

IS SOMEONE YOU KNOW BEING STALKED?

Like domestic violence, stalking is a crime of power and control.

STALKING: a **pattern of behavior** directed towards an individual by another that results in the person to whom the behavior is directed **fearing for their personal safety** or the safety of close others.

The behaviors can involve overtly criminal behavior or seemingly non-criminal, innocent behavior or both. Stalking can escalate and ultimately result in actual physical harm to its intended subject.

TIPS FOR VICTIMS

1. **TRUST YOUR INSTINCTS.**
2. **CALL THE POLICE** if you feel you are in any immediate danger. Explain why the stalker's actions are causing you fear.
3. **KEEP A RECORD** or log of each contact with the stalker. You can use this log as an example. Be sure to also document any police reports.
4. **SAVE EVIDENCE WHEN POSSIBLE.** Stalkers often use technology to contact their victims. Save all emails, text messages, photos, and postings on social networking sites as evidence of the stalking behavior.
5. **GET CONNECTED WITH A LOCAL VICTIM SERVICE PROVIDER** who can assist you in exploring your options as well as discuss safety planning.

WEBSITE RESOURCES

<https://www.outrageus.org/?cat=32>

<https://www.zeroabuseproject.org/profiles/andy-mcalister/#>

<https://www.stalkingawareness.org/>

<https://victimsofcrime.org/stalking-resource-center/>

<https://www.hidemyass.com/en-us/index>

<https://www.stalkingriskprofile.com/>

BOOK RESOURCE

The Gift of Fear: And Other Survival Signals That Protect Us from Violence