

WHAT IS STALKING?

Stalking is a pattern of repeated and unwanted engagement, harassment, communication, or any other actions directed at an individual that would cause someone to feel fear



Examples of Stalking



- Making threats against someone, or that individual's family or friends
- Non-consensual communication, repeated phone calls, emails, text messages, and unwanted gifts
- Repeated physical or visual closeness, like waiting for someone to arrive at certain places, following someone, or watching someone from a distance
- Consistently sending unwanted communication online, such as spamming someone's social media platforms or texting
- Posting threatening or personal information about someone online
- Using GPS or other tracking systems to watch someone without their knowledge or consent
- Using someone's computer and/or spyware to track their computer activity



What Can I Do if I am Being Stalked?



- Try to avoid the person stalking you
- If you are being stalked through technology, such as social media or texting, make it clear that you wish to stop communicating. Once you've made it clear, do not respond to further contact.
- Keep any evidence received from the stalker such as text messages, voicemails, letters, packages, emails, etc., but do not respond. You can do this by taking screenshots of conversations or even printing out email exchanges.
- Tell family, friends, supervisors, and co-workers what is going on
- If you have children, create a code word that lets them know they need to leave the house or call the police
- Consider reporting the stalking to local law enforcement
- Keeping a journal or log of all incidents related to the stalking