

## ARE YOU BEING STALKED?

**Stalking is a series of actions that make you feel afraid, distressed, or in danger.**

Stalking is serious, often violent, and can escalate over time.

### Are you...

- Always looking over your shoulder?
- Confused about how someone always seems to know where you are?
- Unsure when that person will show up again?
- Nervous about checking your email or phone because it might be him/her/them again?
- Scared of what that person might do next?

**You may be a victim of stalking.**

**“Going to work, attending your kids activities, going out for the evening... these things seem routine. For me, they’re terrifying because I never know what he will do or when he will show up.”**

—Stalking Survivor

## RESOURCES

If you do not know how to reach your local service provider, or for additional assistance, you can contact the following hotlines:

**Victim Connect**  
[VictimConnect.org](http://VictimConnect.org)  
855-484-2846

**National Sexual Assault Hotline**  
[RAINN.org](http://RAINN.org)  
800-656-4673

**National Domestic Violence Hotline**  
[thehotline.org](http://thehotline.org)  
800-799-7233

**SPARC**  
Learn more at [StalkingAwareness.org](http://StalkingAwareness.org)

**SPARC** STALKING  
PREVENTION,  
AWARENESS,  
AND RESOURCE  
CENTER

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# UNDERSTANDING STALKING



**Nearly 1 in 3 women and 1 in 6 men will be stalked in their lifetimes.**

## WHO ARE STALKERS?

### Most stalkers target people they know.

Many stalkers commit this crime against people who they've dated/been romantically involved with. Stalkers may also be acquaintances, family members, and/or strangers.

### Stalking is a crime in all 50 states, the District of Columbia and U.S. territories.

While most stalking victims are female and the majority of perpetrators are male, anyone can be a victim or perpetrator of stalking.



## WHAT DO STALKERS DO?

Most stalkers use multiple tactics to scare their victims. These behaviors may include (but are not limited to):

- **Unwanted contact** through repeated calls (including hang-ups), texts, emails or messages.
- **Following** you.
- Sending **unwanted gifts** or letters.
- **Tracking you** using technology (like GPS, apps or hidden cameras)
- **Showing up** or **waiting for you** at your home, work or school.
- **Damaging** your property.
- **Spreading rumors** about you – in person or online.
- **Posting or sharing or threatening** to post or share intimate photographs of you.
- **Harassing** your co-workers, family or friends.
- **Gathering information** about you by using the internet or going through your trash.
- **Hacking your accounts**, changing your passwords or impersonating you online.
- **Threatening** to hurt you or those close to you – family, friends, pets.
- Other actions that **control, track, or frighten you.**

## WHAT CAN YOU DO TO BE SAFER?

It can be helpful to think of strategies to help keep yourself and loved ones safer. You may want to:

- Call **9-1-1** if you're in imminent danger or have been threatened.
- **Trust your instincts.** If you think that you're in danger, you probably are.
- Connect with a **local victim service provider** who can help you explore options and make a detailed safety plan. Not sure where to go? Call the hotlines listed under "Resources."

### The stalking is not your fault and you cannot control the stalker's behaviors.

- **Document** everything that happens – keep a record or log. See [StalkingAwareness.org/what-to-do-if-you-are-being-stalked/](https://www.stalkingawareness.org/what-to-do-if-you-are-being-stalked/) for a sample log.
- **Tell people you trust** about the situation. See if your school, workplace, or building security can help with your safety plans.
- Consider getting a **court order** to keep the stalker away from you. Contact your local domestic violence/sexual assault agency or family court for more information.
- Learn more **safety strategies** at [StalkingAwareness.org](https://www.stalkingawareness.org/).