

# Stalking

Stalking involves one person's repeated obsessive or threatening behavior's targeted toward another person. It may be observance, harassment, or overt irrational obsession.

## Typical Behaviors

- Appearing unexpectedly at places you don't normally go to and appears coincidentally at places you go frequently
- Repeatedly phoning, making hang-up calls or repeatedly leaving messages
- Sending/ delivering unsolicited gifts
- Contacting your friends, family, neighbors, boss or co-workers to check on your whereabouts
- Disregarding warnings
- Vandalizing your property
- Possessing or showing weapons
- Causing or attempting bodily harm
- Committing physical violence or homicide



## What to do if you or someone you know is being Stalked:



**Meet with a Victim Advocate** who can provide victim rights information, safety planning, and assist in creating a stalking log and building a case. (24/7 Victim Advocate: 407-823-5555).

**Tell the stalker to stop any kind of personal contact.** Ideally, this should be done in the presence of a witness. Document the date, time, and do not initiate further contact. If the unwanted contact continues, keep a journal detailing each contact.

**Save harassing phone calls.**

**Collect physical evidence.** Save all communications from the stalker including all letters, envelopes and notes. Do not return or tamper with them – give them to police.

**Alert those you trust.** Including neighbors, co-workers, friends, and family.

**Do not isolate yourself.** Often, a stalker's most successful weapon is secrecy. The temptation to isolate yourself is natural, but it CAN work against you and CAN be deadly.

## What not to do

- **Don't** try to talk sense to your stalker and don't plead to be left alone – begging may increase the stalker's sense of power.
- **Don't** go to the stalker's aid when he/she claims there is a crisis – this is a common ploy.
- **Don't** hide keys outside or leave notes for friends or relatives referencing your whereabouts.
- If you move, obtain a post office box, keep your new address off checks, remove your name from voter registration roles and place your property in a trust so your stalker cannot search property title records.

**NEVER UNDERESTIMATE THE POTENTIAL DANGER OF A STALKER**



UNIVERSITY OF CENTRAL FLORIDA  
VICTIM SERVICES

[www.victimservices.ucf.edu](http://www.victimservices.ucf.edu)