



Stalking

From a behavioral perspective, stalking is defined as ["a pattern of behavior directed at a specific person that would cause a reasonable person to feel fear for the person's safety or the safety of others; or suffer substantial emotional distress."](#) While criminal definitions vary, establishing a "pattern of behavior" refers to at least two instances of stalking.

Though not technically “domestic violence,” it is a form of abuse, especially in teen dating relationships, and often one of the red flags regarding a person in a dating relationship.

Domestic Violence is about one person gaining and maintaining power and control over another person, and stalking can be one way abusers achieve this.

Stalking behavior (from the Julian Center)

Recognize stalking behaviors

According to the [National Domestic Violence Hotline](#), stalkers use a variety of physical and/or digital behaviors, such as:

- making repeated and unwanted phone calls or texts
- sending unwanted letters or emails
- following or spying on you
- showing up wherever you are without a legitimate reason to be there
- driving by or waiting around at places you frequent
- leaving/sending unwanted gifts
- posting information or spreading rumors about you on the internet, in a public place, or by word of mouth
- looking through your property (including trash cans, your mail, or your car)
- taking your property
- collecting information about you
- taking pictures of you
- damaging your property
- monitoring your phone calls, email, social media, or other computer use
- using technology, like hidden cameras or GPS, to track you
- threatening to hurt you, your family, friends, or pets
- finding out information by using public records or online search services, hiring investigators
- contacting friends, family, neighbors, or co-workers about you

The most important thing is your safety. Develop a good safety plan and let someone you trust know what is going on.



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What to do if you are being stalked (from the Julian Center)

Given how dangerous stalking can become, consider these safety planning tips:

- vary your route and routine
- avoid going out alone – employ the “buddy system” as much as possible
- notify family/friends/coworkers about the stalking
- increase your home security by adding locks, cameras, outdoor lights or a home security system
- block the stalkers phone number, email, and social media accounts
- track stalking behavior in an incident log and save any text messages, emails, voicemails, or letters for documentation purposes
- make a police report and obtain a protective order against the stalker

If you think you are a victim of stalking and need safety planning assistance, please call our 24-hour crisis line at 317.920.9320 to chat with an advocate about your situation and options.

Trust your gut

Cease all contact

Document and preserve evidence – Keep a log and save digital proof

For more information, check out the following:

JWBS

<https://jbws.org/domestic-violence-and-stalking/>

Identifying Stalking behaviors

<https://www.stalkingawareness.org/stalking-behaviors/>

Risk Assessment and Safety Planning

<https://www.stalkingawareness.org/risk-and-safety/>

Helplines, Privacy and Online Safety

<https://www.stalkingawareness.org/external-resources/>

Awareness videos

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

Stalking and Intimate Partner Violence

<https://www.youtube.com/watch?v=PcjCHXorHgM>



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Stalking Safety Planning

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

How to support someone being stalked

<https://care.berkeley.edu/wp-content/uploads/2020/03/givesupport-stalking.pdf>

For more information and resources, contact Rich at hello@thechurchofstluke.org