

Responding To A Stalker You Know

As previously mentioned, stalking involves unwanted pursuit, usually by someone the victim knows; often by someone the victim has been in relationship with. Unfortunately, confusion exists in American culture as to whether or not unwanted romantic pursuit is acceptable. Men are taught to pursue until they win over the object of their affections. Women are taught to let an unwanted pursuer down easy. Contrary to this pattern, it is very important for women who are being stalked to communicate as clearly as possible that they want the relationship to end.

Don't explain why (It's just that I don't want to be in a relationship now) – You don't owe him/her an explanation

Don't include conditions (these turn into discussions that only encourage the stalker to continue the pursuit)

Don't negotiate (one more date to say goodbye)

Don't say it more than once (every conversation is a contact the stalker wants)

Any response, negotiation, explanation, or contact reinforces the stalker's behavior. The clear, explicit rejection, "I don't want to be in a relationship with you" needs to be reinforced by a refusal to engage the stalker.

SAFETY TIPS FOR STALKING VICTIMS

- ◆ Keep a log of every stalking incident; include names, dates and times of contact.
- ◆ Make a police report every time.
- ◆ Inform trusted neighbors, friends and/or co-workers of the situation and provide them with information to help them be another set of eyes for you.

- ◆ Be aware of your surroundings at all times and trust your instincts about a situation.
- ◆ Get a 911 cell phone for emergencies. If you don't have one, City Life has some available for you.
- ◆ If you are being followed, lock your doors, dial 911, drive to the Police station or a well-lighted public place, go inside and wait for the Police to arrive. **DO NOT GO HOME ALONE.**
- ◆ Avoid isolated places.
- ◆ Write out a Safety Plan. City Life will assist you with this.
- ◆ Keep an "escape bag" at the home of a trusted friend.
- ◆ Keep important documents in a safe deposit box at the bank.
- ◆ Keep a list of emergency phone numbers with you at all times.
- ◆ **DIAL 911 IF YOU ARE IN TROUBLE**
- ◆ Call City Life 24 hours a day:
208.870.5532

Call:

City Life

208.365.1615

24 hour emergency number

208.870.5532

Email:

fleda@citylifeinc.com

Web:

www.citylifeinc.com

1648 N Washington

Emmett ID 83617

Office hours:

Mon—Thursday 9 am to 4:30 pm

Stalking

What You Need to Know



Living With Purpose & Dignity

Help for:

Victims of Crime

Domestic Violence

Sexual Assault

City Life

1648 N Washington

Emmett ID 83617

208.365.1615

The Idaho Penal Code (18-7905 & 18-7906)

defines first and second degree stalking.

First Degree Stalking is:

- The violation of a temporary restraining order, no contact order, protection order, injunction or any combination thereof;
- An action constituting the offense that is a violation of a condition of probation or parole
- The victim is under sixteen (16) years of age
- Possessing a deadly weapon or instrument at any time during the course of conduct constituting the offense'

A person who has previously been convicted of a crime, an attempt, a solicitation or conspiracy to commit a crime involving the same victim as the present offense within seven (7) years, notwithstanding the form of judgment or withheld judgment.

Stalking in the first degree is punishable by a fine not to exceed ten thousand dollars (\$10,000) or imprisonment in the state prison for not less than one (1) year nor more than (5) years, or by both fine and imprisonment.

Second Degree Stalking is:

- A person commits the crime of stalking in the second degree if the person knowingly and maliciously:
 - o Engages in a course of conduct that seriously alarms, annoys or harasses the victim and would cause a reasonable person substantial emotional distress; or
 - o Engages in a course of conduct that would cause a reasonable person to be in fear of death or physical injury or in fear of death or physical injury of a family or household member.
- o "Course of Conduct" means repeated acts of nonconsensual contact involving the victim or a family or household member of the victim.
- o "Nonconsensual Contact" includes, but is

not limited to:

- o Following the victim or maintaining surveillance, including by electronic means, on the victim;
 - o Contacting the victim in a public place or on private property;
 - o Appearing at the workplace or residence of the victim;
 - o Entering onto or remaining on property owned, leased or occupied by the victim;
 - o Contacting the victim by telephone or causing the victim's phone to ring repeatedly or continuously regardless of whether a conversation ensues;
 - o Sending mail or electronic communications to the victim; or
- Placing an object on, or delivering an object to, property owned, leased or occupied by the victim. Stalking in the second degree is punishable by imprisonment in the county jail for not more than one (1) year or by a fine of not more than one thousand dollars (\$1,000), or by both such fine and imprisonment.

TYPES OF BEHAVIOR THAT CONSTITUTE STALKING

- Sending unwanted letters, cards or gifts.
- Showing up uninvited at victim's home, school work.
- Following victim or violating protection order.
- Vandalism of victim's property.
- Entering home of victim when they are not there.
- Stealing/tampering with victim's mail.
- Reporting victim to authorities for crimes that did not occur.
- Disabling victim's car.
- Leaving unwanted gifts for the victim at home, work or other places.
- Attempting to gather information from others about the victim.
- Observing and "accidentally" showing up wherever the victim goes.
- Physically attacking the victim.

CHARACTERISTICS OF STALKERS

- Stalkers may have past violent behavior
- Stalker typically becomes more serious and threatening over time.
- Stalker may begin to make visits to the victim's home and/or cause property damage.
- Stalkers spy on or follow approximately 75% of victims.
- They may have detailed knowledge about the victim.
- Stalkers move from less personal acts to more personal acts.
- Some stalkers cease stalking when confronted by police BUT SOME DO NOT.
- Jealous
- Narcissistic
- Obsessive and compulsive
- Manipulative
- Needs to have control over others
- View self as a victim of society, family and others.
- Often switches between rage and "love."
- Unable to take "no" for an answer.
- Falls "instantly" in love.

**Stalking is serious
Stalking is a crime
Silence is not the answer
Ignoring the stalking will not
make it stop.**

**If you are being stalked—report it to
the Police or Sheriff NOW.**

If you are in danger dial 911 now.

**If you have questions call *City Life*
208.365.1615 Or
208.870.5532**