

Services

RVAP

RVAP supports all affected by sexual violence. Services are free & confidential.

24/7 CRISIS LINE

800.228.1625

Advocacy

We can help ensure that your voice is heard throughout forensic medical exams, police investigations, academic sanctioning process and/or working with other 3rd party services & agencies

Support

We are here as a trauma-informed resource & advocate in healing.

- 24-hour crisis lines
- Counseling, support groups & referrals
- Review options & resources

Prevention

We provide trainings & educational programs necessary to promote positive social change and end sexual violence (e.g., bystander intervention).



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24-Hour Crisis Lines
319.335.6000 | 800.228.1625

Local County Business Lines
Cedar, Iowa & Johnson: 319.335.6001
Des Moines: 319.541.9554
Henry: 319.541.9809
Lee: 319.541.0963
Washington & Van Buren: 319.541.2059



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Stalking



uesday

Wednesday

Thursday

Friday

Stalking

is a repeated course of conduct intended to cause fear for ones safety. Stalking is a serious crime and often escalates over time. Commonly, stalkers are current or ex-partners of an intimate relationship; however, stalkers can also be strangers, family or acquaintances.

Stalker behavior

is dangerous and unpredictable. Behavior varies by Stalker; however, there can be some commonalities between them. The following is a non-inclusive list of common behaviors exhibited by stalkers.

- Follow you and/or show up uninvited
- Attempt to contact you repeatedly, including hang ups
- Use technology to monitor you (e.g., computer use, phone calls)
- Research & gather info about you
- Damage your personal property (e.g., home, car)
- Send unwanted gifts (e.g., money, flowers)
- Threaten to hurt you and/or your loved ones (including pets)

What You Can Do

Only a stalker can prevent stalking. This is not your fault.

- Trust your instincts. If you are in immediate danger, call 911.
- Don't communicate with the stalker.
- Keep evidence. Track the stalker's behavior by recording the time, date & place of encounters. Photograph any damages or injuries the stalker caused.
- Develop a safety plan (e.g., changing your routine) For more ideas call the Rape Crisis Line at 800.228.1625.
- Consider getting a no-contact order.
- Ask family, friends & co-workers to help watch out for the stalker.
- Contact the police. Every state has stalking laws.

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1 in 12 women & 1 in 45 men are stalked in their lifetime