

January 2016

The Advocate

The Wichita Area Sexual Assault Center newsletter

Stalking & Control

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Outreach Advocate

When we talk about sexual violence we are talking about power and control. Stalking is yet another form of power and control. Stalking consists of a course of conduct directed at a specific person that would cause a reasonable person to feel fear. It is not a one-time occurrence and may not be easily recognizable. There are many forms of stalking that can range from physical stalking to cyber-stalking. With the advances in technology, offenders have easier access to a person's information and location. Technology also creates more challenges with an investigation.



All 50 states and U.S. territories recognize stalking as a crime, including the federal government. In the U.S., 6.6 million people are stalked in a year. Stalking affects both men and women. According to the data available, 1 in 6 women and 1 in 19 men have been stalked in their lifetime. Research has shown that there is a connection with stalking and intimate partner relationships, including both current and former. Stalkers may contact the victim directly, or may go through other means of contact, such as coworkers, family and friends of the victim. Any obsessive behaviors or unwanted contact, regardless of the form delivered, should be taken seriously.

STALKING. KNOW IT. NAME IT. STOP IT.

Just like with sexual violence, victims can do all the “right things” and still be targeted. January is National Stalking Awareness Month, everybody deserves the right to feel safe and here are a few helpful tips to keep in mind. First, it’s important to safety plan with stalking victims. They have the choice to report, but may feel that any contact with law enforcement could escalate the violence. Secondly, protection from stalking orders may also be obtainable. WASAC has an advocate who may be of assistance in discussing protection from abuse or protection from stalking orders and learning more about the process. With cyber-stalking, it may be helpful to create new emails or accounts, this may include changing passwords and settings on social media sites, and always use secure computers.

For more information visit stalkingawarenessmonth.org. Or you may contact our office anytime at 316-263-0185 for more information.



Resources:

Michele C. Black et al., “The National Intimate Partner and Sexual Violence Survey: 2010 Summary Report,” (Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention, 2011)
[Katrina Baum et al., “Stalking Victimization in the United States,” (Washington, DC: Bureau of Justice Statistics, 2009

WASAC Calendar of Events

January 18: Office closed
Martin Luther King Jr. Day

January 20: 6:00-7:30 p.m.
Protective Parenting Program
(court approved class)

January 26: 12:00-1:00 p.m.
WASAC Lunch and Learn
Supporting Disclosures

Free & Confidential
Call us today for more
information 316-263-0185.

New 2016 Lunch and Learn schedule (see attachment)

In January, we will be discussing how to respond to a disclosure of sexual abuse. What are some supportive things to say in response? What are some well-intentioned comments that might add shame or fear, and what substitutions can be made instead? How does the initial response to a disclosure impact the person who experienced sexual abuse? We will briefly address common myths about false disclosures and the barriers to empathic listening.

Target audience: all community members – parents, teachers, social workers, law enforcement, advocates, students. Appropriate for ages 13+. Hosted by: Amy Nickell, Volunteer Coordinator



Wichita Area Sexual Assault Center

Sexual violence affects too many people...

And every survivor heals in their own way and in their own time.

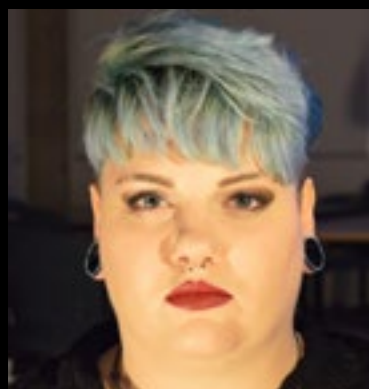
For survivors looking to express themselves in a different way...

Whether the trauma you experienced was recent or in the past...

If you told someone...

Or if you have lived through this feeling alone...

Wichita Area Sexual Assault Center offers free Art and Writing Workshops for survivors of sexual violence.



Art workshop

Adult women's group

Monday evenings 6:00 - 7:30 PM

February 8 - March 28, 2016

Writing workshop

Adult mixed gender group

Wednesday evenings 6:00 - 7:30 PM

February 3 - March 30, 2016

Pre-registration is required for workshops. Group size is limited. Free & confidential. All supplies are provided.

If you are interested in joining a workshop, please call Mary or Kathy at (316) 263-0185 or email advocate@wichitasac.com. Once you are confirmed for the group, we will send you details about the location of the group and meeting space. If you are interested in other services offered by the Wichita Area Sexual Assault Center, visit us at www.wichitasac.com.



Wichita Area Sexual Assault Center

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Wichita Area Sexual Assault Center

2016



Free and open to all! No RSVP required.

Bring your lunch and join us from 12-1 p.m. on the last Tuesday of each month to learn more about the reality of sexual violence in our community.

January 26	Supporting Disclosures
February 23	Rape in Detention: It's not the penalty
March 29	Sexual Violence against Men and Boys
April 26	What is Rape Culture?
May 31	Sexual Violence in the Latino Population
June 28	LGB-What?: The underrepresented letters within a marginalized acronym
July 26	Trauma-Informed Services
August 30	Sexual Violence against People with Disabilities
September 27	Risk and Benefits of Protection Orders
October 25	Sexual and Domestic Violence: Connections
November 29	Navigating the Criminal Justice System
December 27	Practicing Self Care While Caring for Others

All WASAC Lunch & Learn sessions are held at our office at 355 N Waco, Suite 100. For more information, call (316) 263-0185 or visit us online at www.wichitasac.com.



Wichita Area Sexual Assault Center

Teen girls (age 13-17)

- Support group
Monday, 5:30 - 6:30 pm
- Trauma-sensitive yoga
Monday, 6:30 - 7:30 pm

Parents and caregivers

- Support group
Monday, 6:45 - 7:30 pm

Adult women (age 18+)

- Support group
Tuesday, 5:30 - 6:30 pm
- Trauma-sensitive yoga
Tuesday, 6:30 - 7:30 pm

WASAC also offers short-term individual therapy for men, women, and children.

To schedule an appointment, please call our office between 8:30 am and 5:00 pm.

WASAC support groups are confidential, free, and open to survivors at any point in their healing. All groups meet weekly and are open-ended, with no appointment necessary to participate. At this time, child care is not available.

WASAC office

355 N Waco,
Suite 100

SW corner of 3rd/Waco

316-263-0185