Many victims 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, explicit and third party threats, forced confrontations, property damage, and threatened suicide

**INTERFERENCE**
Disruption of the victim’s life professionally, financially, and socially as well as physical and sexual attacks

**ASK ABOUT:**

**COURSE OF CONDUCT**

**SURVEILLANCE**
Is he/she following you, watching you, showing up unexpectedly, or communicating with you in ways that seem obsessive or make you concerned for your safety?

**LIFE INVASION**
Has he/she repeatedly initiated unwanted contact with you (e.g., repeated phone calls, texts, messages, emails, gifts, etc. or through third parties)?

**INTIMIDATION**
Has he/she threatened you or done other things to intimidate you? What has he/she done that has frightened or alarmed you?

**INTERFERENCE**
Has he/she significantly and directly interfered with your life? Has he/she assaulted you or others while he/she has been stalking, harassing, or threatening you?

**DURATION, INTENSITY, AND FREQUENCY**

**Duration:** When did it start? How long has it been going on (including periods when it seemed to have stopped)?

**Intensity:** Has the behavior escalated? Does the stalker use multiple tactics and locations to stalk? Have others been involved in the stalking or threatening behavior (proxy stalking)?

**Frequency:** How often does the stalker make his/her presence known to you, directly approach you, or interfere with your life?

**NOTE:** If victims describe behavior that does not superficially appear to be threatening/annoying, ask them why the behavior was frightening to them. Why does the victim perceive the behavior as a threat?

**Patterns of behavior show intent**

**CORROBORATING EVIDENCE OF INTENTIONAL COURSE OF CONDUCT**

- Documentation log:
- Witnesses to tactics/acts:
- Phone, texts, voicemail, email, other computer evidence, video, pictures, gifts, etc:
- Calls to police:
- Evidence and witnesses from victim and stalker workplace

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1 TK Logan, Ph.D. (April 2017). For more information email tklogan@uky.edu or visit www.CoerciveControl.com.
Women are more likely to be victims of stalking. Men are more likely to be stalkers regardless of victim gender.

Encourage the victim to:

- See it/acknowledge it as stalking (Check the Stalking and Harassment Assessment Risk Profile at 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; the National Domestic Violence Hotline at www.TheHotline.org (1-800-799-7233); the Stalking and Harassment Assessment and Risk Profile (SHARP) at www.StalkingRisk.com; Other Resources (www.CoerciveControl.org and www.OutrageUs.org).