

# STALKING: KNOW IT. NAME IT. STOP IT.

## Stalking Response Tips

### *for Victims*

#### Did You Know?

Stalking is a dangerous crime that affects an estimated 6.6 million women and men each year. Stalking—generally defined as a pattern of behavior directed at a specific person that would cause a reasonable person to feel fear—is a crime under the laws of all 50 states, the District of Columbia, the U.S. territories, and the federal government. As many as 1 in 4 women and 1 in 13 men have experienced stalking victimization at some point during their lifetime and most often the stalker is someone the victim knows—an acquaintance, a relative, or a current or former intimate partner. 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 victims can take steps to increase their safety.

#### What To Do If You Are Being Stalked

1. Trust your instincts. Victims of stalking often feel pressured by friends or family to downplay the stalker's behavior, but stalking poses a real threat of harm. Your safety is paramount.
2. Call the police if you feel you are in any immediate danger. Explain why even some actions that seem harmless—like leaving you a gift—are causing you fear.
3. Keep a record or log of each contact with the stalker. Be sure to also document any police reports.
4. Stalkers often use technology to contact their victims. Save all e-mails, text messages, photos, and postings on social networking sites as evidence of the stalking behavior.
5. Get connected with a local victim advocate to talk through your options and discuss safety planning. Call the National Domestic Violence Hotline at 1-800-799-SAFE.

#### For More Information

**National Stalking Awareness Month**  
<http://stalkingawarenessmonth.org/>

**Stalking Resource Center**  
[www.victimsofcrime.org/src](http://www.victimsofcrime.org/src)



**Stalking**  
resource center

This project was supported by Grant No. 2008-TA-AX-K017 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.