

January is

**NATIONAL STALKING  
AWARENESS MONTH**

[StalkingAwarenessMonth.org](http://StalkingAwarenessMonth.org)

**Awareness Toolkit: Partners**

**National Stalking Awareness Month**

**January 2014**



# Introduction

Thanks for checking out our Awareness Toolkit for National Stalking Awareness Month! Stalking is a very underrated but serious crime that has great impact on victims' lives, but often goes unreported due to myths and misinformation.

Public support of professional and community partners can spread the message that issues of stalking and domestic violence affect people from all walks of life and should be taken seriously. Increased community conversation also helps break down the stigma of seeking help or reporting offenses.

We hope you find these resources easy to use. A directory of advocacy centers across the state can be found on page 6. These centers can help victims of stalking with safety planning, advocacy, and reporting.

Feel free to share widely!

# Table of Contents

Social Media Plan.....	3
History of NSAM.....	4
Stalking Fact Sheet.....	5
Directory of North Dakota advocacy centers.....	6

## Appendix A: Digital Resources

Facebook/Instagram/Twitter meme images preview.....	7
31 Days of Status Updates.....	10
Digital images preview.....	12

## Appendix B: Print materials preview

NSAM Brochure.....	14
Poster.....	16

# Social Media Plan

We've prepared some tools to make participating in our online campaign easy. Finding the right mix of resources for use online is important, especially when dealing with a crime where technology often plays a central role. Aside from using the specific resources provided in the toolkit, make sure to follow CAWS North Dakota on social media for more ideas – we're on [Facebook](#) and [Twitter](#) for now, with plans for [Tumblr](#) in the future.

## **Meme images for Facebook, Instagram, or Twitter**

New this year is the addition of meme images that provide more information on stalking and how it affects victims. You can post these square photos on your home page, or post to your News Feed on Facebook along with a personalized message, or post them to Instagram. Make sure to use the hashtags **#NSAM** and **#NSAM2014** with your posts – it allows users to search for specific posts just by clicking on that hashtag. Facebook, Instagram, and Twitter all support hashtags, so use them to your advantage and reach more people!

## **31 Days of Status Updates (PDF located in Appendix A)**

Provided by the Stalking Resource Center, this list of status updates can be used on Facebook or Twitter to promote discussion in your online community. The list is fairly generic and always points back to [www.stalkingawarenessmonth.org](http://www.stalkingawarenessmonth.org), so feel free to alternate this info with your program-specific contact information. And as with any social media resources provided, don't hesitate to reword language that doesn't sound consistent with your postings and try to customize with local data when possible for more specialized content.

New to Twitter? Try using [TweetDeck](#) to pre-program all 31 days of status updates to save time. Advanced users can program and manage multiple sites from [HootSuite](#).

## **Repost articles from CAWS North Dakota social media (online, through January)**

As during most awareness months, we hope your local and regional media pays attention to the issue of stalking. Aside from what local stories are generated, there will be a healthy supply of content and articles online. But it can be challenging to make sure what we post on social media isn't missing connections to the bigger issues, unintentionally victim-blaming, or focusing on the wrong aspects of the issue, like inadvertently introducing new technology or products to stalkers. Know that stories and content posted to the CAWS sites undergo careful scrutiny and are another set of resources you can help distribute during National Stalking Awareness Month.

## The History of National Stalking Awareness Month

In January 2004, the National Center for Victims of Crime launched National Stalking Awareness Month (NSAM) to increase the public's understanding of the crime of stalking. NSAM emerged from the work of the Stalking Resource Center, a National Center program funded by the Office on Violence Against Women, U.S. Department of Justice, to raise awareness about stalking and help develop and implement multidisciplinary responses to the crime.

NSAM began in response to a 2003 call to the Stalking Resource Center from Debbie Riddle, the sister of murdered stalking victim Peggy Klinke. Riddle wanted to transform her family's painful tragedy into a force for good—and to help improve law enforcement's response to stalking and save lives. Riddle's call all led to a concurrent Congressional resolution on stalking; a national program on Lifetime Television, hosted by Erin Brockovich, featuring Peggy Klinke's story; and a Lifetime video, "Stalking: Real Fear, Real Crime," to train law enforcement about the crime. In July 2003, the National Center for Victims of Crime, in partnership with Representative Heather Wilson (R-NM) and Lifetime Television, told Peggy's story at a Congressional briefing on Capitol Hill, which focused on strengthening law enforcement's response to the crime.

That same day, Representative Wilson introduced a Congressional resolution to support National Stalking Awareness Month. The following January, the National Center for Victims of Crime launched the first observance of National Stalking Awareness Month and supported communities across the nation in planning the event.

In 2011, the White House issued the first Presidential Proclamation on National Stalking Awareness Month. President Obama's proclamation stressed the millions affected by the crime, its often-devastating consequences, the difficulty of identifying and investigating the crime, and the federal government's strong commitment to combating stalking. The 2012 proclamation elaborated on the dangers of stalking, and the importance of NSAM in building awareness about the crime.

In 2012, during National Stalking Awareness Month, the White House convened its first-ever National Roundtable on Stalking, bringing together survivors, law enforcement officers, victim advocates, and researchers, to advance knowledge of the crime and help the federal government combat the crime.

The National Stalking Awareness Month website ([www.stalkingawarenessmonth.org](http://www.stalkingawarenessmonth.org)), launched in January 2009, provides a wealth of information about the crime and about the nationwide observance. Information about NSAM is also available on Facebook (<https://www.facebook.com/pages/National-Stalking-Awareness-Month/112815125149>) and Twitter ([https://twitter.com/SRC\\_NCVC](https://twitter.com/SRC_NCVC)). Both sites have generated great interest and sharing about how communities throughout the country observe NSAM.

### WHAT IS STALKING?

While legal definitions of stalking vary from one jurisdiction to another, a good working definition of stalking is a *course of conduct directed at a specific person that would cause a reasonable person to feel fear.*

#### STALKING VICTIMIZATION

- 6.6 million people are stalked in one year in the United States.
- 1 in 6 women and 1 in 19 men have experienced stalking victimization at some point during their lifetime in which they felt very fearful or believed that they or someone close to them would be harmed or killed.

Using a less conservative definition of stalking, which considers any amount of fear (i.e., a little fearful, somewhat fearful, or very fearful), 1 in 4 women and 1 in 13 men reported being a victim of stalking in their lifetime.

- The majority of stalking victims are stalked by someone they know. 66% of female victims and 41% of male victims of stalking are stalked by a current or former intimate partner.
- More than half of female victims and more than 1/3 of male victims of stalking indicated that they were stalked before the age of 25.
- About 1 in 5 female victims and 1 in 14 male victims experienced stalking between the ages of 11 and 17.

[Michele C. Black et al., "The National Intimate Partner and Sexual Violence Survey: 2010 Summary Report," (Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention, 2011).]

- 46% of stalking victims experience at least one unwanted contact per week.
- 11% of stalking victims have been stalked for 5 years or more.

[Katrina Baum et al., "Stalking Victimization in the United States," (Washington, DC: Bureau of Justice Statistics, 2009).]

#### STALKING AND INTIMATE PARTNER FEMICIDE

- 76% of intimate partner femicide victims have been stalked by their intimate partner.
- 67% had been physically abused by their intimate partner.
- 89% of femicide victims who had been physically assaulted had also been stalked in the 12 months before their murder.
- 79% of abused femicide victims reported being stalked during the same period that they were abused.
- 54% of femicide victims reported stalking to police before they were killed by their stalkers.

[Judith McFarlane et al., "Stalking and Intimate Partner Femicide," *Homicide Studies* 3, no. 4 (1999).]

#### RECON STUDY OF STALKERS

- 2/3 of stalkers pursue their victims at least once per week, many daily, using more than one method.
- 78% of stalkers use more than one means of approach.
- Weapons are used to harm or threaten victims in 1 out of 5 cases.
- Almost 1/3 of stalkers have stalked before.
- Intimate partner stalkers frequently approach their targets, and their behaviors escalate quickly.

[Kris Mohandie et al., "The RECON Typology of Stalking: Reliability and Validity Based upon a Large Sample of North American Stalkers," *Journal of Forensic Sciences*, 51, no. 1 (2006).]

#### IMPACT OF STALKING ON VICTIMS

- 46% of stalking victims fear not knowing what will happen next.
- 29% of stalking victims fear the stalking will never stop.
- 1 in 8 employed stalking victims lose time from work as a result of their victimization and more than half lose 5 days of work or more.
- 1 in 7 stalking victims move as a result of their victimization.

[Baum et al.]

- The prevalence of anxiety, insomnia, social dysfunction, and severe depression is much higher among stalking victims than the general population, especially if the stalking involves being followed or having one's property destroyed.

[Eric Blauuw et al., "The Toll of Stalking," *Journal of Interpersonal Violence*, 17, no. 1 (2002):50-63.]

#### STALKING LAWS

- Stalking is a crime under the laws of 50 states, the District of Columbia, the U.S. Territories, and the Federal government.
- Less than 1/3 of states classify stalking as a felony upon first offense.
- More than 1/2 of states classify stalking as a felony upon second or subsequent offense or when the crime involves aggravating factors.
- Aggravating factors may include: possession of a deadly weapon, violation of a court order or condition of probation/parole, victim under 16 years, or same victim as prior occasions.

*For a compilation of state, tribal, and federal laws visit [www.victimsofcrime.org/src](http://www.victimsofcrime.org/src).*

*Last updated August 2012*

#### THE STALKING RESOURCE CENTER

The mission of the Stalking Resource Center is to enhance the ability of professionals, organizations, and systems to effectively respond to stalking. The Stalking Resource Center envisions a future in which the criminal justice system and its many allied community partners will effectively collaborate and respond to stalking, improve victim safety and well-being, and hold offenders accountable. Visit us online at [www.victimsofcrime.org/src](http://www.victimsofcrime.org/src). Contact us at 202-467-8700 or [src@ncvc.org](mailto:src@ncvc.org).

This document may be reproduced only in its entirety. Any alterations must be approved by the Stalking Resource Center.

This document was developed under grant number 2008-TA-AX-K017 from the Office on Violence Against Women (OVW) of the U.S. Department of Justice. The opinions and views expressed in this document are those of the author(s) and do not necessarily represent the official position of the Office on Violence Against Women of the U.S. Department of Justice. For more information on the U.S. Department of Justice Office on Violence Against Women visit <http://www.ovw.usdoj.gov>.

# **NORTH DAKOTA SERVICE PROVIDERS**

## **Sexual Assault and Domestic Violence Programs**

The 20 direct service providers that comprise the membership of CAWS North Dakota are your local and regional experts on sexual assault, domestic violence, teen dating violence, and stalking. Please contact them for referrals, resources, and training.

### **BISMARCK**

Abused Adult Resource Center  
Crisis Line: 866-341-7009  
(701) 222-8370

### **BOTTINEAU**

Family Crisis Center  
(701) 228-2028  
Crisis Line: 1-800-398-1098  
Toll Free 1-888-755-7595

### **DEVILS LAKE**

SAFE Alternatives for  
Abused Families  
(701) 662-7378  
Crisis Line: (701) 622-7378  
Toll-Free: 1-888-662-7378

### **DICKINSON**

Domestic Violence &  
Rape Crisis Center  
(701) 225-4506  
Crisis Line: (701) 225-4506  
Toll Free: 1-888-225-4506

### **ELLENDALE**

Kedish House  
(701) 349-4729  
Crisis Line: (701) 349-5118  
Toll Free: 1-877-349-4729

### **FARGO**

Rape & Abuse Crisis Center  
(701) 293-7273  
Crisis Line: (701) 293-7273  
Toll Free 1-800-344-7273

### **FORT BERTHOLD**

Coalition Against Violence  
(701) 627-4171  
Crisis Line: (701) 627-3617

### **GRAFTON**

Domestic Violence &  
Abuse Center Inc.  
(701) 352-4242  
Crisis Line: (701) 352-3059

### **GRAND FORKS**

Community Violence  
Intervention Center  
(701) 746-0405  
Crisis Line: (701) 746-8900  
Toll Free: 1-866-746-8900

### **JAMESTOWN**

Safe Shelter  
(701) 251-2300  
Crisis Line: (701) 251-2300  
Toll Free: 1-888-353-7233

### **MCLEAN CO.**

McLean Family  
Resource Center  
(701) 462-8643  
Crisis Line: (701) 462-8643  
Toll Free: 1-800-651-8643

### **MERCER CO.**

Women's Action &  
Resource Center  
(701) 873-2274  
Crisis Line: (701) 873-2274

### **MINOT**

Domestic Violence  
Crisis Center  
(701) 852-2258  
Crisis Line: (701) 857-2200  
Toll Free: 1-800-398-1098

### **RANSOM CO.**

Abuse Resource Network  
(701) 683-5061  
Crisis Line: (701) 683-5061

### **SPIRIT LAKE**

Spirit Lake Victim Assistance  
(701) 766-1816  
Crisis Line: (701) 766-1816  
Toll Free: 1-866-723-3032

### **STANLEY**

Domestic Violence  
Program NW ND  
(701) 628-3233  
Crisis Line: (701) 628-3233  
Toll Free: 1-800-273-8232

### **TURTLE MOUNTAIN**

Hearts of Hope  
(701) 477-0002  
Crisis Line: (701) 477-0002

### **VALLEY CITY**

Abused Persons  
Outreach Center  
(701) 845-0078  
Crisis Line: (701) 845-0072  
Toll Free: 1-866-845-0072

### **WAHPETON**

Three Rivers Crisis Center  
(701) 642-2115  
Crisis Line: (701) 642-2115  
Toll Free: 1-800-627-3659

### **WILLISTON**

Family Crisis Shelter  
(701) 572-0757  
Crisis Line: (701) 572-9111

**For more information, go to [www.ndcaws.org](http://www.ndcaws.org)**

# Appendix A: Digital Resources

## Facebook/Instagram/Twitter Meme Images Preview



**“STALKING?  
IT’S NOT THAT SERIOUS.”**

**WRONG.**

More than 1/2 of female victims and 1/3 of male victims of stalking said the stalking happened before they turned 25.

*(Stalking Resource Center)*

**STALKING: KNOW IT. NAME IT. STOP IT.**  
**JANUARY 2014** [StalkingAwarenessMonth.org](http://StalkingAwarenessMonth.org)

*CANIS*  
NORTH DAKOTA  
ending sexual and domestic violence



**“STRANGER  
DANGER!”**

**IT’S A MYTH.**

More men (41%) and women (66%) were stalked by an intimate partner while significantly less men (19%) and women (13%) were stalked by a stranger.

*(Stalking Resource Center)*

**STALKING: KNOW IT. NAME IT. STOP IT.**  
**JANUARY 2014** [StalkingAwarenessMonth.org](http://StalkingAwarenessMonth.org)

*CANIS*  
NORTH DAKOTA  
ending sexual and domestic violence

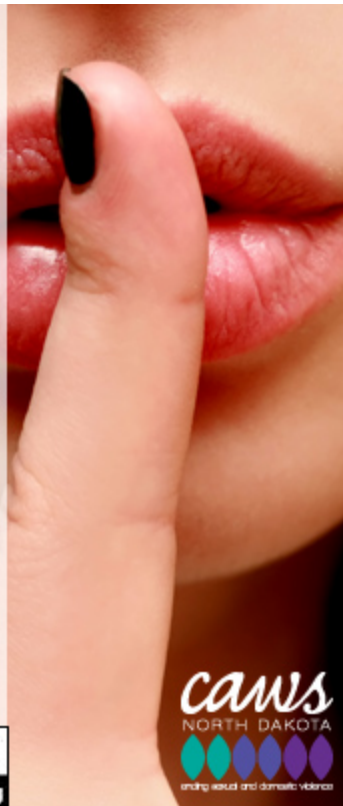
**“BUT IT’S NONE OF MY  
BUSINESS.”**

**UNTRUE.**

The most common reasons  
for not reporting stalking  
were that it was a private  
or personal matter or that  
it was a minor incident.

*(National Intimate Partner  
Sexual Violence Survey)*

**STALKING: KNOW IT. NAME IT. STOP IT.**  
**JANUARY 2014** [StalkingAwarenessMonth.org](http://StalkingAwarenessMonth.org)



**“STALKING?  
IT’S USUALLY  
HARMLESS.”**

**FALSE.**

Weapons are used  
to threaten or  
harm victims in  
1 of 5 cases.

*(Stalking Resource Center)*

**STALKING: KNOW IT. NAME IT. STOP IT.**  
**JANUARY 2014** [StalkingAwarenessMonth.org](http://StalkingAwarenessMonth.org)





**“STALKING  
ONLY HAPPENS IN  
BIGGER CITIES.”  
NOT TRUE.**

In one state, 45% of rural women reported that stalking occurred during or around the time a protective order was filed.  
*(Stalking Resource Center)*



**STALKING: KNOW IT. NAME IT. STOP IT.**  
**JANUARY 2014** [StalkingAwarenessMonth.org](http://StalkingAwarenessMonth.org)



## 31 Days of Social Media Messaging

Help raise awareness about stalking each day in January. Tweet or post statistics, news stories or other important information about stalking. Or feel free to copy one of the suggested messages for your status update, tweet, or Instant Message (IM) away message. When you tweet, remember to add #NSAM!

### January 1, 2014

Wishing a safe & healthy New Year to all!  
Did you know January is Stalking Awareness Month? Visit [stalkingawarenessmonth.org](http://stalkingawarenessmonth.org) for info.

### January 2, 2014

How much do you know about stalking? Take a quiz here: [bit.ly/NSAM2014](http://bit.ly/NSAM2014)

### January 3, 2014

What could you do to recognize National Stalking Awareness Month?  
Visit [stalkingawarenessmonth.org](http://stalkingawarenessmonth.org) to find out!

### January 4, 2014

Stalking is a crime that is pervasive, dangerous, & potentially lethal. Learn the realities of this crime: [bit.ly/NSAM2014](http://bit.ly/NSAM2014)

### January 5, 2014

Astoundingly, 6.6 million people were stalked in one year in the United States.  
Visit [stalkingawarenessmonth.org](http://stalkingawarenessmonth.org) for more info.

### January 6, 2014

What would you say to a friend who told you they were being stalked? Learn more about stalking this month at [bit.ly/NSAM2014](http://bit.ly/NSAM2014)

### January 7, 2014

Stalking: It's not a joke. It's not romantic. It's not ok. It's a crime.  
Visit [stalkingawarenessmonth.org](http://stalkingawarenessmonth.org) to learn more.

### January 8, 2014

Although women are more likely to be stalked than men, anyone can be a victim of stalking.  
Learn about stalking at [bit.ly/NSAM2014](http://bit.ly/NSAM2014)

### January 9, 2014

1 in 4 women and 1 in 13 men will be victims of stalking in their lifetime.  
Visit [stalkingawarenessmonth.org](http://stalkingawarenessmonth.org) for more info

### January 10, 2014

Stalking is a crime in all 50 states, DC, & the territories. Read about your law at [victimsofcrime.org/src](http://victimsofcrime.org/src)

### January 11, 2014

Individuals identifying as more than one race or American Indian/Alaska Native experience higher rates of stalking [bit.ly/NSAM2014](http://bit.ly/NSAM2014)

### January 12, 2014

On average stalking lasts about 2 years; intimate partner stalking lasts longer. Learn the realities of stalking: [victimsofcrime.org/src](http://victimsofcrime.org/src)

### January 13, 2014

About 14% of stalking victims are age 50 or older. What unique challenges might older victims face? Learn more: [bit.ly/NSAM2014](http://bit.ly/NSAM2014)

### January 14, 2014

Intimate partner stalking is the most common type of stalking and the most dangerous.  
Visit [victimsofcrime.org/src](http://victimsofcrime.org/src) for more info.

**January 15, 2014**

Try this: Google “track girlfriend” and see how many sites tell someone how to stalk.  
Visit [victimsofcrime.org/src](http://victimsofcrime.org/src) for more info.

**January 16, 2014**

Phones, computers, GPS, and cameras are some of the common forms of technology used by stalkers.

**January 17, 2014**

What messages about stalking are in the media?  
Tweet us what you see. For examples: [bit.ly/NSAM2014](http://bit.ly/NSAM2014)

**January 18, 2014**

Rates of stalking among college students are higher than the general public.  
Visit [stalkingawarenessmonth.org](http://stalkingawarenessmonth.org) for more info.

**January 19, 2014**

How young can stalking behavior start? Do you see stalking behaviors among high school students? Middle school students? Younger?

**January 20, 2014**

“Freedom is never voluntarily given by the oppressor; it must be demanded by the oppressed.  
– Rev. Dr. Martin Luther King Jr.

**January 21, 2014**

In the majority of cases of intimate partner stalking, the stalking behavior is established during the relationship. [bit.ly/NSAM2014](http://bit.ly/NSAM2014)

**January 22, 2014**

¾ of stalking victims experience other forms of violence, including sexual and/or physical assault.  
Learn more: [victimsofcrime.org/src](http://victimsofcrime.org/src)

**January 23, 2014**

LGBTQ stalking victims may face additional barriers to getting help. Learn more about stalking at [stalkingawarenessmonth.org](http://stalkingawarenessmonth.org)

**January 24, 2014**

Stalking can affect a victim’s emotional, physical, and economic well-being.  
Visit [stalkingawarenessmonth.org](http://stalkingawarenessmonth.org) for more info.

**January 25, 2014**

Would you report to police if you were being stalked? Most victims don’t.  
Visit [stalkingawarenessmonth.org](http://stalkingawarenessmonth.org) for more info.

**January 26, 2014**

Stalkers often access information about victims that is available online. Do you know what information about you is online?

**January 27, 2014**

Victims of stalking are encouraged to keep a log of all stalking behaviors including emails, texts & phone messages.

**January 28, 2014**

It is important to consider how to victims may be harmed by stalkers’ use of technology. Visit [stalkingawarenessmonth.org](http://stalkingawarenessmonth.org) for more info.

**January 29, 2014**

The majority of stalking victims report losing time from work as well as income because of the stalking. [bit.ly/NSAM2014](http://bit.ly/NSAM2014)

**January 30, 2014**

Stalking: Know it. Name it. Stop it.  
Find out how: [stalkingawarenessmonth.org](http://stalkingawarenessmonth.org)

**January 31, 2014**

Keep up your efforts to raise awareness about stalking throughout the year! Contact us: [victimsofcrime.org/src](http://victimsofcrime.org/src)

## Digital Images Preview

(Files are located in the zip file attachment)

### Web banners

Put one of these images in a prominent location on your organization's home page with a link back to [www.stalkingawarenessmonth.org](http://www.stalkingawarenessmonth.org).



Web Banner 1



Web Banner 2



Web Banner 3



Web Banner 4

### Buttons, Magnets, Logos

Use these images if you plan to order products like buttons, magnets, stickers, keychains, etc. Spanish materials also available.



# **Appendix B: Print Materials**

## **Brochure**

Produced by the National Center for Victims of Crime and the Stalking Resource Center, this brochure identifies stalking behaviors, affirms the victim's experience, and offers actionable steps to take. Also available in Spanish.

## **Poster**

This 11"x17" black and white poster has a space for local program contact information. Just open it in Adobe Acrobat and click in the text box provided at the bottom of the page.

## IF YOU'RE STALKED

### You might:

Feel **fear** of what the stalker will do.

Feel **vulnerable**, unsafe, and not know who to trust.

Feel **anxious**, irritable, impatient, or on edge.

Feel **depressed**, hopeless, overwhelmed, tearful, or angry.

Feel **stressed**, including having trouble concentrating, sleeping, or remembering things.

Have **eating problems**, such as appetite loss, forgetting to eat, or overeating.

Have **flashbacks**, disturbing thoughts, feelings, or memories.

Feel **confused, frustrated, or isolated** because other people don't understand why you are afraid.

These are common reactions to being stalked.

## IF SOMEONE YOU KNOW IS BEING STALKED, YOU CAN HELP.

Listen. Show support. Don't blame the victim for the crime. Remember that every situation is different, and allow the person being stalked to make choices about how to handle it. Find someone you can talk to about the situation. Take steps to ensure your own safety.

# We can help.

THE NATIONAL CENTER FOR  
**Victims of Crime**

**Stalking**  
resource center

To learn more about stalking, visit the Stalking Resource Center Web site

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

If you are in immediate danger, call 911.

This document was developed under grant number 2008-WT-AX-K050 from the Office on Violence Against Women of the U.S. Department of Justice. The opinions and views expressed are those of the authors and do not necessarily represent the official position or policies of the Office on Violence Against Women, U.S. Department of Justice. For more information on the U.S. Department of Justice Office on Violence Against Women, visit <http://www.ovw.usdoj.gov>.

This document is available in print or as a PDF and may be reproduced only in its entirety. Any alterations other than the addition of agency contact information in the space provided above must be approved by the Stalking Resource Center. Contact us at (202) 467-8700 or [src@ncvc.org](mailto:src@ncvc.org).



are you  
being

# STALKED?

## ARE YOU BEING STALKED?

Stalking is a series of actions that make you feel afraid or in danger. Stalking is serious, often violent, and can escalate over time.

### Stalking is a crime.

A stalker can be someone you know well or not at all. Most have dated or been involved with the people they stalk. Most stalking cases involve men stalking women, but men do stalk men, women do stalk women, and women do stalk men.

#### Some things stalkers do:

- Repeatedly call you, including hang-ups.
- Follow you and show up wherever you are.
- Send unwanted gifts, letters, texts, or e-mails.
- Damage your home, car, or other property.
- Monitor your phone calls or computer use.
- Use technology, like hidden cameras or global positioning systems (GPS), to track where you go.
- Drive by or hang out at your home, school, or work.
- Threaten to hurt you, your family, friends, or pets.
- Find out about you by using public records or on-line search services, hiring investigators, going through your garbage, or contacting friends, family, neighbors, or co-workers.
- Other actions that control, track, or frighten you.

You are not to blame for a stalker's behavior.

## THINGS YOU CAN DO

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, yet you can take steps to increase your safety.

If you are in **immediate danger**, call 911.

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

Take **threats** seriously. Danger generally is higher when the stalker talks about suicide or murder, or when a victim tries to leave or end the relationship.

Contact a crisis hotline, **victim services agency**, or a domestic violence or rape crisis program. They can help you devise a safety plan, give you information about local laws, refer you to other services, and weigh options such as seeking a protection order.

Develop a **safety plan**, including things 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, or somewhere else. Tell people how they can help you.

**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 place. Keep e-mails, phone messages, letters, or notes. Photograph anything of yours the stalker damages and any injuries the stalker causes. Ask witnesses to write down what they saw.

6.6 million people are stalked each year in the United States.

Contact the **police**. Every state has stalking laws. The stalker may also have broken other laws by doing things like assaulting you or stealing or destroying your property.

Consider getting 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.

Women are stalked at a rate three times higher than men.

January is

**national**

Stalking is real.

**stalking**

It can happen to anyone.

**awareness**

It's dangerous.

**month**

It's a crime.

**Stalking**  
resource center

[www.VictimsOfCrime.org/src](http://www.VictimsOfCrime.org/src)



THE NATIONAL CENTER FOR  
**Victims of Crime**

[www.VictimsOfCrime.org](http://www.VictimsOfCrime.org)