

A woman with long brown hair, wearing a light-colored, textured sweater, is playing a violin. The background is blurred, suggesting an outdoor setting. A white text box is overlaid on the right side of the image.

**STALKING:
What it is and
How we can help**

Bob Kaiser
Wisconsin Assistant
Attorney General

*Southwest Virginia Legal
Aid Society
Domestic Violence
Conference
October 6, 2023*



Our Agenda

STALKING

The Price of Stalking

**How it affects us
everyday**

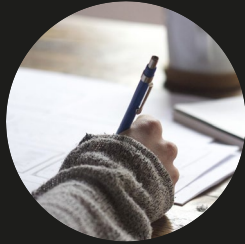
**What is Stalking in
Virginia**

**Virginia's Stalking
Statute**

How we can help

**Ways to keep victims
safe**

*Any opinions which may be inferred from these materials, or this presentation, are my own and do not necessarily represent the opinion of the Attorney General or the Wisconsin Department of Justice.



LIFE OF A STALKING VICTIM, in her own words

- **“I wake up every morning, wondering if this is the day I will die at the hands of my stalker. I spend the day looking over my shoulder for him. I jump every time the phone rings. I can’t sleep at night from worrying. When I do sleep, I have nightmares of him. I can’t escape him for a minute. I never have a moment’s peace, awake or asleep.”**

BEING STALKED IS A LIVING NIGHTMARE



Megyn
Kelly
TODAY

“

When I was in college, a female student was shot in the face by a stalker she had been trying to avoid. He came to campus and shot her because she was avoiding him. We were all on lock down for hours. She died. Stalking is serious.

I read the book *Antidote For a Stalker* by Mike Proctor (a former detective.) He says that stalkers are very hard to get rid of. They will not be scared off by law enforcement, and they have no idea that no means no. But he does recommend a few things: 1. Do not post personal information on Facebook or any social media. 2. If you move, put false info on Facebook to throw them off. 3. If necessary, stop using facebook. 4. Go ahead and be rude. You're not obliged to make him happy. Nice girls finish last.

One of the worst parts about stalking is that it's SO INTRUSIVE and yet SO INTANGIBLE. Proving you're being stalked involves getting the authorities to understand the state of mind of the perpetrator instead of their actions. Police don't think things like a note on a car, a knife in your front yard, a person frequenting YOUR WORKPLACE when they have no business being in that town, or a person on YOUR campus where they have NO BUSINESS WHATSOEVER in being there is a problem; but it's how they operate. It's them sending you a message that they're always there. I'm not sure if police and law enforcement have a unified and effective protocol on how to deal with it.

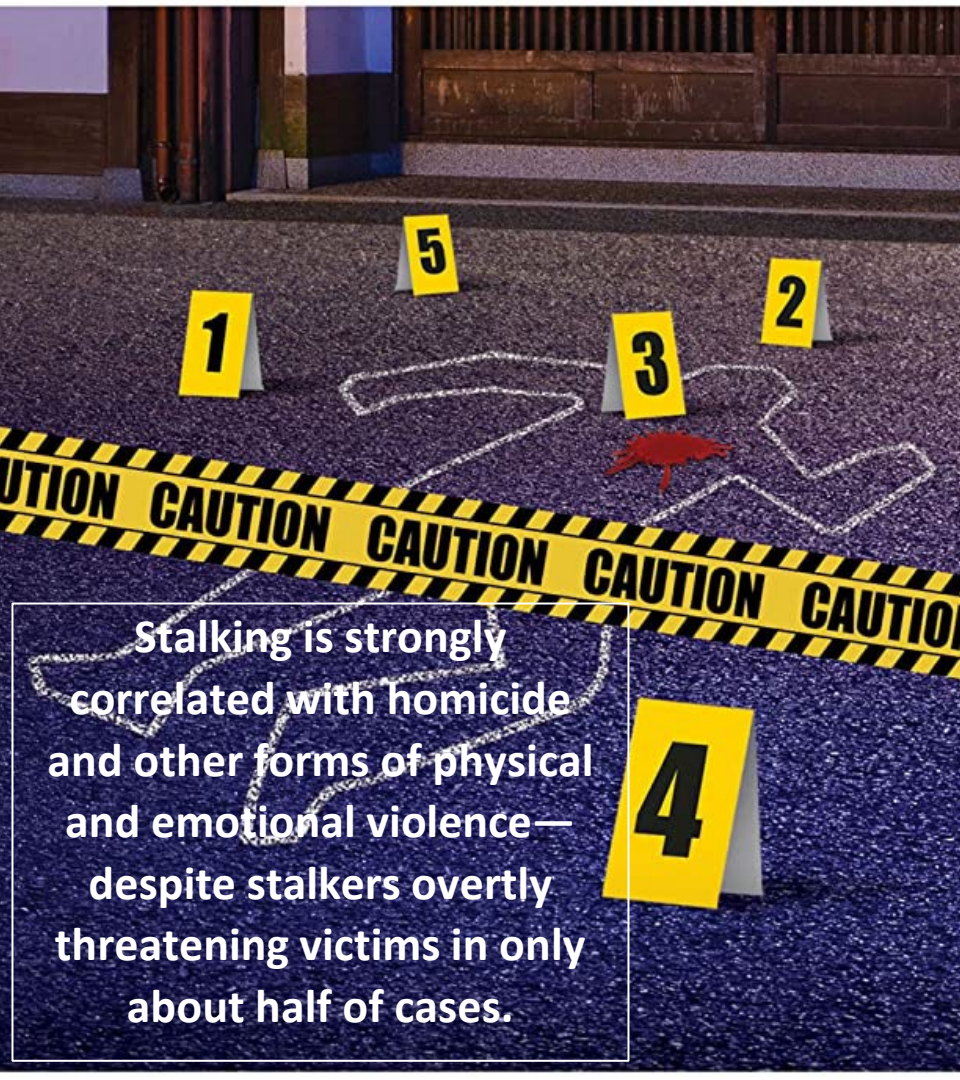
Comments on this video



Millions of people are stalked

- 1 in every 6 U.S. women and 1 out of every 19 U.S. men have been stalked in their lifetime. ([NCADV](#))
- *Stalking is more prevalent than previously thought:* 8% of women and 2% of men in the United States have been stalked at some time in their life; an estimated 1,006,970 women and 370,990 men are stalked annually. Given these findings, stalking should be treated as a legitimate criminal justice and public health concern. ([U.S. Department of Justice](#))
- **AND YET, about half of stalking is reported to the police and, when reported, arrests are extremely uncommon.** ([U.S. Department of Justice](#))

Homicide and Stalking




Stalking is strongly correlated with homicide and other forms of physical and emotional violence—despite stalkers overtly threatening victims in only about half of cases.

- *76% of women murdered by an intimate partner were stalked first; 85% of women who survived murder attempts were stalked.* ([National Coalition Against Domestic Violence, 2021](#))
 - A U.K. study finds stalking behavior identified in 94% of murders. ([The Guardian](#))
 - *89% of women murdered who had been physically assaulted before their murder were also stalked in the last year prior to their murder.* ([NCADV](#))
 - 54% of women murdered reported stalking to the police before they were killed by their stalkers. ([NCADV](#))



Stalking is a form of intimidation, power and control

- 81% of women who were stalked by a current or former husband or cohabitating partner were also physically assaulted by that partner; 31% of women were sexually assaulted. Abusers use stalking to intimidate and control their victims. ([NCADV](#))



threatening
words and
behavior

Stalking victims *rightfully* feel threatened without threatening words

- *Less than half of all stalking victims are directly threatened by their stalkers, although the victims, by definition, experience a high level of fear. ([U.S. Department of Justice](#))*
This is why a direct threat of physical injury to the victim is not required in the statute, only that the victim feel terrorized, frightened, intimidated, threatened, harassed or molested.
- **Threats** of violence by abusers against their intimate partners are highly predictive of actual physical violence and are a better predictor of future violence than past violent behavior, see Joanne Belknap, et al., *The Role of Phones and Computers in Threatening and Abusing Women Victims of Male Intimate Partner Abuse*, 19 Duke J. Gender L. & Pol'y 373, 378 (2012).



Psychological and Economic Impact of Stalking

- **1 in 4** stalking victims contemplates **suicide** (NCADV)
- Stalking victims are significantly more likely than non-stalking victims to live in fear for their personal safety and carry something to defend themselves. (USDOJ)
- Stalking victims suffer much higher rates of depression, anxiety, insomnia, PTSD and social dysfunction that people in the general population, (NCADV)
- 1 in 7 stalking victims has been forced to move as a result of their victimization. (NCADV)
- 1 in 8 stalking victims report losing work because of being stalked. More than half of those report losing 5 or more workdays. (NCADV)
- Stalking victims incur thousands of dollars in out-of-pocket costs such as attorney's fees, damage to property, loss of property, child-care costs, moving expenses, changing phone numbers, lower productivity, job loss, lost wages and income, lost tuition, lost schooling and the cost of physical and mental health services. (Institute for Women's Policy Research, Briefing Paper, *Intersections of Stalking and Economic Security*, Jan. 2017)



Stalkers target people they know *and* strangers

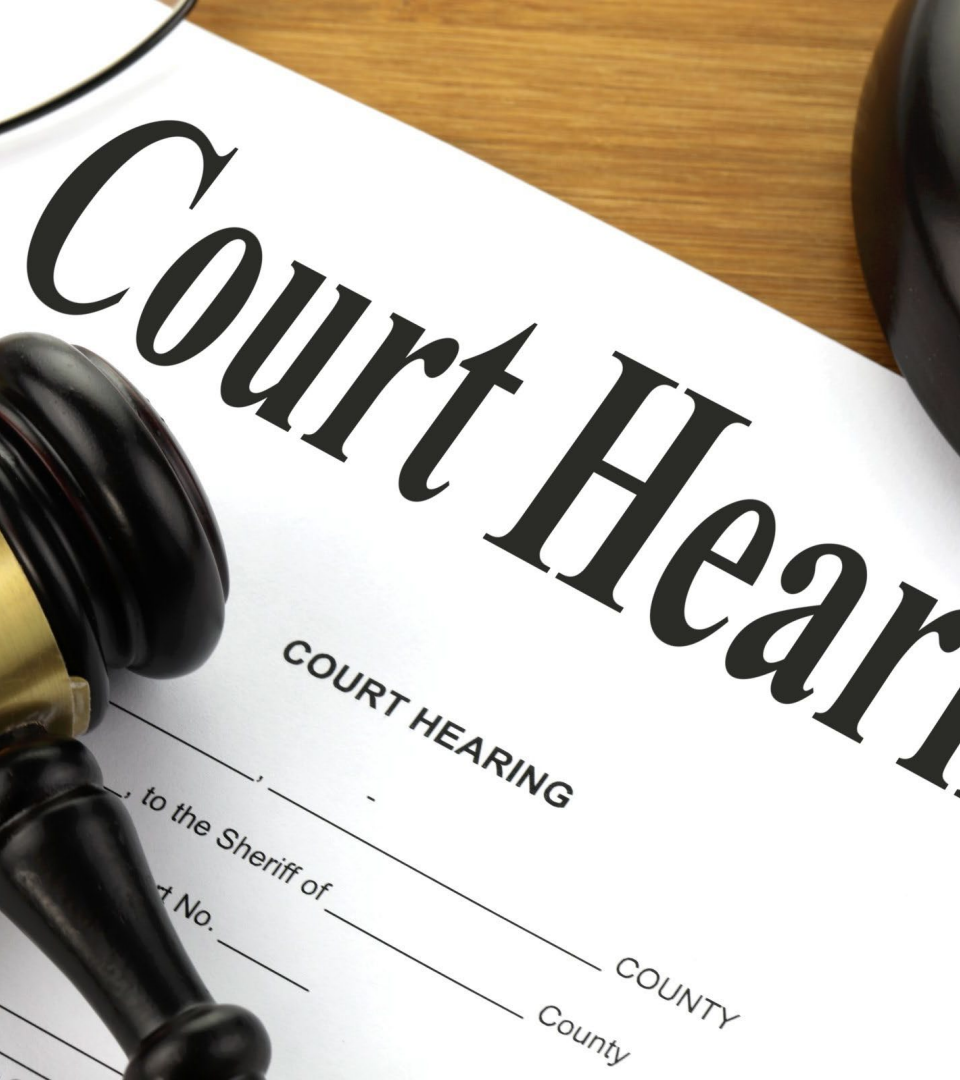
- Most stalking cases involve perpetrators and victims who know each other; however, 23% of all female victims and 36% of all male victims are stalked by strangers. ([U.S. Department of Justice](#))
- Spouse or Partner – 42%
- Dating – 14 %
- Acquaintance – 18%
- Relative – 4%
- Stranger – 22%

STALKING PREDOMINANTLY IMPACTS YOUNG WOMEN

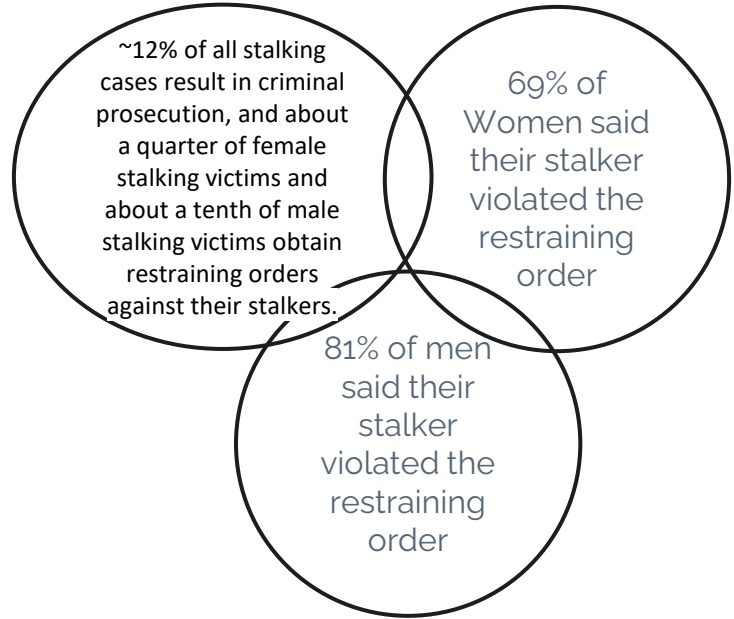
- Although stalking is a gender-neutral crime, most (78%) stalking victims are female and most (87%) stalking perpetrators are male. (U.S. Department of Justice)
- Adults 18-29 years old are the primary targets of stalking, comprising 52% of all victims. (U.S. Department of Justice)
- About one out of seven children in 6th and 9th grades has been a victim of stalking, potentially boosting their risk of substance abuse, dating violence and other dangers, a new U.S. survey finds. (USCDC, American Journal of Preventive Medicine, Dec. 2016)

- American Indian/Alaska Native women are significantly more likely to report being stalked than women of other racial or ethnic backgrounds. (U.S. Department of Justice)
- National statistics on the race and ethnicity of stalking victims can be found in the study in the supplied materials by Tjaden and Thoennes (1998).

Everyone is affected, but not at the same rate



Most Stalkers Violate Restraining Orders





Prior Intimacy is Predictive of Violence and Persistence

J. Reid Meloy, nationally recognized forensic psychologist and threat assessment expert, analyzed risk factors including major mental disorder (e.g. schizophrenia and mood disorders), explicit threats toward the victim, presence of personality disorders, chemical dependence or abuse and prior criminal history; of the three most significant predictors of violence (prior sexual intimacy, prior criminal history, and chemical abuse or dependence), **prior intimacy** showed the highest correlation with violence. **POSSESSION!**

Being able to estimate which stalkers are likely to persist longest is important in dealing with both perpetrators and victims. This study of 200 stalkers investigated characteristics of the stalkers and their behaviors that were associated with increased persistence. Models were developed to predict low, moderate, and highly persistent stalking. The results supported previous research indicating that the type of prior relationship between stalker and victim is strongly associated with persistence, with prior acquaintances the most persistent, and strangers least. Being aged over 30, sending the victim unsolicited materials, and having an intimacy-seeking or resentful motivation was also associated with greater persistence, as was the presence of psychosis. McEwan, T.E., Mullen, P.E. & MacKenzie, R. A Study of the Predictors of Persistence in Stalking Situations. *Law Hum Behav* **33**, 149–158 (2009). <https://doi.org/10.1007/s10979-008-9141-0>

The average stalking case lasts 1.8 years. Since nearly a fifth of all stalking victims move to new locations to escape their stalkers, it is important that address and other confidentiality programs be made available to stalking victims. (U.S. Department of Justice)

See VA Code Ann § 19.2-11.01. Crime victim and witness rights
See subsec. 3.e.

See § 19.2-11.2. Crime victim's right to nondisclosure of certain information; exceptions; testimonial privilege—
Essentially all personally identifying information is barred from disclosure

See also § 18.2-60.3.E. which bars giving victim's information to stalker when victim is notified of stalker's release from custody

Victim Privacy and Confidentiality must be jealously guarded because of the persistence of stalkers

alamy

My career experience with stalkers has included stalkings which have lasted 11 years, 15 years, over 20 years (including when the offender was in prison) and over 38 years.

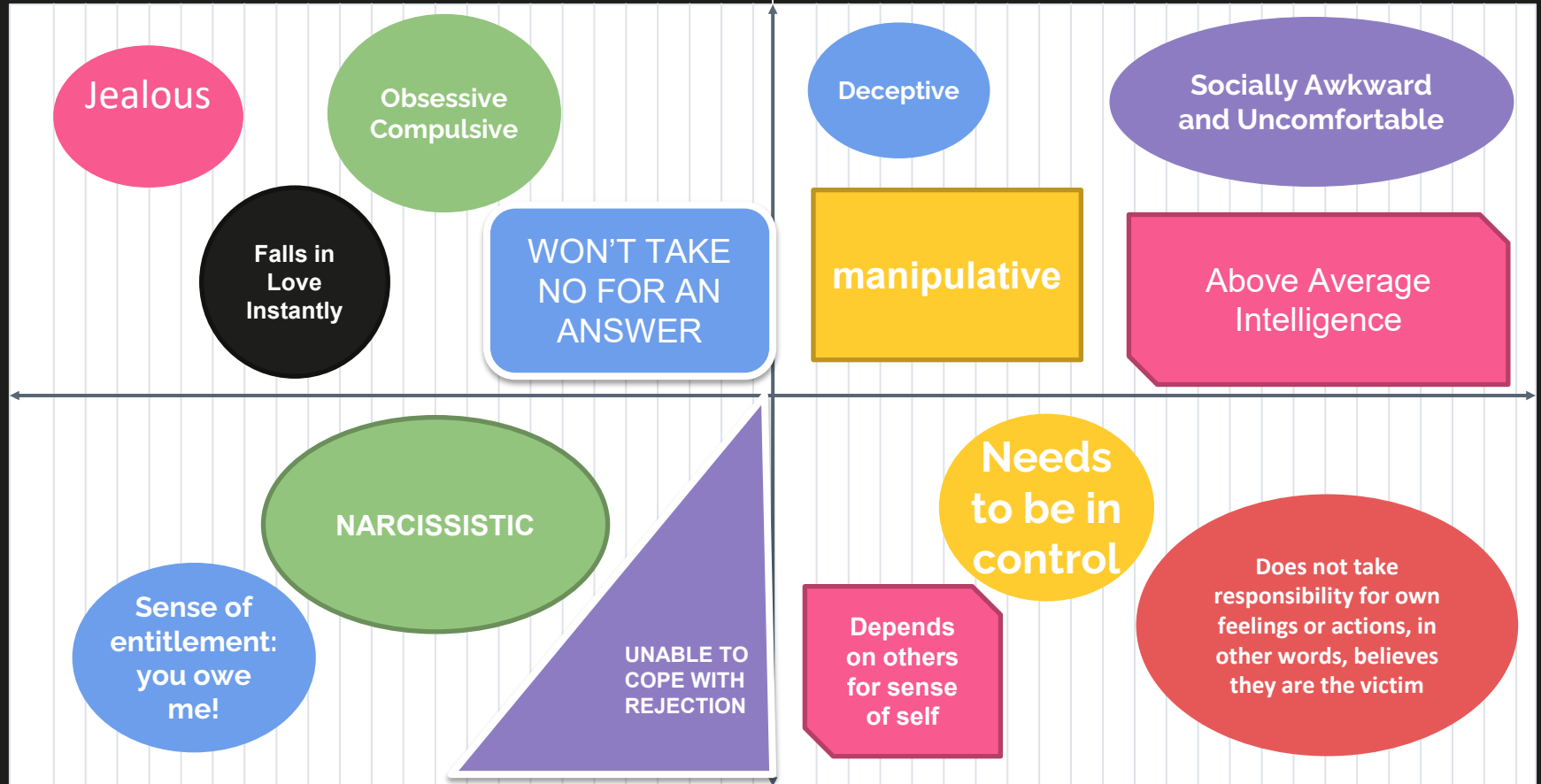
**PRIVATE
DRIVE**

**NO
HUNTING**

**PRIVATE
PROPERTY
KEEP OUT**

alamy

COMMON STALKER CHARACTERISTICS



LOW VALUE 2

Generally, Four Categories of Stalking



Individual stalkers may not exactly fit in one single category, but instead may exhibit characteristics associated with more than one category.



Love Obsession Stalkers

No relationship between the parties (fan/celebrity, co-worker, acquaintance, neighbor, etc.), but stalker is irrevocably in love with victim

Most of suspect's initial contacts with a victim are via correspondence

Factors which include enhance risk include:

- Excessive number of letters, emails, texts
- Stated intention or evidence of directed travel to encounter the victim
- Duration of one year or more
- *Will resort to violence*, even murder, if victim does not comply with their fantasy in order to link themselves with the victim forever

FALSE Victimization

VENGENCE STALKER

- This can involve an individual who either consciously or subconsciously seeks to play the role of the "victim." As such, the individual may invent a detailed tale in which he or she claims to be a stalking victim. In reality, the would-be victim is the actual stalker, and the alleged stalker is actually the real victim.
- This can also involve an individual who perceives themselves as a victim of some kind of wrong, such as being fired or disciplined at work, or bullied at school, and therefore justified in their stalking.



But not always

EROTOMANIA

- Subject thinks he/she is loved by another (secretary/superior, fan/celebrity)
- Very resourceful and will engage in a variety of contact behaviors
- Because they feel “loved” by the victim they are not inclined to harm their victim, because they believe their love is reciprocated; they may make threats, and victims don’t know what they might do
- Cases can develop with no relationship, or through a casual or business relationship
- But for some external barrier or interference, the two of them would be together. Given that perceived "love" between the stalker and the victim, the stalker can also pose a risk to those persons close to the victim since they may be viewed as "being in the way."
- <https://www.today.com/news/why-actress-rebecca-schaeffer-s-1989-murder-was-hollywood-s-t157444>



Simple Obsession, the most common, and very dangerous:

- Personality and mental disorders, not always obvious, like narcissism—this is not legal insanity
- Socially maladjusted---“loners”
- Insecure
- History of abusing (and being abused)
- Feelings of powerlessness and low self-esteem exhibited by power and control behavior which raises their self-esteem
- **Domestic Violence Stalking**
- 60% - 80% of all stalking cases, depending on the study
- Among the most dangerous of cases:
- 30% of all female homicides were committed by intimate partners
- Domestic violence victims run a 75% higher risk of being murdered by their partner
- They see their partner as a part of themselves and can never “let it go.”

Any person who engages in a course of conduct directed at a specific person which places that person, or their family, in reasonable fear for their safety, or causes the person serious emotional distress, commits the crime of stalking

Stalking is a “course of conduct”

Stalking behavior has to be viewed within the context of that “course of conduct”

CONCLUSION: Therefore, by definition, we are talking about multiple acts. The task is to put those acts in context.

What is Stalking?

- **Being annoyed**
- **Being alarmed**
- **Being upset**
- **Being concerned**
- **Being apprehensive**

That person may be, and likely is, being stalked and measures should be taken, but those feelings are not enough for prosecution.

What is NOT Stalking

The VA stalking statute:

VA Code Ann § 18.2-60.3:

“Any person, . . .who

- on more than one occasion
- engages in conduct,
- either in person or through any other means, including by mail, telephone, or an electronically transmitted communication,
- directed at another person
- with the intent to place,
- or when he knows or reasonably should know that the conduct places that
- other person in reasonable fear of death, criminal sexual assault, or bodily injury to
- that other person or
- to that other person's family or household member

is guilty of a Class 1 misdemeanor.”





No verbalized threat required

“Although the appellant never actually touched D.B. or made specific verbal threats of harm, **explicit threats are not the only means by which someone can instill reasonable fear in another.** See *Parker*, 24 Va.App. at 685–86, 485 S.E.2d at 152 (affirming stalking conviction based on a ‘barrage of unwelcome phone calls’ even though the defendant did not overtly threaten the victim).” (emphasis added)

Banks v. Commonwealth, 67 Va. App. 273, 292, 795 S.E.2d 908, 917 (2017)

This is a “reasonable person” standard: Would a reasonable person in the position of the victim have feared bodily injury, death, or criminal sexual assault?

This is a question for the jury.

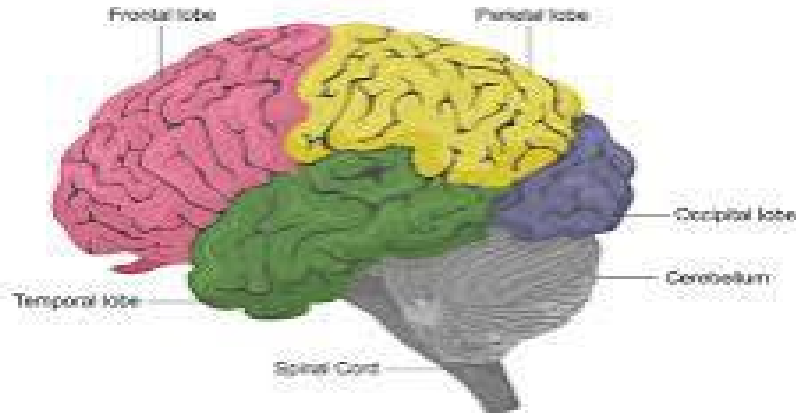
The Mens Rea Element of Stalking

§18.2-60.3. A.: the defendant "**KNOWS** or **REASONABLY SHOULD KNOW** that the conduct places that other person in

- reasonable fear of death, criminal sexual assault, or bodily injury to
- that other person or
- to that other person's family or household member"

This is an OBJECTIVE standard – even if offender denies knowing the adverse effects his course of conduct would have on the victim, the jury gets to decide that he should have known, BECAUSE ANY REASONABLE PERSON WOULD KNOW, or because of a prior investigation, arrest, prosecution, email, verbal warning, phone call or **STALKING WARNING LETTER. (see in materials)**

Human Brain Anatomy





In other words . . .

. . . the Commonwealth has to prove beyond a reasonable doubt that, on at least two occasions, the defendant either intended to cause the victim fear of the enumerated harms or knew his conduct would cause the victim such fear. See *Bowen v. Commonwealth*, 27 Va.App. 377, 380, 499 S.E.2d 20, 22 (1998). The knowledge of the accused may be inferred from the surrounding facts and circumstances. See *Parker v. Commonwealth*, 24 Va.App. 681, 686, 485 S.E.2d 150, 152–53 (1997). Furthermore, in drawing inferences from all the circumstances, the fact finder may discount a defendant's explanation for his acts. See *Woolfolk v. Commonwealth*, 18 Va.App. 840, 845, 447 S.E.2d 530, 532 (1994).

"...the Commonwealth need only exclude reasonable hypotheses of innocence that flow from the evidence, *not those that spring from the imagination of the defendant.*" *Archer v. Commonwealth*, 26 Va.App. 1, 12, 492 S.E.2d 826, 832 (1997) (quoting *Hamilton v. Commonwealth*, 16 Va.App. 751, 755, 433 S.E.2d 27, 29 (1993))." (emphasis added)

Banks v. Commonwealth, 67 Va. App. 273, 291, 795 S.E.2d 208, 217 (2017)

Prior Notice to Stalker creates Presumption Stalker Knew

STOP IN ALL WAYS!!!

§18.2-60.3.A: "If the person contacts or follows or attempts to contact or follow the person at whom the conduct is directed after being given **actual notice** that the person does not want to be contacted or followed, such actions shall be prima facie evidence that the person intended to place that other person, or reasonably should have known that the other person was placed, in reasonable fear of death, criminal sexual assault, or bodily injury to himself or a family or household member."

This can be done with a **Stalking Warning Letter**.



“Family or Household Member”

- “Family or household member” is defined in Va. Code [§16.1-228](#) to include:
- the person's spouse
- the person's former spouse
- the person's parents, stepparents, children, stepchildren, brothers, sisters, half-brothers, half-sisters, grandparents and grandchildren
- the person's mother-in-law, father-in-law, sons-in-law, daughters-in-law, brothers-in-law and sisters-in-law who reside in the same home with the person
- any individual who has a child in common with the person
- any individual who cohabits or who, within the previous 12 months, cohabited with the person, and any children of either of them then residing in the same home with the person.





Venue

- §18.2-60.3.C.: “A person may be convicted under this section in any jurisdiction within the Commonwealth
- wherein the conduct described in subsection A occurred,
- if the person engaged in that conduct **on at least one occasion** in the jurisdiction where the person is tried
- or in the jurisdiction where the person at whom the conduct is directed resided at the time of such conduct.
- Evidence of any such conduct that occurred outside the Commonwealth may be admissible, if relevant, in any prosecution under this section.”

As long as at least one act in the course of conduct occurs in your jurisdiction, you have venue.

There is NO Time Limit on Stalking!

All §18.2-60.3.A. requires is that the conduct occur on “more than one occasion.”

“Notably, the plain language in Code § 18.2-60.3 does not place any limitation on when prohibited conduct must have occurred. See *Johnson v. Commonwealth*, 58 Va.App. 625, 641, 712 S.E.2d 751, 759 (2011) (“We can only administer the law as it is written.” (quoting *Uninsured Emplrs. Fund v. Wilson*, 46 Va.App. 500, 506, 619 S.E.2d 476, 479 (2005))).”

Banks v. Commonwealth, 67 Va. App. 273, 283, 795 S.E.2d 908, 913 (2017)

PROSECUTORS: Please allege as the time frame of the stalking the entire period of time covered by the course of conduct.



“In sum, the appellant’s argument that all of the conduct which comprises the elements of the stalking offense must occur within the one-year statute of limitations fails. **The statute of limitations began to run when the crime was complete**, which was in April of 2014. To hold otherwise would insulate from prosecution a defendant who engages in prohibited contact every year for a series of years as long as each subsequent contact occurs more than 365 days after the previous contact. This interpretation would lead to an absurd result and cannot have been what the General Assembly intended when it enacted the statutory scheme.” (emphasis added)

Banks v. Commonwealth, 67 Va. App. 273, 286, 795 S.E.2d 908, 914 (2017)

Statute of Limitations

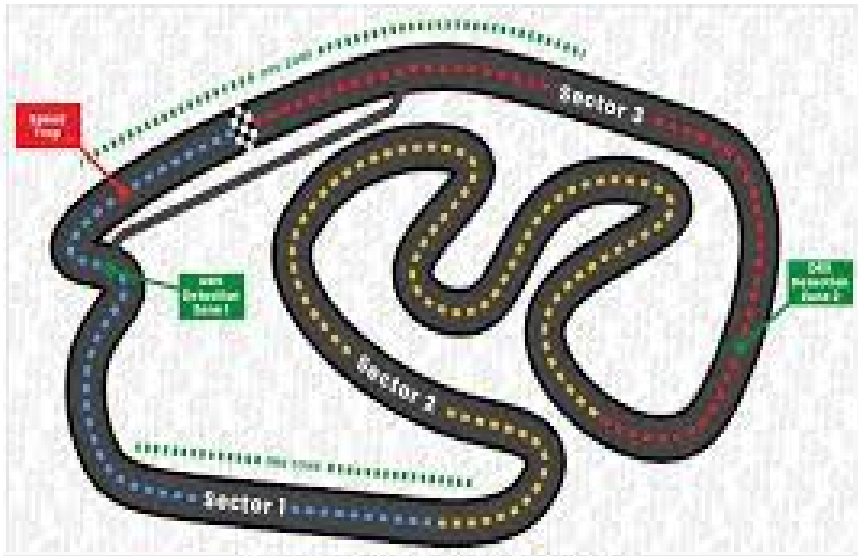


Courses of Conduct

- §18.2-60.3.A.: The Offender,
- on ***more than one*** occasion
- engages in conduct . . .
- directed at another **person**

This is designed to be directed at a specific person where the offender ought to know, or does know, that the conduct will cause that person fear of the “enumerated harms.”

“Person,” not an organization or entity.



Formula 1 Race Tracks

“Course of Conduct”

§18.2-60.3.A: “ . . . conduct, either in person or through any other means, including by mail, telephone, or an electronically transmitted communication,”

See Handout:
Breaks down
s.940.32(1)(a) into
each individual
behavior

Courses of Conduct
Wis. Stat. § 940.32(1)(a)1.-5.
Physical Behaviors
(first 5 out of 10)

- 1. Maintaining visual or physical proximity to the victim. [til 2000 only this was stalking in WI]
- 2. Approaching or confronting the victim.
- 3. Appearing at the victim's workplace or contacting the victim's employer or coworkers.
- 4. Appearing at the victim's home or contacting the victim's neighbors.
- 5. Entering property owned, leased, or occupied by the victim.



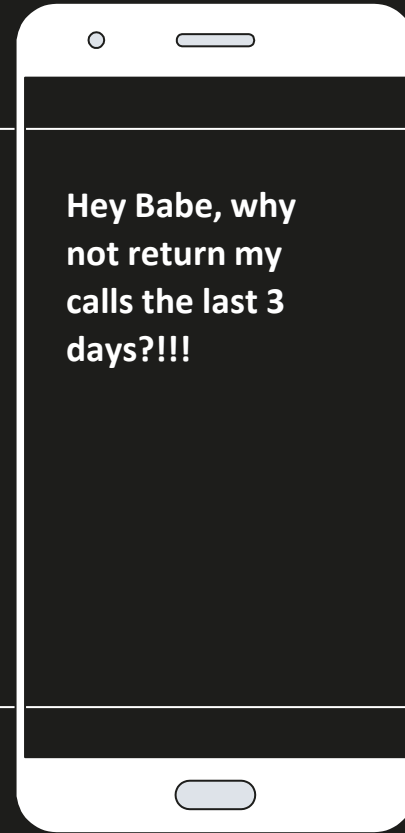
Courses of Conduct s. 940.32(1)(a)6.-7m. Cyber and other Remote Behaviors

- **6.** Contacting the victim by telephone, text message, electronic message, electronic mail, or other means of electronic communication or causing the victim's telephone or electronic device or any other person's telephone or electronic device to ring or generate notifications repeatedly or continuously, regardless of whether a conversation ensues.
- **6m.** Photographing, videotaping, audiotaping, or, through any other electronic means, monitoring or recording the activities of the victim. This subdivision applies regardless of where the act occurs.
- **7.** Sending to the victim any physical or electronic material or contacting the victim by any means, including any message, comment, or other content posted on any Internet site or web application.
- **7m.** Sending to a member of the victim's family or household, or any current or former employer of the victim, or any current or former coworker of the victim, or any friend of the victim any physical or electronic material or contacting such person by any means, including any message, comment, or other content posted on any Internet site or web application for the purpose of obtaining information about, disseminating information about, or communicating with the victim.

EXAMPLE: s. 940.32(1)(a)6.:

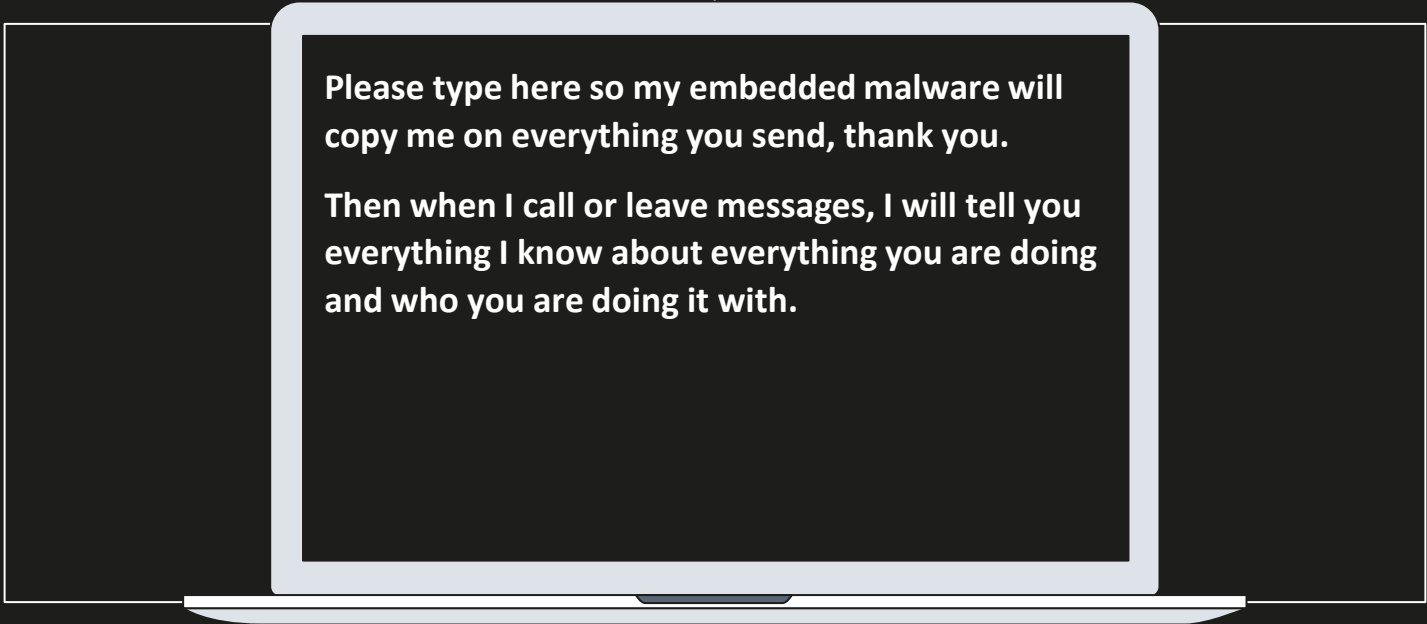
Contacting the victim by telephone,
text message, electronic mail, or other
means of electronic communication...

Not illegal by itself.
It's the context.



This includes:

keystroke monitors, secret home/work surveillance devices (including in bathrooms), cell phone recordings, drones (see Wis. Stat. §942.10), *AND GPS Devices*, placement now illegal per Wis. Stat. § 940.315, eff. 7/1/15

A stylized illustration of a laptop with a white frame and a black screen. The screen displays two lines of white text. The laptop is centered within a white rectangular border.

Please type here so my embedded malware will copy me on everything you send, thank you.

Then when I call or leave messages, I will tell you everything I know about everything you are doing and who you are doing it with.

Statutory language change 2021

Charge Every Crime!



For instance, where a cellphone or computer message has the intent to coerce, intimidate, or harass the stalking victim and communicates obscene, vulgar, profane, lewd, lascivious, **or** indecent language, **or** makes any suggestion or proposal of an obscene nature, **or threatens** any illegal or immoral act, this is a Class 1 misdemeanor, pursuant to VA Code Ann. §18.2-152.7:1

OR: § 18.2-60.5. Unauthorized use of electronic tracking device; penalty.

A. Any person who installs or places an electronic tracking device through intentionally deceptive means and without consent, or causes an electronic tracking device to be installed or placed through intentionally deceptive means and without consent, and uses such device to track the location of any person is guilty of a Class 1 misdemeanor.



Courses of Conduct s. 940.32(1)(a)8-10. Delivery, and Others' Behaviors

- **8.** Placing an object on or delivering an object to property owned, leased, or occupied by the victim.
- **9.** Delivering an object to a member of the victim's family or household or an employer, coworker, or friend of the victim or placing an object on, or delivering an object to, property owned, leased, or occupied by such a person with the intent that the object be delivered to the victim.
- **10.** Causing a person to engage in any of the acts described in subds. [1.](#) to [9.](#)



SECURING VICTIM SAFETY STRATEGIES

STALKING WARNING LETTER

VICTIM SELF-PROTECTION MEASURES

VICTIM SUPPORT

Keeping victims safe is everyone's opportunity to do good!!!

Stalking Warning Letter served to _____,
(DOB) _____
(HOME ADDRESS) _____

The _____ Police Department (or Sheriff's Department) has recently investigated a complaint about your behavior towards the above-named individual.

The behavior you have engaged in could be interpreted as "stalking" as defined by WI State Statute 940.32. Stalking can be described as intentionally engaging in a course of conduct directed at a specific person that would cause a reasonable person under the same circumstances to suffer serious emotional distress, or place the specific person in reasonable fear of bodily injury. Your behavior has induced such fear or distress in the above named individual.

The Wisconsin law makes stalking a crime. The _____ Police Department (or Sheriff's Department) takes this law very seriously.

Please consider this a formal warning that any future conduct by you towards the above named individual could result in arrest by law enforcement and prosecution by the _____ County District Attorney's Office.

Print Name of Chief of Police (or Sheriff)

Signature of Chief of Police (or Sheriff)

Served in hand _____ by _____
(date) (Name of investigator)

On behalf of the _____ Police Department (or Sheriff's Office)

at _____
(location)

Stalking Warning Letter

- 1. It works very often to stop the stalking behavior.**
- 2. By stopping the stalking behavior before it escalates to arrest and trial, it can save valuable law enforcement resources.**
- 3. When it doesn't work and the stalking continues, the letter serves as ironclad and irrefutable proof that the offender is acting knowingly, again saving valuable time and resources at trial and often leading to pleas rather than trials.**

Stalk the Stalker

We need a warrant to install a GPS device on the Stalker's vehicle:

“ . . . the United States Supreme Court decided *United States v. Jones*, 565 U.S. —, 132 S.Ct. 945, 181 L.Ed.2d 911 (2012), holding that the government's placement of a GPS tracking device on the bumper of a vehicle and its use of that device to monitor the vehicle's movements is a “classic trespassory search” which, in the absence of a valid search warrant, is a violation of the Fourth Amendment to the United States Constitution. *Id.* at —, —, 132 S.Ct. at 949, 954. Applying *Jones* to this case means that the installation of the GPS device on Foltz' work van and the use of that device to gather information about Foltz' movements by the police, without a valid search warrant, constituted an unconstitutional search.”

Foltz v. Commonwealth, 284 Va. 467, 472, 732 S.E.2d 4, 7 (2012)





Victim Self-Protection measures

- A. Inform all of the neighbors, co-workers, receptionist, and the security staff where you live or work. Prepare them for the possibility that the stalker may look for you there and ask them to support you. Do the same with the key people in the organizations to which you may belong. The moment the stalker shows up in a work or social setting is not the time to explain the situation to everyone.
- B. Always carry a charged cell phone.
- C. On any phone have anonymous answering machine or service and use only that to answer any phone
- D. Do not keep secrets about the stalker or his activities.
- E. Report every encounter to someone immediately
- F. Change ISP
- G. Install security cameras at residence
- H. Seek support from people who understand. Avoid people who minimize the problem and tell you that you are overreacting.
- I. **Keep a journal of all activities until the stalking threat is over, not just the seemingly suspicious ones.**
- J. Do workouts with a buddy if you jog or go work out at a club. (This will make the victim feel safer and will also provide a witness if the stalker approaches them.)
- K. If being followed, go to a safe place immediately
- L. Don't walk alone or jog at night.
- M. Ask security for escorts to car if necessary. Alternate secure or close parking arrangements if possible.
- N. If the victim is an employee, provide copy of Protective Order to supervisor, provide picture of Stalker. Emergency contact person if employer is unable to contact the employee. Safety in the workplace is big consideration for employer and victim

- ***This is empowering. This is retaking control of one's life.***



INVALUABLE RESOURCES

safetychick.com—founded and run by Kathleen Baty

<https://www.justice.gov/ovw/stalking--USDOJ>

Office of Violence Against Women

<https://victimsofcrime.org/stalking-resource-center/>

<https://www.stalkingawareness.org/>

<https://www.thehotline.org/resources/stalking-safety-planning/>

The background of the slide is a photograph of the Statue of Liberty in New York City at night. The statue is illuminated, and the city lights are visible in the background.

Thank you!

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