



# Soboba Tribal Family Services

## January Newsletter

NATIONAL STALKING AWARENESS MONTH



**January is National Stalking Awareness Month** and we'd like to share some information that will help you recognize it and help you to find the resources you may need if you or a friend or relative should ever be a victim of stalking.

### What is Stalking?

Stalking is a pattern of behavior that makes you feel afraid, nervous, harassed, or in danger. It is when someone repeatedly contacts you, follows you, sends you things, talks to you when you don't want them to, or threatens you.

**Stalking is unpredictable and dangerous.** No two stalking situations are alike. There are no guarantees that what works for one person will work for another.

**If you are in immediate danger, call 9-1-1**

**Trust your instincts.** Don't downplay the danger. If you feel unsafe, you probably are.

**Take threats seriously.** Contact a crisis hotline, victim services agency or a domestic violence. They can help you devise a safety plan, give you information about local laws and other resources.

**Develop a safety plan,** like changing your routine, arranging a place to stay, and having a friend or relative go places with you. Also, decide in advance what to do if the stalker shows up at your home, work, school, etc.

**Don't communicate with the stalker** or respond to attempts to contact you.

**Keep evidence of the stalking.** When the stalker follows you or contacts you, write down the time, date and the place. Keep emails, phone messages, letters, or notes. Photograph anything of yours the stalker damages or any injuries the stalker causes. Ask witnesses to write down what they saw.

**Contact the police.** Every state has stalking laws. The stalker may have broken other laws.

**Consider getting a restraining order;** a court order that tells the stalker to stay away from you.

**Tell family, friends, roommates, and co-workers about the stalking and seek their support.** Tell security staff at your job or school. Ask them to help watch out for your safety.

Excerpted from [www.victimsofcrime.org/src](http://www.victimsofcrime.org/src)

For more information on Stalking, visit [www.StalkingAwarenessMonth.org/Resources](http://www.StalkingAwarenessMonth.org/Resources)

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in the Departments tab.

### How to keep your New Year's resolutions

**1. Set realistic goals.** One of the reasons people struggle to keep resolutions is their goals aren't practical. "As a result, you get frustrated, and you're more likely to quit," says Amie Hoff, personal trainer, and founder of FitKit.com. Most people aim too high and bail when they don't see immediate success. Set realistic goals and break them down between long- and short-term. "Setting several smaller goals will be easier to attain, and with each new success, you'll become more motivated," Hoff says.

**2. Create a plan for success.** Now that goals are in place, design an action plan. "Without one, you'll have no idea where you're starting from, going to, how you'll get there, or worse yet, where you'll end up," says Hoff. Describe your mission and how to achieve it. If your goal is to walk up a flight of stairs without getting winded, set a six-week goal and plan to walk up those stairs twice every day. If you have to stop and catch your breath, that's fine, says Hoff. "As long as you stick with your plan, you'll reach your goal."

**3. Monitor your progress.** Every few days, or weekly at the very least, check in with how you're doing. Tracking goals in a planner and keeping a journal are two helpful methods. Just don't get down on yourself if you falter. "Be forgiving when you don't perform up to your expectations," says Danine Fruge, MD, associate medical director and women's health director at Pritikin Longevity Center and Spa in Miami.

**4. Jump "back on the horse" immediately.** If you find that you've slipped from your plan, get back up immediately. "Don't wait until Monday to start again," says Fruge. Monday, after all, rarely comes for most people. Instead, start again as soon as possible to avoid developing unhealthy, guilty emotions. Then take time to recognize your progress, no matter how insignificant it may seem.

**5. Reward yourself.** Treat yourself for meeting goals, even small ones, says Carol Arvon, PhD, director of behavioral health and wellness at Pritikin Longevity Center and Spa in Miami. For instance, if you've committed to walking two or three times a week to improve long-term health, promise yourself a reward, such as a new workout top or mini-makeover, at the end of the week. Even better? Have a special reward in mind for when you reach your final goal, says Hoff.

Excerpted from [www.living.msn.com/life-inspired](http://www.living.msn.com/life-inspired)

### Alternatives to Domestic Violence 24-hour Hotline

Riverside City and out of County: (951) 683-0829  
Remainder of Riverside County: (800) 799-SAFE (7233)  
TDD Line - (800) 787-3224

If you are in immediate danger call 9-1-1

24 – Hour Child Abuse Hotline for  
Riverside County  
(800) 442-4918 or (800) 442-4453



## Things You Shouldn't Share on Social Networks

Social networking sites are the latest and greatest way to interact with others. According to a study by Pew Research, 35% of adults on the Internet have a profile on at least one social networking site and 51% have more than one and 40% of users have open access to their profiles, allowing anyone to view their information. It's easy to get caught up in the social aspects of sites like Facebook, but what you choose to share is there for all to see if you don't limit who can view your information. It's a good idea to limit access to friends, family and colleagues because sharing personal information with strangers can be dangerous, and some things you definitely should not share. Here are some examples:

**Personal Conversations** - On Facebook, users can post personal notes, images or videos to another user's wall. The wall is there for all to see, while messages are between the sender and the receiver, just like an e-mail. Personal and private matters should never be shared on your wall. You wouldn't go around with a bullhorn announcing a private issue to the world. Use your best judgment - if you wouldn't feel comfortable sharing it with extended family, acquaintances, work colleagues or strangers, then you shouldn't share it on your Facebook wall.

**Photos of Your Kids** - Social networking sites are a common place for people to share pictures of their families, but if you're one of the 40% of users who don't restrict access, then those pictures are for everyone to see. It's a sad fact, but there are a lot of predators who use the Internet to stalk their prey. If you post pictures of your family and include information like, "my husband is out of town this weekend" or "little Johnny is old enough to stay at home by himself now," then your children's safety could be at risk. Nobody ever thinks it will happen to them until it does, so safety first when using social networking sites. Just like with other private matters, send family photos only to a select group of trusted friends and colleagues who you know won't share them.

**Social Plans** - There are security issues at stake here, too. Imagine if a jealous ex-boyfriend knows you're meeting a new date tonight. What's to keep him from showing up, causing a scene or maybe getting upset or violent? Now imagine anyone who has been a victim of stalking or domestic violence. Sharing where you are and what you're doing is like giving predators a road map to find you.

*Continued in next column* ⇨



## Things You Shouldn't Share on Social Networks (continued)

**Your Address and Phone Number** – If you share your address and phone number on a social networking site, you open yourself up to identity theft and burglaries. If you post that you're going on vacation and you have your address posted, then everyone knows you have an empty house. Identity thieves could visit your mailbox and open up a credit card in your name. Burglars could rid your home of anything of value. Even just posting your phone number gives people with Internet savvy easy access to your address. If someone has your phone number, reverse lookup services can supply anyone with your home address.

**Personal Finance Information** - Consider this scenario: You're posting to a long thread on a friend's wall about the bank crisis. You say something like, "We don't need to worry because we bank with a teacher's credit union," or, "We put all our money into blue chip stocks and plan to ride it out." If you're one of the 40% who allow open access to your profile, suddenly identity thieves know where you bank and where you have the bulk of your investments. It's easy to forget that what may seem like a harmless comment on a Facebook wall could reveal a great deal about your personal finances. It's best to avoid that kind of talk altogether.

**Your Password** - This seems like a no-brainer, but if it didn't happen, Facebook might not have it listed as No. 1 on its list of things you shouldn't share. Here's a scenario: You give your boyfriend your Facebook password to help you upload photos. A couple months later, the relationship sours, he turns into a not-so-nice guy and now there's a person out there who doesn't like you and has your login information. Time to cancel your account and get a new one. Keep your password to yourself, no matter what, and you never have to worry about it.

**Password Hints** - Say you sign up for online banking and you get a login and password and then choose a security question for when you forget your password. What's the name of your first pet; your mother's maiden name; your high school mascot; the name of the first street you lived on? Including any of these details on a Facebook wall or status update could provide an identity thief with the last piece of the puzzle needed to hack into your bank account. Think before you post anything that could compromise this information.

**Anything You Don't Want Shared** - You know all those fun Facebook applications, quizzes and polls you can't help but fill out? A study performed by the University of Virginia found that of the top 150 applications on Facebook, 90% were given access to information they didn't need for the app to function. So when you sign up to find out what sitcom star you most identify with, the makers of that poll now have access to your personal information. Who knows where it goes from there. Social networking is all about sharing, so something you think is in confidence can easily be shared, then shared again, and before you know it, someone you don't even know has access to something private. "When in doubt, leave it out" is a good motto to follow.

*Excerpted from [www.howstuffworks.com](http://www.howstuffworks.com)*