



## January is National Stalking Awareness Month

### **Stalking is a dangerous crime:**

7.5 million people are stalked in one year in the United States

In Virginia, stalking is defined as *conduct (on more than one occasion) which places a person, or his or her family or household member, in reasonable fear of death, sexual assault, or bodily injury.*<sup>1</sup>

Stalking is a unique crime, because stalkers are obsessed with controlling their victims' actions and feelings. Stalkers will frequently threaten and harass, and in many instances will actually physically injure their victims.

***Stalking is a crime that can be committed against anyone, regardless of gender, race, sexual orientation, socioeconomic status, or geographic location.***

- An estimated 15.2% of women and 5.7% of men have been a victim of stalking during their lifetimes.<sup>2</sup>
- The majority of stalking victims are stalked by someone they know.
- An estimated 53.8% of female stalking victims and 47.7% of male stalking victims were first stalked before age 25 years.<sup>2</sup>
- Stalkers often use technology to contact their victims.
- An estimated 60.8% of female stalking victims were stalked by a current or former intimate partner, and an estimated 43.5% of male stalking victims were stalked by an intimate partner<sup>2</sup>.

### **WHAT TO DO IF YOU ARE BEING STALKED**

#### **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.*

#### **Call the police if you feel you are in any immediate danger.**

*Explain why even some actions that seem harmless—like leaving you a gift—are causing you fear.*

**Keep a record or log of each contact with the stalker. Also, document any police reports.**

**Save all e-mails, text messages, photos, and postings on social networking sites as evidence of the stalking behavior.**

**Contact the toll-free Virginia Crime Victim Assistance Info-Line at 1-888-887-3418.**

*Information is available at [www.dcjs.virginia.gov/victims](http://www.dcjs.virginia.gov/victims).*

For more information about stalking, contact the Stalking Resource Center at the National Center for Victims of Crime.

Phone: 202-467-8700 Email: [src@ncvc.org](mailto:src@ncvc.org) Web: [www.victimsofcrime.org/src](http://www.victimsofcrime.org/src)

[Test Your Stalking Knowledge](#)



<sup>1</sup> Stalking—Code of Virginia §18.2-60.3

<sup>2</sup> National Intimate Partner and Sexual Violence Survey, United States, 2011