

Stalking Victims News

Feel Safe Again, Inc... "Be Strong, Be Safe and Be Heard!"... Vol.1, Issue 2 - July 2004

Dear Friend,

Welcome to your second issue of "Stalking Victims News"!

I hope this newsletter finds you all well. This is a bi-monthly newsletter, with the most current and up-to-date information about stalking, and the effects it has on victims.

~~~~~  
*What are your thoughts on Restraining Orders?  
Please send for upcoming article... "Do Restraining Orders Work?"*  
~~~~~

In This Issue...

- FREEDOM AND PEACE
- Power and Control in Stalking
- Survivor Stories
- Inspirational Thoughts

~~~~~  
**FREEDOM AND PEACE**  
~~~~~

Feel Safe Again, Inc was officially established and publicly announced January 2004. We are a non-profit organization for Victims of Stalking.

Our goal is to provide information and support group services to victims and survivors of stalking. Our hope is that no other victim has to live their life in fear. We want to help you "Feel Safe Again" by teaching you how to be safe again. Together we CAN make a difference!

If you are interested in online support, you can join our support group at VictimsofStalking@yahoogroups.com.

Copy and paste link below to our website...
www.feelsafeagain.org

~~~~~  
**Power and Control in Stalking**  
~~~~~

From the Newsletter of the Stalking Resource Center, Volume 3, Number 3, Fall 2003...

A new study examines the role of power and control in stalking situations and in the prior relationship between the stalker and the victim. In "Power and Control Dynamics in Prestalking and Stalking Situations," researchers define power and control as the ability of one person to "get another person to do

something that they would not otherwise do."1 Data was gathered from interviews with 187 women stalked by former intimates.

Copy and paste link below to continue article...

http://www.ncvc.org/src/main.aspx?dbID=DB_Power_andcontrolinstalking949

~~~~~  
**Survivor Stories**  
~~~~~

"This has to be a dream...or my worst nightmare!"

These words probably best describe our survivor's story. When they first met their boyfriend...I'm sure they never thought the man of their dreams, would truly end up being their worst nightmare. They were verbally and physically abused, sexually assaulted and emotionally drained by the constant controlling behavior. Attempting to regain control of their life, they spent hours researching stalking. That's when they found and contacted Feel Safe Again. This victim can become a survivor with the help of organizations like ours.

A FEW WORDS FROM OUR SURVIVOR..."In addition, as a man with same sex domestic violence, rape, sexual assault, and stalking; I believe that it is harder for us to deal with because there are more resources available to women than men. We are discriminated against for our sexual orientation and that is wrong! We all had this happen to us by a man, so it should be no different. Please help me, I am a victim too. Then I won't be alone anymore."

~~~~~  
**Inspirational Thoughts**  
~~~~~

"If you become a victim...don't allow the traumatic experience to further victimize you; you can shape your attitude to give you the courage to get back up again." ~*Author Unknown*

"We truly believe knowledge is power...therefore, prevention is our ultimate goal."
Remember...YOU'RE NOT ALONE! ~*Cheryl*

~~~~~  
**email:** CDarisse@feelsafeagain.org  
**voice:** (617) 389-0002 or call us toll-free at (888) 99B-SAFE  
**web:** www.feelsafeagain.org  
~~~~~