

WHAT IS STALKING?

Stalking is a pattern of repeated and unwanted attention, harassment, contact, or any other course of conduct directed at a specific person that would cause a reasonable person to feel fear.


STALKING MAY INCLUDE:

- Following and showing up wherever a victim is; school, shopping, place of worship
- Sending unwanted emails, texts, instant messages, letters, or gifts
- Monitoring phone use, social media, and email
- Using cell phone or GPS to track
- Making threats to harm an individual, their children, relatives, friends, or pets
- Damaging or threatening to damage an individual's personal property
- Intimidation in any way
- Securing a victim's personal information through public records, private investigators, internet searches, neighbors or friends, and by looking through garbage
- Driving by a victim's home, school, or work
- Other actions that control, track or frighten an individual



**Ashland County
Safe Haven**
Rape Crisis & Domestic
Violence Services

24 HOUR ANONYMOUS HOTLINE:

419-289-8085 

Appleseed 
Community Mental Health Center

Safe Haven is a program of Appleseed
Community Mental Health Center.

People who stalk can be very dangerous.

Stalkers may threaten, attack, sexually assault, and/or even kill their victims.

Many victims struggle with how to respond to their stalkers. Some victims try reasoning with their stalkers or minimize their experiences of being stalked, telling themselves "it's not that bad." Still others may confront or threaten the stalker or try to "fight back."

While victims cannot control the stalking behavior, they should feel empowered to take steps to keep themselves, their families, and their loved ones safe.

Logging Stalking Behaviors

It is critical to maintain a log of stalking-related incidents and behavior, especially if you choose to engage with the criminal or civil justice systems.

Documenting stalking behavior can be a difficult and emotionally exhausting task. A Safe Haven advocate can provide support, information about the options available to you, and assistance with safety planning. A printable stalking log can be found at www.stalkingawareness.org.

General Tips

- **Trust your instincts.** Victims of stalking often feel pressured by friends or family to downplay the stalker's behavior, but stalking poses a real threat of harm. Your safety is paramount.
- **Call the police if you feel you are in any immediate danger.** Explain why the stalker's actions are causing you fear.
- **Keep a record or log of each contact with the stalker.** Be sure to also document any police reports.
- **Save evidence when possible.** Stalkers often use technology to contact their victims. Save all interactions as evidence of stalking behavior.
- **Reach out to an advocate** who can assist you in exploring your options as well as discuss safety planning.

www.SafeHavenofAshland.org

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