

Stalking

***Provided by the Fairfield County Prosecuting Attorney's Office – Kyle Witt
Office of the Victim Assistance Division***

What Is It?

Stalking is a pattern of behavior that makes you feel afraid, nervous, harassed, or in danger. It is when someone repeatedly contacts you, follows you, talks to you when you don't want them to, or threatens you.

You can be stalked by someone you know or by a stranger. Stalking can be dangerous, and it is a crime. If you are stalked, it is not your fault. Stalkers are responsible for their own actions.

How to Help Yourself

- Call the police
- Tell a parent, friend, teacher or someone you can trust.
- If you don't know where to go for help, contact a Victim Assistance Specialist at the Fairfield County Prosecuting Attorney's Office, Victim Assistance Division at 740-652-7560.

Help Someone Else

If you know someone who is being stalked, you can:

- Encourage him/her to seek help.
- Be a good listener.
- Offer your support.
- Do not blame the victim.
- Ask him/her how you can help.
- Educate yourself on stalking.

Helpful Tips:

- ***Keep a Stalking Log***

This is a log of dates, times, location, witnesses to the incident, and details of the incident. If Law Enforcement is called, also keep the report number and officer's name in the log.

- ***Install lighting and new locks at home.***
- ***Tell a trusted neighbor and co-workers, provide them with description of the stalker and their vehicle***
- ***Do not travel alone***
- ***Take all threats seriously and tell law enforcement immediately.***

Stalking Behaviors:

- Repeatedly writes you letters.
- Repeatedly calls or hangs-up on you.
- Damaging your property.
- He/she follows you repeatedly
- Showing up at places you go.
- Sending you mail, email or pictures.
- Creating a web site about you.
- Sends you unwanted gifts.
- Stealing things that belong to you.
- Monitors your phone calls or computer use.
- Repeatedly drives by your home, school or work.
- Any other actions the stalker takes to contact, harass, trick or frighten you.

About Batterers

Batterers frequently present themselves in the following ways:

- Says they are the “real” victim in the family.
- Trying to keep the family together.
- May acknowledge “family problems” but deny violence.
- When confronted by others he/she may respond by saying: “She/He bruises easily,” “She/He was hysterical,” “She/He was drunk/high”, “I had to restrain her/him”.
- May assert that he/she knows people in the criminal justice system and tells the victim he/she will not get justice.
- May call victim before going to testify in a case, to tell them they don’t need to testify because hearing was postponed.
- May try to confuse victim

Batters usually show symptoms of “Dr. Jekyll and Mr. Hyde” in relationships.

Cycle of Violence

Stage 1- Tension Building

Tension builds, threats of violence, name calling and intimidation increases. Victims will often make increase efforts to please the abuser.

Stage 2 – Act of Violence

This may include hitting, kicking, punching or weapons. This also involves blaming and denial of responsibility

Stage 3 – Honeymoon

Abuser apologizes and promises the violence will never happen again. Gift may be bought. This also involves blaming it on the victim to minimize the severity of the abuse.

Techniques Used by Captors

- Isolation
- Threats
- Degradations
- Occasional Indulgences
- Monopolization of Perceptions
- Induced Debility

Techniques Used by Abusers

- Intrusiveness & Isolation
- Threats to Kill
- Psychological Torture – Verbal
- Pattern of Violence Cycles
- Sexual Abuse
- Substance Abuse
- Previous Incidents