

A dark blue background with a network of white lines and dots, resembling a social media or data network. The lines connect various points, creating a complex web of connections. The dots are of varying sizes and are scattered across the background.

UNDERSTANDING STALKING

SPARC STALKING
PREVENTION,
AWARENESS,
AND RESOURCE
CENTER

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WHAT IS STALKING?

Behavioral Definition

Stalking is a pattern of behavior directed at a specific person that would cause a reasonable person to feel fear for the person's safety or the safety of others; or suffer substantial emotional distress.



If what's happening is
scary/distressing,
not the first incident, *and*
targets the same person,
it could be stalking.

Stalking Dynamics

Women are more likely than men to experience stalking.

The majority of victims report that the offender is male - regardless of the victim's sexual orientation.



Cantor, D., et al. (2020). Report on the AAU Climate Survey on Sexual Assault and Sexual Misconduct. Westat.

Black, M.C., Basile, K.C., Breiding, M.J., Smith, S.G., Walters, M.L., Merrick, M.T., Chen, J. & Stevens, M.R. (2011). The National Intimate Partner and Sexual Violence Survey (NISVS): 2010 Summary Report. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.

Stalking Prevalence

NEARLY
1 in 3 women



&

NEARLY
1 in 6 men



experience **stalking** in their lifetimes.

Smith, S.G., Basile, K.C., & Kresnow, M. (2022). The National Intimate Partner and Sexual Violence Survey (NISVS): 2016/2017 Report on Stalking. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.



STALKING IS DANGEROUS

- Stalking often co-occurs with physical assault and sexual violence, including rape.
- 20% of stalkers use weapons to threaten or harm victims.
- 76% of intimate partner femicides included stalking in the year prior.
 - Stalking increases the risk of intimate partner homicide by 3x.

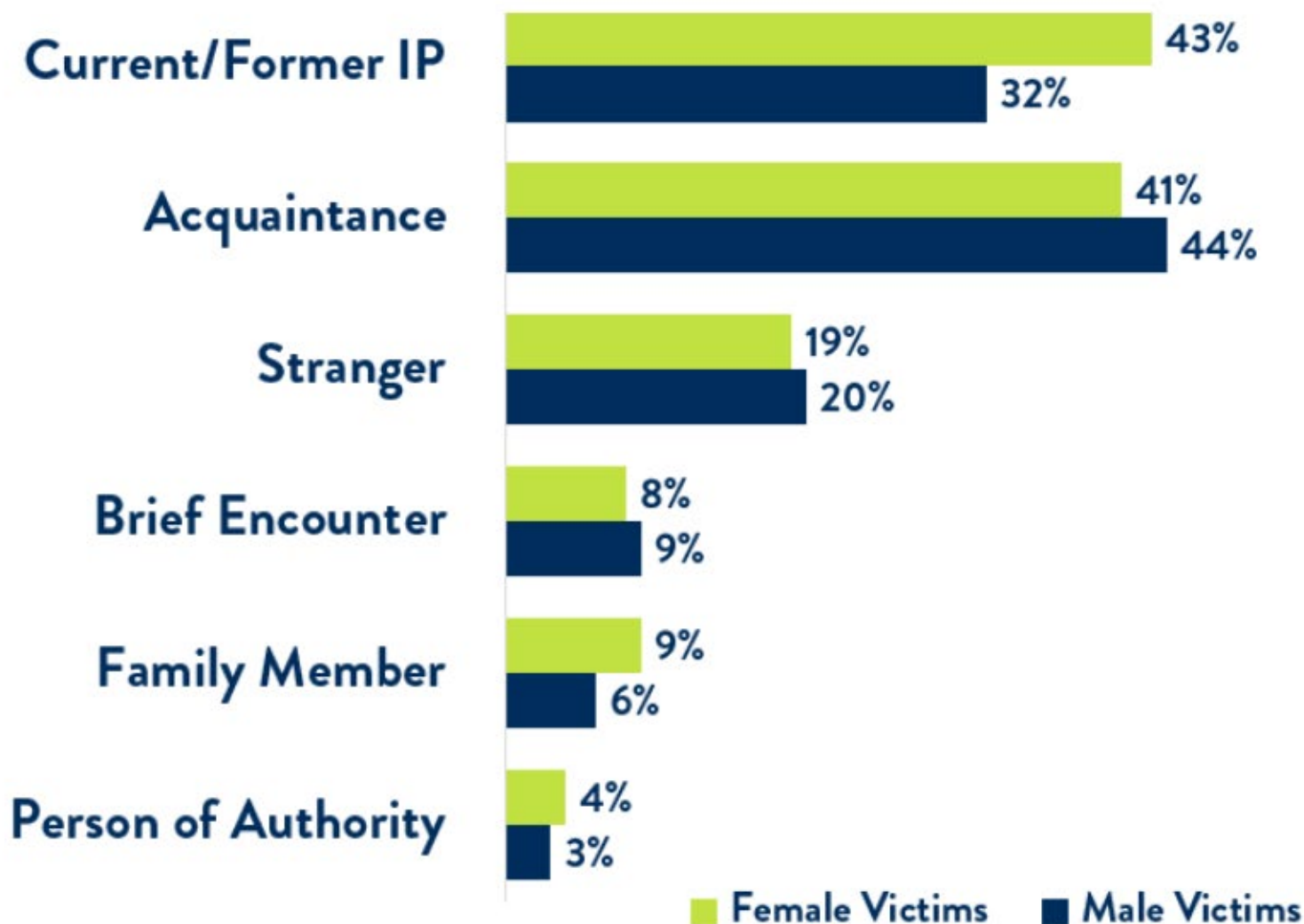




In the vast majority of stalking cases,
**the victim knows
the perpetrator.**



Victim and Offender Relationships



TACTICS EXPERIENCED BY STALKING VICTIMS:



UNWANTED PHONE CALLS

76%

75%



APPROACHED/SHOWED UP

61%

49%



FOLLOWED/WATCHED

60%

36%



SENT MESSAGES OR EMAILS

56%

60%

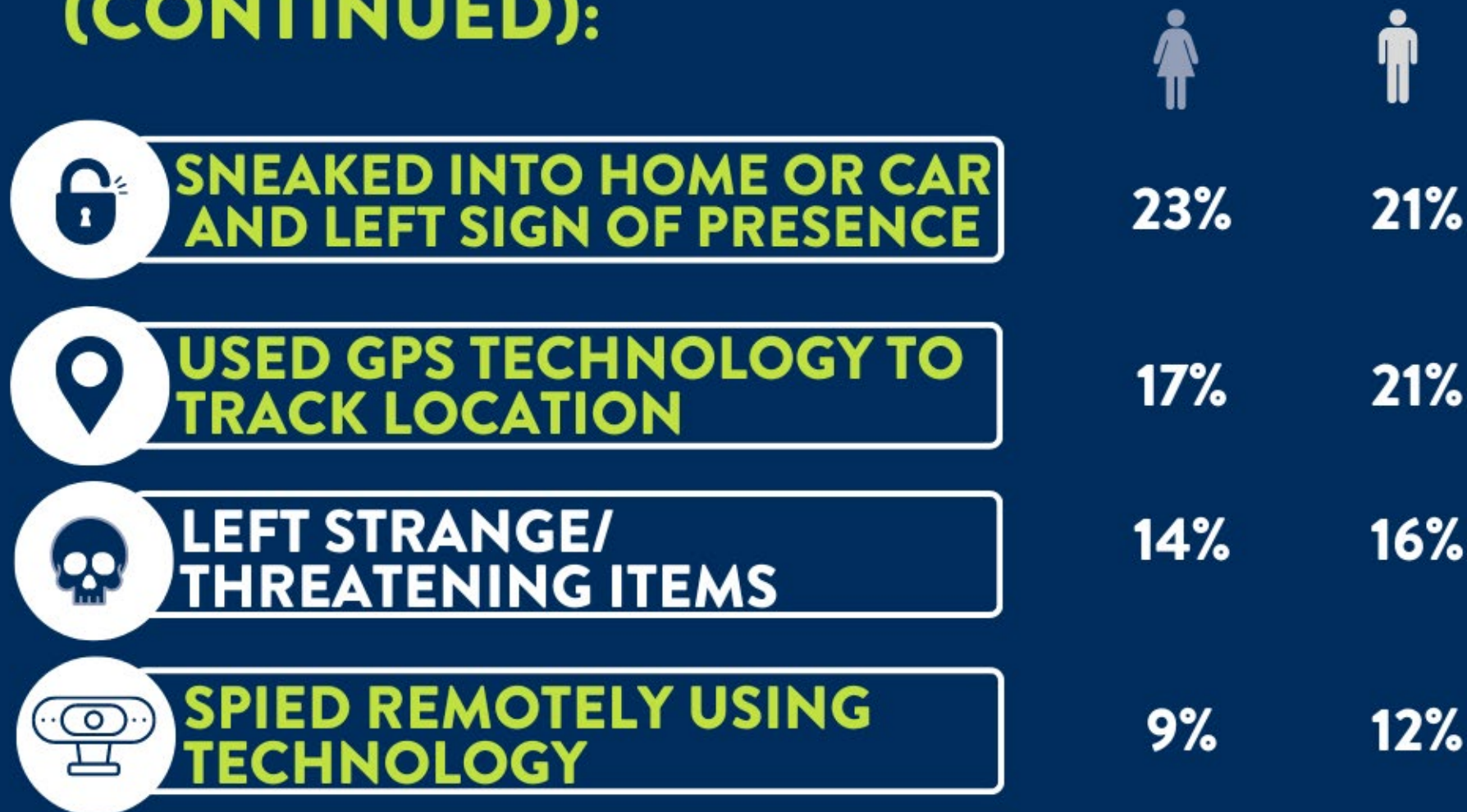


SENT GIFTS, CARDS, LETTERS

30%

16%

TACTICS EXPERIENCED BY STALKING VICTIMS (CONTINUED):





CONTEXT

is often what makes stalking

SCARY

Scenarios: What's Going On?



Scenario 1: Coffee

You receive a call. A woman is crying and gasping, struggling to speak on the other end. When she finally calms down, she says:

“There’s a cup of coffee in my car.”



“

Scenario 1: Coffee

Eventually, the victim says:

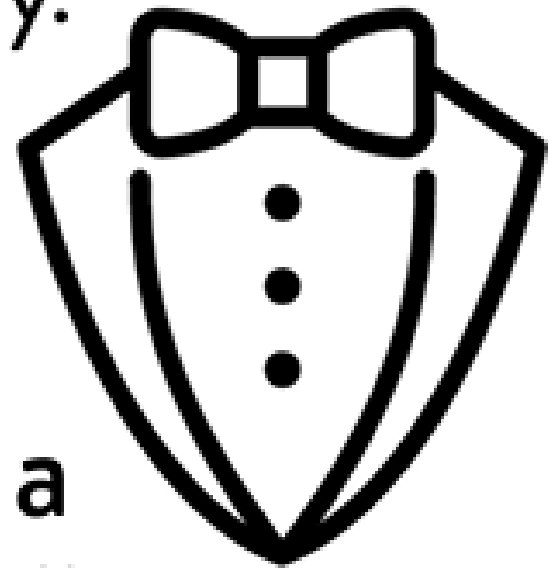
“She’s here.”

It turns out that the caller is a stalking victim who recently relocated. She did not believe that her stalker ex-girlfriend – who has threatened her repeatedly and physically abused her in the past -- knew where she was.

When she left for work this morning, there was a cup of coffee in her car with the pet name her ex uses for her on it.

Scenario 2: Facebook Post

You receive a call. A woman sounds highly agitated and angry. She is breathing heavily and almost yelling at you. She says:
“He just posted a photo of himself in a tuxedo at the diner!”



“

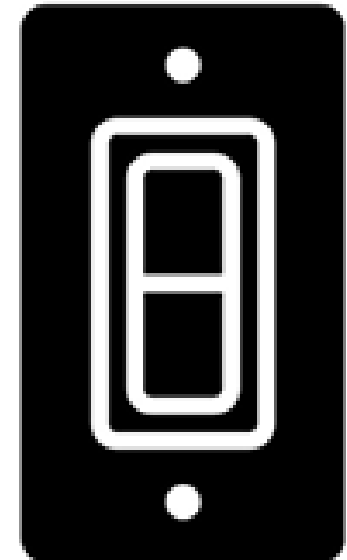
Scenario 2: Facebook Post

You learn that the caller is a stalking victim. Her ex-husband has been posting daily photos of himself on Facebook wearing the tuxedo he wore on their wedding day.

He posts photos in locations where she has recently been – she was just at that diner the night before. She is afraid because she knows this means he must be monitoring her, but she doesn't know how or why.

Scenario 3: The Lights are On

You receive a call. A man sounds panicked -- he is speaking quickly and keeps interrupting himself, unable to finish his sentences. Finally, he slows down and says:



“All the lights are on in my house.”

“

Scenario 3: The Lights are On

The caller's name is Steve, a business owner. Last month, he fired Mark – the front desk receptionist at his office. In the feedback/evaluation Steve provided of Mark's tenure at the company, Steve mentioned that coworkers complained that Mark often left the lights on when Mark was the last one in the office.

About a week after the incident, Mark began sending Steve angry e-mails about how unfair his firing was. Steve blocked the e-mail, and then he started receiving phone calls. He blocked the calls. Steve believes that Mark broke into his home and is trying to send him a message.

Supporting Friends

72% OF STALKING VICTIMS WERE THREATENED WITH **PHYSICAL HARM**



84% OF STALKING VICTIMS FELT **FEARFUL** THREATENED, OR CONCERNED FOR SAFETY ¹

11% OF STALKING CASES LAST **5** YEARS ²



1 in 5 stalkers ³ use **WEAPONS** to threaten or harm their victims

www.StalkingAwareness.org

*Practitioner guides

*Training modules

*Victim resources

*Webinars



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