

UNDERSTANDING STALKING

Stalking is a series of actions that make you feel afraid, distressed, or in danger.

WHO ARE STALKERS?

Many stalkers commit this crime against people who they've dated/been romantically involved with.

Stalkers may also be acquaintances, family members, or strangers.



WHAT DO STALKERS DO?



Many stalkers use multiple tactics:

- Unwanted contact through repeated calls (including hang-ups), texts, e-mails, or messages.
- Tracking you using technology (like GPS, apps, or hidden cameras).
- Showing up or waiting for you at your home, work, or school.
- Spreading rumors about you – in person or online.
- Posting, sharing, or threatening to post or share intimate photographs of you.
- Harassing your co-workers, family, or friends.
- Following you.
- Sending unwanted gifts or letters.
- Damaging your property.
- Gathering information about you by using the internet or going through your trash.
- Hacking your accounts, changing your passwords, or impersonating you online.
- Threatening to hurt you or those close to you – family, friends, pets.
- Other actions that control, track, or frighten you.



WHAT CAN YOU DO TO BE SAFE?

It can be helpful to think of strategies to help keep yourself and loved ones safe.

You may want to:

- Call 9-1-1 if you're in imminent danger or have been threatened.
- Trust your instincts. If you think that you're in danger, you probably are.
- Connect with a local victim service provider who can help you explore options and make a detailed safety plan.
- Document everything that happens – keep a record or log.
- Tell people you trust about the situation. Share your safety plan with your school, workplace, or building security.
- Consider getting a court order to keep the stalker away from you.

STALKING RESOURCES

1 in 6 women and 1 in 17 men will experience stalking



TN COALITION TO END DOMESTIC AND SEXUAL VIOLENCE SEXUAL ASSAULT LEGAL CLINIC

If you are a sexual assault survivor who is experiencing stalking, we are here to help.

The Sexual Assault Legal Clinic provides free and confidential legal services to survivors of sexual assault, rape, and stalking across all counties in Tennessee.

Contact the Sexual Assault Legal Clinic at 615-386-9406 or www.tncoalition.org.

MORE RESOURCES

SEXUAL ASSAULT CENTER STATEWIDE
24-HOUR CRISIS & SUPPORT LINE:
SACENTER.ORG
1-866-811-RISE (7473)

VICTIM CONNECT:
VICTIMCONNECT.ORG
855-4-VICTIM (855-484-2846)

NATIONAL SEXUAL ASSAULT HOTLINE:
RAINN.ORG
800-656-HOPE (4673)

NATIONAL DOMESTIC VIOLENCE
HOTLINE:
THEHOTLINE.ORG
1-800-799-SAFE (7233)

SPARC:
LEARN MORE AT
STALKINGAWARENESS.ORG



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