

## How to Deter Stalking Through Technology

- ✓ **Be protective of your personal information. Avoid using shared accounts on social media.** When interacting with social media, create your own profile with a generic name and photo. In this way, someone who searches for you through your real name will not be able to find you as easily.
- ✓ **Refrain from “checking in” to locations.** Turn off your location-sharing permissions.
- ✓ **If possible, require the social media platform to remind you to review information that others post about you.** Review your privacy and security settings across all other platforms as well.
- ✓ **Link a unique E-mail address solely for the purpose of accessing social media.** In the event that someone begins to stalk or harass you, removing yourself from the situation is as easy as closing the E-mail address and opening a new one.
- ✓ **If you choose to disclose your contact information within your social media account, consider listing a phone number obtained through Google Voice.** The service is free, and people with whom you interact through it are not given your actual phone number.
- ✓ **Regularly change the passwords** for all of your social media accounts, E-mail addresses, and electronic devices, including your home network and Wi-Fi.
- ✓ **Install anti-virus and anti-spyware software on all of your electronic devices.**

Stalking is a dangerous crime.

Don't wait.  
Seek help today.

Contact the *Domestic Violence Prevention Officers* or the *Victim Advocates* at your local Police Department or PSA.

For emergencies, dial “911.”

# DOMESTIC VIOLENCE

*STALKING*

Are you being stalked?

Know the signs.  
Seek help today.

# Know the signs. Don't wait. Seek help.

## What is stalking?

Stalking is an action used to **maintain contact** with, or **exercise power and control** over another individual. It involves **intentional and repeated actions** that place an individual in reasonable **fear for his or her safety**. This includes **unwanted communication, showing up** at places someone visits, or **making threats**.

These behaviors are considered stalking when:

- They are committed for no legitimate purpose;
- They are directed at a specific person; and,
- They are reasonably likely to cause emotional distress, fear, or harm.

## Stalking is a crime.

People who stalk can be **anyone**, from **family members** and **romantic partners**, to **acquaintances** or **strangers**, to former **friends** and **co-workers**.

## Are you being stalked?

You may be a victim of stalking if someone:

- Repeatedly follows you or spies on you;
- Repeatedly makes phone calls to your home, cell phone, or place of work;
- Repeatedly sends unwanted E-mail, text messages, etc.;
- Leaves unwanted gifts or items for you;
- Vandalizes or damages your property;
- Threatens you or someone close to you;
- Repeatedly attempts to contact you through a third-party (e.g., friends, family, etc.); or,
- Repeatedly shows up for no legitimate purpose at places you visit.

You don't have to deal with this alone.

Help is always available.

## What should you do?



Call "911" in case of emergencies.



Keep a record of all encounters. Save any packages, letters, messages, or gifts from the stalker. Note the date, time, details of what happened, and names of any witnesses present.



Tell people that you are being stalked. Make sure your family, friends, neighbors, and co-workers know so that the stalker can't learn information about you from them. If possible, show them a photo of the stalker, or provide them with a physical description.



Obtain an Order of Protection. Make copies and keep it with you at all times.



Contact the *Domestic Violence Prevention Officers* or the *Victim Advocates* at your local precinct or PSA.