

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. About 75 percent of stalking cases are men stalking women, but men do stalk men, women do stalk women, and women do stalk men.

Some things stalkers do:

- ▶ Follow you and show up wherever you are.
- ▶ Repeatedly call you, including hang-ups.
- ▶ Damage your home, car, or other property.
- ▶ Send unwanted gifts, letters, cards, or e-mails.
- ▶ Monitor your phone calls or computer use.
- ▶ Use technology, like hidden cameras or global positioning systems, 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

Stalking is unpredictable and stalking situations are alike that what works for one person you can take steps to in

If you are in **immediate**

Trust your **instincts**. Don't you feel you are unsafe, you

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

Contact a crisis hotline, **violence services agency**, or a domestic violence or rape crisis program. Devise a safety plan, give your laws, refer you to other services such as seeking a protective

Develop a **safety plan**, in changing your routine, arrange having a friend or relative to decide in advance what to at your home, work, school, people how they can help you

1.4 million stalkers the US

help.

16429

king
center

CENTER FOR
of Crime

ake a safety plan,
ur legal rights, and
your area.

911-CALL

211-7996

Friday

3:30 p.m. EST

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

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

an immediate
call 911.

	threatening note on car			3 e-mails	4	5	not call SECURITY at work
8		9	10	4 e-mails	11	12	called repeatedly left message
5	16	17	18	19	6 hang ups	showed up at work	
2	23	24	25	26	broke car window	sent flower	

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been involved with the people they stalk. About 75 percent of
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ngs that stalkers might do, how stalking can affect you, and what
eone you know is being stalked. Steps you can take to increase your
ing: trust your instincts about the danger, take threats seriously,
agency, develop a safety plan, avoid communication with the
the stalking, contact the police, consider getting a court order that
way from you, tell family and friends about the stalking, and call 911
anger.

o of Crime, 2000 M Street NW, Suite 480, Washington, D.C. 20036;

or 800-FYI-CALL, TTY: 800-211-7996, Fax: 202-467-8701, E-mail:

e: www.ncvc.org (Teen Victim Project) or

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