



# STALKING: Connecting the Dots<sup>1</sup>

## Probation and Parole



**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 people being targeted 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/LOOK FOR INFORMATION ABOUT:



### Stalking –related behavior:

- Showing up unexpectedly at places the victim goes; incidents that suggest the victim is being followed or tracked.
- Indications of, or the ability, to use, technology to monitor, harass, intimidate, sabotage, or stalk the victim.
- Repeated “coincidental” incidents, such as vandalism to the victim’s car or property, trespassing.
- Communication that suggest a disregard of consequences (such as arrest, jail, physical harm).
- Getting other people involved in watching, harassing, or threatening the victim.
- Seeking opportunities to come into contact with the victim.



**Victim resistance:** Telling the harasser she/he wants no contact; changing phone numbers, residence, workplace, locks, social groups; altering life to prevent contact.



**Stalker persistence:** Repeated attempts by the harasser to contact the victim after subtle or direct messages the victim does not want contact.



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



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

<sup>1</sup> TK Logan, Ph.D. (June 2022). For more information email [tklogan@uky.edu](mailto:tklogan@uky.edu) or visit [www.CoerciveControl.com](http://www.CoerciveControl.com).

## ? ASK THE VICTIM:

1. When was the last time you had contact with the harasser? Can you tell me a little about what that was about and what happened?
2. Has there been any contact with you that you did not want (calls, texts, messages, third party messages, gifts)?
3. Do you feel he/she has been watching you or knows your whereabouts somehow?
4. Has he/she been notified that you do not want any contact? If so, how has he/she responded?
5. Has anything strange been happening that may be coincidental or that seems so crazy you haven't wanted to tell anyone? (e.g., vandalism, trespassing, things on the road, other people following or harassing you)
6. Are there any upcoming events that you are on guard or worried about?
7. Has he/she done anything that has or might disrupt or interfered with your life?
8. Have you taken any precautions or changed your routines or behaviors to avoid the harasser?
9. **Do you feel concerned for your safety or the safety of others?**



**BE AWARE:** The victim may be reluctant to talk about what is happening because they do not want to get the harasser in trouble, they may be afraid of retaliation, they may be protecting someone else, or for other reasons.

## ? ASK THE STALKER:

1. When was the last time you saw or had contact with the victim? What was that about?
2. What kind of ongoing contact do you have with the victim? (e.g., court appearances, custody, workplace, live nearby)
3. Do you feel the victim has harmed you in any way?
4. How much time do you spend thinking about the victim?
  - How often do you spend thinking about the victim and not act on those thoughts?
5. What plans do you have in place to avoid someone perceiving you are harassing or stalking the victim?
6. Are there any upcoming events that might upset you related to this person? What plans do you have in place to cope with negative emotions you may have?

### Other Red Flags

- ✓ Is there a history of harassing, intimidating, threatening or stalking the victim?
- ✓ Are there any indications of feelings of rejection, humiliation; revenge, blame; last resort thinking; or not wanting the victim to report or wanting the victim to withdraw any complaints?
- ✓ Are there environmental things that increase access to the victim or make harassing the victim more likely? (e.g., shared custody, close living situation, same workplace)



## ENCOURAGE THE VICTIM TO:



See it/acknowledge it as stalking  
(Check the Stalking and Harassment Assessment Risk Profile at [www.StalkingRisk.com](http://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 is to make it as difficult as possible for the perpetrator to stalk her/him)



Seek support through trusted friends, family, or victim advocates



Let the suspected perpetrator know that stalking is a serious crime with serious consequences: **We are watching YOU!**



## CHECK OUT

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