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?

**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**

**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?

**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

CHECK OUT
The Stalking Resource Center 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).