



What is Stalking?

Stalking is a course of conduct directed at a specific person that would cause a reasonable person fear.
(Stalking Resource Center)

Statistics

- Nearly 3 in 4 stalking victims knew their offender in some capacity.
- The most common type of stalker is an Intimate Partner Stalker.
- Women are at greater risk than men for being stalked.
- The most common stalking victim is a female, with 73% of victims falling under a private context (girlfriend/ex-girlfriend, wife/ex-wife, acquaintance), and 27% being public figures (celebrity).
- Those highest at risk of stalking victimization are individuals who are divorced or separated.
- The average length of stalking is 16 months.
- 71% of stalkers engage in behaviors/tactics that put themselves in physical proximity to the victim.
- More than 1 in 4 stalking victims reported some form of technology used in stalking.

(Stalking Victimization in the United States, USDOJ, Bureau of Justice Statistics, January 2009)
(RECON Typology of Stalking, Forensic Science, January 2006)

Intimate Partner Stalkers

- Intimate partner stalkers are more likely to reoffend than other stalkers and tend to be more dangerous.
- Intimate partner stalkers frequently approach their targets and escalate in frequency and intensity of pursuit. They insult, interfere, threaten, and are more violent.
- Virtually all intimate partner stalkers reoffend, and do so more quickly than other groups of stalkers. (RECON Typology of Stalking. Forensic Science, January 2006)

Risk/Lethality

- 76% of intimate partner femicide victims have been stalked by their intimate partner.
- 89% of femicide victims who have been physically assaulted have also been stalked in the 12 months before their murder.
- 79% of abused femicide victims reported being stalked during the same period that they were abused. (Stalking and Intimate Partner Femicide. Judith McFarlane, et al;1999)

Stalking Behaviors/Tactics (not inclusive)

- Following, waiting around, spying, showing up, going through the victim's trash
- Checking phone log, emails, odometer, monitoring computer use
- Repeatedly calling, texting, emailing, sending gifts or letters
- Vandalism or destroying victim's property /belongings,
- Sending/posting threatening messages, starting rumors, creating fake accounts
- Questioning the victim or the victim's friends/family about where they have been and what they are doing
- Tracking the victim via GPS or surveillance by other technology
- Searching the victim online, paying to find out information, hiring a private investigator

The Impact of Stalking on Victims

- Loss of time at work and/or loss of a job
- Having to move to a different location
- Sleeping and eating disruptions
- Changes in social habits, hobbies, events, shopping, etc.
- Hyper-vigilant, anxiety, fear
- Isolation

Steps that can be taken if you or someone you know is being stalked

- Document each stalking incident, including the date, time, what took place, any witnesses and if police were called. Document the police officer name, badge, report number, and how the stalking incident made you feel.
- Vary routes taken to school, work, grocery store, etc.
- Use a new email address (keep the old active). If you give out your new email, ensure you can fully trust that individual. If you delete the old account it could escalate your abuser, plus whatever emails are sent to that account can be used as documentation
- Use a safer computer for any email and internet use. A safer computer would be one that the abuser has not and will not have access to, such as at a library or school.
- If possible, you may want to get another phone & phone number, just as with the email getting rid of the old number could escalate the abuser. Also the old phone number can be used to keep the abuser's messages, call log, etc. If you feel that changing your phone number is your best option (on your original phone) you may want to talk with a local domestic violence advocate to help you create a safety plan.
- Talk with a few people you completely trust, as they may be able to help you. For example, you can let them know who your stalker/abuser is, what he/she looks like and to contact you and or police if he/she shows up.
- You can set up a P.O. Box and have your mail sent there.
- Switch the GPS location in your cell phone to "emergency only".
- Avoid posting your location, what you are doing/where you are at, or other private information on social media sites.
- Sign up with the Address Confidentiality Program. A local domestic violence advocate can help you.
- Take all threats and treat all threats seriously. You may want to document these and/or contact law enforcement.
- Ask law enforcement to do a "no contact" notification to the abuser-stalker.
- Identify a few places you can go for help and to be safe in an immediate emergency.
- In an immediate emergency you can also call 911.
- To learn about more options and resources, you can contact your local Domestic Violence/Sexual Assault Program to talk with an advocate. Your nearest program can be found at nebraskacoalition.org.