



# STALKING: Connecting the Dots<sup>1</sup>

## Is Someone You Know Being Stalked?



**STALKING IS:** A course of conduct directed at a specific person that creates an implicit or explicit threat and induces fear or concern for personal safety or the safety of close others.



**5.2 million** women and **1.4 million** men will be stalked each year

Many victims do not use the term “stalking” but they describe stalking behaviors including:



### SURVEILLANCE

Following, showing up, spying, using technology to keep tabs on the victim.



### LIFE INVASION

Repeated unwanted contact in person or by phone, text, email, card/note, message, third party, and social media.



### INTIMIDATION

Implicit and explicit threats, third party threats, forced confrontations, property damage, and threatened suicide.



### INTERFERENCE

Disruption of the victim’s life professionally and socially as well as physical and sexual attacks.

## BEWARE OF:



### Connections between incidents:

- Behavior by the perpetrator, such as showing up unexpectedly at places the victim goes, that suggest that he/she might be following or tracking the victim.
- Indications that the perpetrator is using technology, such as spyware, to stalk the victim.
- Repeated “coincidental” incidents, such as vandalism to the victim’s car or property.
- Disregard of consequences (such as arrest, jail, physical harm) by the alleged perpetrator.
- Other crimes that intersect with stalking (protective order violations, partner abuse, property damage).



**Victim resistance:** Telling the stalker she/he wants no contact; changing phones, residence, workplace, locks, social groups; altering life to prevent contact.



**Stalker persistence:** Repeated attempts by the perpetrator to contact the victim after he/she has been told or notified (verbal, written or in a protective order) that the victim wants no contact.



**Fear:** Heightened fear on the part of the victim for themselves or others close to him/her, even though she/he might not have been physically abused or explicitly threatened.



**Impact on Life:** The victim’s personal, professional, social, and/or academic life and relationships have changed or been disrupted because of the perpetrator.



Women are more likely  
to be **victims of**  
**stalking**



Men are more likely to be  
**stalkers** regardless of  
victim gender

## QUESTIONS:

### About the Course of Conduct

1. Is he/she following you, watching you, showing up unexpectedly, or communicating with you in ways that seem obsessive or make you concerned for your safety?
2. Has he/she repeatedly initiated unwanted contact with you (e.g., repeated phone calls, texts, messages, emails, gifts, etc. or through third parties)?
3. Has he/she threatened you or done other things to intimidate you? What has he/she done that has frightened or alarmed you? (Note: If victims describe behavior that does not superficially appear to be threatening/annoying, ask them why the behavior was frightening to them. Why does the victim perceive the behavior as an implied threat?)
4. Has he/she significantly and directly interfered with your life? Has he/she assaulted you while he/she has been stalking, harassing, or threatening you?

### About Threats

5. Have there been any threats to harm you? Threats to harm others you are close to?
6. Have there been any threats of suicide by the perpetrator if you don't do what he wants?

### About Fear and Concern for Safety

7. Has his/her actions made you afraid for your safety?
8. Have you changed your life in any way because you are afraid? If so, how? (ex., installed door locks, cameras, lights; moved; changed jobs; altered schedules; don't go out, etc.)
9. What are you most afraid of happening?



### KEY QUESTION

What would make you feel safer: in your home? In your workplace/school? During child exchanges/visits? Other situations?



## TAKE STEPS FOR PROTECTION:



### See It

See it/acknowledge it as stalking (complete the Stalking and Harassment Assessment and Risk Profile at [www.CoerciveControl.org](http://www.CoerciveControl.org))



### Threat

Think about the specific and unique threats and vulnerabilities the victim has and safety plan around that.



### Evidence

Preserve evidence and document stalking behaviors (go to [www.OutrageUs.org](http://www.OutrageUs.org) for a documentation log and tips for documentation)



### Protection

Protection by safety planning with the goal to make it as difficult as possible for the perpetrator to stalk her/him.



### Support

Seek support through trusted friends and family, victim advocates through local shelters and the National Domestic Violence Hotline ([www.thehotline.org](http://www.thehotline.org)), and police. Identify safe places to go for a rest from the stalking.



Check out: the **Stalking Resource Center** at [www.victimsofcrime.org/src](http://www.victimsofcrime.org/src) and **OutrageUs** at [www.outrageus.org](http://www.outrageus.org).