

January | 2011

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.

Stalking is Not a Hobby; It's a Crime



Tanisha Bagley's story began when she was just 14; she called her love affair with her boyfriend a modern Romeo and Juliet story. "He was the best thing since sliced bread to me," she said. "He was arrogant and conceited which I did not like, but he had high aspirations. He would call me all the time; we were inseparable. *Now, I say to girls that if a guy calls you all the time, he needs to get a hobby; that's stalking.*"

Tanisha married her boyfriend and spent 11 years married to him. She endured constant beatings, rape and mental torture from the man she called her best friend when they first started dating. Both her mother and grandmother were victims of domestic violence, and Tanisha vowed she would show her family how to remain in a married relationship.

Tanisha knew she had to leave when she disciplined her 3 year old son and he told her, "I'm going to tell daddy to take you into that room and beat you," Tanisha explains, "I knew I had to leave because I was sending a message to my kids that it was ok for daddy to beat mommy."

After leaving, she did get a protective order, but he still stalked her. Tanisha stated, "I couldn't see him, but he saw me." One night after work, her 6' 2" husband hid in her car and attacked her. She pleaded with him, but he drove off with her in the car. Afterward, they were stopped by a police officer because the car's taillight was not working. She believes she would have been killed, if the cop did not stop them and arrest her husband.

That happened more than a decade ago. Since that time, her ex-husband has served time in prison and is facing other domestic violence charges. Tanisha, who now serves as an author of *The Price of Love*, and a public speaker, says that she is no longer afraid for her life.

Tanisha is also the founder of E.N.S.H.R.I.N.E (Everyone Needs Support, Help, Respect, Inspiration, Nourishment and Empowerment), an organization that provides assistance to women and children who have been victimized by domestic violence. Even though she resides in North Carolina, her personal testimony has inspired audiences across the country. She dedicates her life to speaking and educating people of all ages in hopes that her story will save lives.

In Tanisha's testimony, there were different forms of stalking. She was stalked as a teenager by constant calls and check-ups. While she was married, she had to give accounts of where she was. After she left her husband, he followed her, constantly called her, and often watched and waited outside of her house and work. Batterers use stalking as a tactic to control and monitor their victims. **If you are a victim of abuse call First Step 828-322-1400**

*"I had to
give
account to
everywhere
I went"*

Know about stalking, take a quiz!

Is it a myth or true?

1. Stalking only happens to celebrities.
2. You can't be stalked by someone you are dating or married to.
3. Modern surveillance technology is too expensive and confusing for most stalkers to use.
4. Stalking is annoying but not illegal.
5. If you ignore stalking, it will go away.
6. There are free services in Catawba County for help.

Find shocking truths on page 2!

Myth or Truth Quiz Answers

Myths and truths about stalking.

1. Stalking only happens to celebrities.

Myth. 1.4 million people are stalked every year in the United States. The vast majority of stalking victims are ordinary citizens.

2. You can't be stalked by someone you are dating or married to.

Myth. If your current partner tracks your every move or follows you around in a way that causes you fear, that is stalking. As a teenager, Tanisha was constantly called and asked what she was doing, where she was, and who she was with. The stalking did not stop, but only got worse, when she got married.

3. Stalking is annoying but not illegal.

Myth. Stalking is a crime under the laws of all 50 states, and victims can receive protective orders.

4. Modern surveillance technology is too expensive and confusing for most stalkers to use.

Myth. Stalkers can buy surveillance software and hardware for as little as \$30 and can easily track victims' every move on a computer or by GPS on cell phones.

5. If you confront the stalker, he'll go away.

Myth. Stalkers can be unreasonable and unpredictable. Confronting or trying to reason with a stalker can be dangerous.

6. If you ignore stalking, it will go away.

Myth. Stalkers seldom "just stop." In fact, behaviors can turn more and more violent as time goes on. Victims should seek help from advocates, law enforcement, and the courts to intervene to stop the stalking.

7. There are free services in Catawba County for help.

True! Family Guidance Center's First Step Program has the resources a victim of stalking or abuse needs. Our services include:

24 hour crisis-line 828-228-1787

Support and Counseling

Domestic Violence Assessment

Court Advocacy/ Accompaniment

Victim Support Group/ Life Skills Class



Things Stalkers Do:

75% of stalking cases are men stalking women, but men do stalk men, women do stalk women, and women do stalk men.

▶ Follow you and show up wherever you are.

▶ Repeatedly call, text, Facebook, email you, including hang-ups.

▶ Damage your car, home, or other property.

▶ Send unwanted gifts, letters, cards, or emails.

▶ Monitor your phone calls or computer use.

▶ Use technology, like hidden cameras or global positioning systems (GPS) to track where you go.

▶ Drive by or hang out at your home, work, or school.

▶ Threaten to hurt you, your family, friends, or pets.

▶ Find out about you by using public records or on-line search services, hiring investigators, going through your garbage, or contacting friends, family, neighbors, or co-workers.

▶ Other actions that control, track, or frighten you.

For assistance & support call First Step at 828-322-1400



The Purple Ribbon Looks Comfortable and Trendy!



The Purple Ribbon Thrift Store has beautiful and comfortable furniture just in! The prices are great! More pictures and info on the Facebook at The Purple Ribbon Thrift Store or call for more information 828-322-3423



An antique sofa from 1864 just in at the Purple Ribbon!

Just a note to say... Thank you for being Santa Claus!

Thank you to all the generous people who gave Christmas presents to the Family Guidance Center's

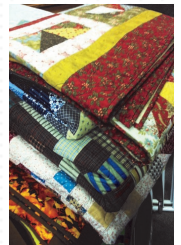


families this year! Mothers were overjoyed to see their children open their gifts. One mother and survivor of domestic violence told First Step's employees, "to see my kids faces opening their Christmas presents turned all that was bad into good." Without your support, there would have been no Christmas for these families. Thank you again for giving!

"to see my kids faces opening their Christmas presents turned all that was bad into good"

What is a Quilt Used For?

A quilt can be used for warmth, cuddling, comfort, security, and love.



First Step employee getting quilts ready to be given to the Shelter For Battered Women

Thanks to the Catawba Valley Quilters Guild, women and children, fleeing from abuse, will be using beautiful donated quilts for warmth, security, and love!

Quilt Raffle Winner is Ms. Janet Roberts of Conover.



Thanks again to Ellen Hunsucker for donating the quilt!

Family Guidance Center wishes you a *Happy New Year* Filled with hope, peace, and healthy relationships!



Check Family Guidance Center out on Facebook

