

Yard Sale for Christy's Hope

On Saturday, August 28, friends of Christy Whitmore held a yard sale to benefit *Christy's Hope*, a fund set up to help support The Family Guidance Center's Shelter for Battered Women. Christy was killed earlier this year- her boyfriend was arrested and is awaiting trial.

Reports from the yard sale were that it went well. Thanks to everyone who helped with it or came by for some "treasures"!



The Domestic Violence Awareness Month

Look forward to more info coming soon in October!

Survivor's Side

The following poem gives insight from a recent client. Our client demonstrates, in her poem, the struggles she faced as a victim of domestic violence.



Imprisoned By Your Love

By: A courageous woman living a Life free from domestic violence

From the moment we first met, I was imprisoned by your love. Whenever I start to miss the good times that we had

Captivated by your charm, a mistaken blessing from up above. I'm quickly reminded of how you act whenever you get mad.

I thought you were everything, the man of my dreams. I'll never forget the look you get deep within your eyes.

But the nightmare woke me up in a echo of my screams. Put your hands on me again, and I won't be the one who dies.

I believed you were the answer to all my lonesome prayers. I did honestly love you but you threw it all away.

I knew better than to question, something nobody ever dares. I no longer can excuse the things you do and say.

I felt I needed you, I'd never make it on my own. Memories of you will haunt me for the rest of my life.

Every time I tried to leave, you'd beat me til I moan. "Til death do us part" wasn't literal when I became your wife.

I'm so tired of covering these bruises and all my scars. Trust me now that I am done. I finally had enough.

You should have to pay and spend your life behind prison bars. I'll cry no more for I know you're really not so tough.

I want to hate you for the hell you put me through. You kept me imprisoned by your love, but now I finally see

But I found my Heaven once I got away from you. Your true colors are that of hate, but God's love has set me free.

Facts You Might Want to Know

Can Domestic Violence Protective Orders help teenagers?

Yes! Any teen under 18 years of age can seek a DVPO against another person (including a person under the age of 18) for her protection.

What if a minor is the PERPETRATOR?

A parent can obtain a DVPO against her/his child if the child is at least 16 years of age, and if the child has assaulted the parent, placed the parent or a member of the family in fear of imminent, serious bodily injury, or has committed a rape or sexual assault on the parent or a minor child of the parent.

