

## Safety Tips for Stalking Victims

- ◆ Keep a log of every stalking incidents include, names, dates and times of contact
- ◆ Make a police report—consider getting a protection order and/or seeking help from a victim's support group
- ◆ Obtain an unpublished and unlisted phone number
- ◆ Get a dog for protection
- ◆ Install a deadbolt on the front door
- ◆ Inform a trusted neighbor or coworker of the situation. Provide them with a description of the suspect and any possible vehicle they may drive.
- ◆ Be aware of your surroundings, trust your instincts about a situation
- ◆ Get a 911 cell phone for emergencies, if you need one they are available at the ATVP office free of charge.
- ◆ Attach motion-sensor lights to the outside of your home
- ◆ Trim bushes and trees around your home
- ◆ Vary the routes to places you frequently travel
- ◆ If possible, vary your work schedule
- ◆ Install panoramic peep holes on entry doors
- ◆ Keep an "escape bag" at the home of a trusted friend
- ◆ Keep important documents in a security box at the bank
- ◆ Drive with your doors locked at all times
- ◆ Avoid isolated places such as alleyways, restrooms, etc.

## ATVP Celebrating 25 Years of Survivors' Strength in 2005

PO BOX 37  
1125 NW NYE, SUITE A  
PULLMAN, WA 99163  
TEL: (509)332-0552  
FAX: (509)332-3314



A UNITED WAY AGENCY

PO BOX 8517  
627 N. VAN BUREN  
MOSCOW, ID 83843  
TEL: (208) 882-2490  
FAX: (208) 883-1041

**Web Address**  
[www.atvp.org](http://www.atvp.org)

**E-Mail Address**  
[home@atvp.org](mailto:home@atvp.org)

**24-Hour Hotline**  
Collect Crisis Calls Accepted

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# Stalking



## Alternatives to Violence of the Palouse

Help for victims and  
survivors of domestic  
violence and  
sexual assault

24-hour Crisis Hotline  
**(208) 883-HELP**  
OR  
**(509) 332-HELP**

# Stalking

Most states define stalking as "the willful, malicious, and repeated following or harassing of another person."

## Types of behavior that constitute stalking:

- ◆ Sending unwanted letters, cards, emails, phone calls, or gifts
- ◆ Showing up at victim's home, school, and/or work
- ◆ Following victim or committing other violations of protective orders
- ◆ Vandalism of the victim's property
- ◆ Entering home of victim when they are not there
- ◆ Stealing/tampering with victim's mail
- ◆ Reporting victim to authorities for crimes that did not occur
- ◆ Disabling the victim's car or puncturing tires
- ◆ Leaving unwanted gifts for the victim at home, school or work
- ◆ Attempting to gather information from others about the victim
- ◆ Observing and "coincidentally" showing up wherever the victim goes
- ◆ Physically attacking the victim
- ◆ Threatening mail, e-mail, notes, or phone calls
- ◆ Persistent physical approaches and/or requests for dates/meetings

## Characteristics of Stalkers

- ◆ Stalkers make overt threats to approximately 45% of victims
- ◆ Stalkers may have past violent behavior
- ◆ A stalker's behavior will typically become more serious and threatening over time
- ◆ Stalkers begin to make visits to the victim's residence and/or cause property damage
- ◆ Stalkers spy on or follow approximately 75% of victims
- ◆ Stalkers may have detailed knowledge of the victim
- ◆ Stalkers' acts often become increasingly personal
- ◆ Some stalkers cease the stalking behavior when confronted by police, but many do not
- ◆ Stalkers are often Jealous, Narcissistic, Obsessive and compulsive, and Manipulative
- ◆ Stalkers often need to have control over others
- ◆ Stalkers often view themselves as a victim of society, family and others
- ◆ Stalkers often switch between rage and "love"
- ◆ Stalkers don't take "no" for an answer
- ◆ Stalkers often fall (or claim to fall) "instantly" in love

## Stalking Statistics

- ◆ 8.2 million women (1 out of 12) and 2 million men (1 out of 45) will be stalked in their lifetime
- ◆ 1.4 million people are stalked annually
- ◆ 94% of stalkers identified by female victims are men
- ◆ 77% of victims know their assailant
- ◆ 13% of female college students report they have been stalked
- ◆ 4 out of 5 victims are females
- ◆ 60% of female victims are stalked by an intimate partner
- ◆ Domestic violence victims run a 75% higher risk of being murdered by their stalker
- ◆ 81% of female victims who are stalked by an intimate partner also report they have been physically assaulted by that partner
- ◆ 31% of female victims who are stalked by an intimate partner also report they have been sexually assaulted by that partner

\* Statistics from the National Violence Against Women Survey, 1998