



Addressing Stalking

In the US, 1.4 million individuals are stalked annually – that's 1 in 12 women and 1 in 45 men stalked in their lifetime (Stalking Resource Center, The National Center for Victims of Crime).

To Prevent. To Protect. To Prevail.

The legal definition of stalking can vary by where you live, but it's a crime in all 50 states, the District of Columbia and within the Federal Government. Stalking is generally agreed upon as *a series of actions that make someone feel fearful or in danger and can happen at the hands of a stranger or someone you know*. Most stalking victims (59% of women and 30% of men) are stalked by an intimate partner.

Actions Stalkers Take:

- Call, text, email you repeatedly
- Follow you or show-up wherever you go
- Send unwanted letters, cards, emails, gifts
- Damage your property (home, car, etc.)
- Drive by your school, work, home
- Use cameras and other technology to track you and monitor your phone and computer (remember, GPS devices are in cell phones)
- Threaten you, your family, pets, or friends
- Research you online or through public records, hiring investigators and/or by contacting family, friends, employers, neighbors and coworkers
- Dig through your trash, take receipts, etc.

Stalking May Cause You to:

- Feel fearful, angry, frustrated, depressed
- Become nervous, anxious, stressed
- Change your eating, sleeping patterns
- Isolate from family and friend, especially if they don't take the situation seriously

How to Help:

- In an emergency call 911
- Call 239.775.1101, TTY 239.775.4265 for 24-hour confidential support and safety planning
- Don't blame the victim and take the stalking seriously, 76% of intimate partner femicide (murder) victims had been stalked by their intimate partner (Stalking Resource Center)
- Be there when your friend needs you

If You Are Being Stalked:

- In an emergency call 911
- Always carry a charged cell phone; know your phone's blackout areas
- Trust your instincts – stalking can become very serious
- Call your local domestic violence center for support and safety planning (239.775.1101, TTY 239.775.4265)

- Change your routine, arrange for safe housing – determine in advance what actions you will take if the stalker shows-up at work, school, home, etc.
- Save all emails, texts, voice messages, letters, gifts, etc. as evidence of stalking
- Don't communicate with the stalker or respond to messages or attempts to contact you
- Seek an Injunction for Protection to keep the stalker away, call 239.775.1101, TTY 239.775.4265 for assistance
- Keep a journal of incidents (dates, times, locations) and photos of any damages (to yourself or your property)
- Tell family, friends, roommates, coworkers about the stalking, including security staff at your school or place of employment

For more information on stalking, please visit the Stalking Resource Center: www.ncvc.org/src, or call 1.800.211.7996.

Locally, contact The Shelter for Abused Women & Children for free and confidential support:

24-hour crisis line: 239.775.1101

TTY: 293.775.4265

239.775.3862 Administration

www.naplesshelter.org

Facebook: TheShelterNaples

Twitter: TheShelterTweet

YouTube: TheShelterNaples