



STALKING: Connecting the Dots¹

Mental Health Professionals



DEFINITION: A **course of conduct** directed at a specific person that creates an implicit or explicit threat and **induces fear or concern for personal safety** or the safety of close others.



5.2 million women and 1.4 million men
will be stalked each year

Many victims do not use the term “stalking” but they describe stalking behaviors including:



SURVEILLANCE

Following, showing up, spying, using technology to keep tabs on the victim



LIFE INVASION

Repeated unwanted contact in person or by phone, text, email, card/note, message, third party, and social media



INTIMIDATION

Implicit and explicit threats, third party threats, forced confrontations, property damage, and threatened suicide



INTERFERENCE

Disruption of the victim’s life professionally and socially as well as physical and sexual attacks.

👂 LISTEN FOR:



Connections:

- The perpetrator showing up unexpectedly at places the victim goes or incidents that suggest the perpetrator might be following or tracking the victim
- Indications that the perpetrator is using technology, such as spyware, to monitor, harass, intimidate, sabotage, or stalk the victim
- Repeated “coincidental” incidents, such as vandalism to the victim’s car or property
- Other crimes that intersect with stalking (protective order violations, partner abuse, property damage)
- Threats, especially those that suggest a disregard of consequences (such as arrest, jail, physical harm)



Victim resistance: Telling the stalker she/he wants no contact; changing phones, residence, workplace, locks, social groups; altering life to prevent contact



Stalker persistence: Repeated attempts by the perpetrator to contact the victim after the victim has directly or indirectly indicated she/he does not want to be contacted and harassed



Fear: Heightened fear on the part of the victim for self and others, even though she/he might not have been physically assaulted or explicitly threatened



Impact on Life: Disruptions to the victim’s personal, professional, financial, social, and/or academic life and relationships

¹ TK Logan, Ph.D. (April 2017). For more information email tklogan@uky.edu or visit www.CoerciveControl.com.



Women are more likely to be *victims of stalking*



Men are more likely to be *stalkers* regardless of victim gender

ASK THE VICTIM:

About the Course of Conduct

1. Is he/she following you, watching you, showing up unexpectedly, or communicating with you in ways that seem obsessive or make you concerned for your safety?
2. Has he/she repeatedly initiated unwanted contact with you (e.g., repeated phone calls, texts, messages, emails, gifts, etc. or through third parties)?
3. Has he/she threatened you or done other things to intimidate you? What has he/she done that has frightened or alarmed you?

NOTE: If victims describe behavior that does not superficially appear to be threatening/annoying, ask them why the behavior was frightening to them. Why does the victim perceive the behavior as a threat?

4. Has he/she significantly and directly interfered with your life? Has he/she assaulted you while he/she has been stalking, harassing, or threatening you? Has he/she forcibly kept you from leaving or held you against your will, caused you to have a serious accident, physically assaulted your friends or family members or seriously attacked you in other ways?

About Threats

5. Have there been any threats to harm you? Threats to harm others you are close to?
6. Have there been threats to destroy property, harm pets, or to sabotage you in other ways?
7. Have there been any threats of suicide by the perpetrator if you don't do what he wants?

About Fear and Concern for Safety

8. Has his/her actions made you afraid for your safety?
9. Have you changed your life in any way because you are afraid? If so, how? (ex., installed door locks, cameras, lights; moved; changed jobs; altered schedules; don't go out, etc.)
10. What are you most afraid of happening?



KEY QUESTION

What would make you feel safer: in your home? In your workplace/school? During child exchanges/visits? Other situations?



ENCOURAGE THE VICTIM TO:



See it/acknowledge it as stalking
(Check the Stalking and Harassment Assessment Risk Profile at www.StalkingRisk.com)



Avoid minimizing or downplaying safety concerns and threats



Preserve evidence and document stalking behaviors in a safe way
(check the websites below for documentation logs and tips)



Plan for safety by thinking through specific threats and vulnerabilities
(the goal to make it as difficult as possible for the perpetrator to stalk her/him)



Seek support through trusted friends, family, or victim advocates



CHECK OUT

The **Stalking Prevention, Awareness, and Resource Center (SPARC)** at www.stalkingawareness.org; the **National Domestic Violence Hotline** at www.TheHotline.org (1-800-799-7233); the **Stalking and Harassment Assessment and Risk Profile (SHARP)** at www.StalkingRisk.com; **Other Resources** (www.CoerciveControl.org and www.OutrageUs.org).