

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 e-mail 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 programs:

Directory of Programs Serving Immigrant Victims

niwaplibrary.wcl.american.edu/home/directory-programs-serving-immigrant-victims

Victim Connect

victimconnect.org/
855-4-VICTIM (855-484-2846)

National Sexual Assault Hotline

RAINN.org
800.656.HOPE (4673)

National Domestic Violence Hotline

thehotline.org
1-800-799-SAFE (7233)

SPARC

Learn more at StalkingAwareness.org

SPARC STALKING PREVENTION, AWARENESS, AND RESOURCE CENTER

This project was supported by Grant No. 2017-TA-AX-K074 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.

UNDERSTANDING STALKING



**In the U.S.,
STALKING IS A CRIME
and 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.



Learn safety strategies at [StalkingAwareness.org](https://www.stalkingawareness.org).

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, e-mails 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, and/or immigration or identity documents.
- **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.
- **Threatening** to deport you, your children, or family members.
- Other actions that **control, track, or frighten you.**

WHAT CAN YOU DO TO BE SAFE?

It can be helpful to think of strategies to help keep yourself and loved ones safe. 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.
- Apply for Violence Against Women Act (VAWA) immigration relief for crime victims (e.g. VAWA, U Visa, T visa, or Special Immigrant Juvenile Status).