

January 1st

Image Reads: "January is Stalking Awareness Month"

Caption: In honor of Stalking Awareness Month, Humboldt Domestic Violence Services (HDVS) has created a series of images to raise awareness about the prevalence and nature of stalking. There is one image for every day. HDVS invites anyone to share these images on their social media to promote stalking awareness during January. All images can be found at <http://hdvs.org/education/stalking/>

January 2nd

Image reads: "Myth: Stalking only happens to public figures or famous people"

Caption: Anybody can experience stalking, regardless of their age, gender, sexuality, class, etc. The myth that stalking is something that only happens to celebrities is harmful, because it can make somebody who is experiencing stalking have trouble naming the behavior.

January 3rd

Image reads: "There are resources for people experiencing stalking. Humboldt Domestic Violence Services 24/7 Crisis and Support line: 707-443-6042; Two Feathers Native American Family Services Call Mon-Fri, 8:30-5pm: 707-839-1933; North Coast Rape Crisis Team Humboldt 24 Hr Hotline 707-445-2881; District Attorney Victim Witness 707-445-7417"

January 4th

Image reads: "Myth: Stalking is only when somebody is physically following someone else around."

Caption: Stalking is way more than just physical following. In fact, a stalker may never actually physically follow the person they are targeting. Some other stalking behaviors are leaving unwanted gifts, incessant calling or texting, or contacting friends to try and obtain information about the person being targeted.

January 5th

Image reads: "Did you know... Two Feathers Native American Family Services serves survivors of domestic violence who identify as Native American. You do not have to be enrolled in a federally recognized tribe to receive services. If you think you might be experiencing stalking, call... (707)839-1933 Monday thru Friday 8:30am-5:00pm."

January 6th

Image reads: "76% of women murdered by an intimate partner were stalked first. You are not alone. Humboldt Domestic Violence services. Available 24/7. Call 707-443-6042"

Caption: This means that stalking behavior is a predictor of more dangerous behavior, and therefore should not be ignored or taken lightly. This statistic is alarming, but it can help you assess danger in your own life or in the lives of loved ones. Source: https://www.speakcdn.com/assets/2497/domestic_violence_and_stalking_ncadv.pdf

January 7th

The majority of people who experience stalking are stalked by a former or current intimate partner

Caption: Source

https://www.speakcdn.com/assets/2497/domestic_violence_and_stalking_ncadv.pdf

January 8th

Image reads: "A common tactic of stalkers is leaving "gifts". If somebody tells you that they are afraid because somebody is leaving them flowers, chocolates, or other gifts, take them seriously and encourage them to plan for their safety."

Caption for Instagram or Facebook: Consider the story of Alice Ruggles, who in 2016 was murdered by her ex-boyfriend Trimaan who began stalking Alice after she ended their relationship. While he never directly threatened to kill or harm her, Trimaan would call her incessantly, and he showed up unwelcome and left flowers and chocolates. Alice called the police and they issued a Police Information Notice (PIN) to Trimaan, stating that he was not allowed to contact her. Alice contacted the police again when Trimaan violated the PIN by writing her a letter. The police took no further action against Trimaan, and Trimaan broke into Alice's house and murdered her. Source:

https://www.vice.com/en_us/article/8xewn5/women-describe-stalking-harassment-cases

Twitter: Alice Ruggles was murdered in 2016 by her ex-boyfriend Trimaan who began stalking Alice after she ended their relationship. While he never directly threatened to kill or harm her, Trimaan would call her incessantly, and he showed up unwelcome and left flowers and chocolates.

Source:

https://www.vice.com/en_us/article/8xewn5/women-describe-stalking-harassment-cases

January 9th

Image Reads: “Did you know... the campus advocate team (C.A.T) is a free and confidential resource available to Humboldt State staff, faculty, and students experiencing stalking, sexual assault, and intimate partner violence. Advocates with C.A.T. can help you explore your options, or simply hold space for you to talk and process. Call 24/7 (707)445-2881.

January 10th

Image Reads: “Legal Definition: In California, stalking is defined as “willfully, maliciously, and repeatedly” following or “willfully, and maliciously” harassing another person. For a stalking conviction, the stalker must also make, “a credible threat with the intent to place that person in reasonable fear for his or her safety, or the safety of his or her immediate family”

Caption: While this is what defines a pattern of behavior as a *crime*, survivors and advocates know that just because something doesn't fit the exact definition of a crime doesn't mean it isn't a real reason to be afraid or have safety concerns. Stalkers and abusers often know what is illegal, and will intentionally avoid behaviors that are blatantly unlawful. Help is still available for you, even if law enforcement agencies don't take action in a situation.

January 11th

Image Reads: “Technology can be exploited by stalkers if somebody seems to mysteriously always know where you are, or keeps showing up where you are, they could be using your phone to track you. Humboldt Domestic Violence Services can help you make a safety plan. (707)443-6042”

Caption: If you think this could be happening to you, some immediate steps to take are to get a new phone if possible, restore your phone to factory settings, or take it into your phone company's store and ask for help in seeing if there are any tracking apps downloaded. If you are being stalked, it is important to have a phone on you so that you can call somebody. Safety planning can help you figure out what the best thing to do is according to your specific situation.

January 12th

Image Reads: "Did You Know... Victim Witness can help you apply for CalVCB funds, which can provide funds for therapy, moving, installing security cameras at your home, and more to victims of crime. Call to talk to an advocate and see if you're eligible. (707) 445-7417"

Caption: For more information about CalVCB, check out their website:
<https://victims.ca.gov/>

January 13th

"I felt like a trapped animal in a cage." These are the words used by one stalking survivor to describe her experience of being stalked by an ex-boyfriend.

Caption: It started off as a relationship. I felt like we were in a fairy-tale; like it was love at first sight. I'd just come out of a relationship and was quite vulnerable. Within a few weeks we were practically dating and he was obsessed with me. Some friends told me that they thought it was too much. Read the full story at:

https://www.vice.com/en_us/article/8xewn5/women-describe-stalking-harassment-cases