

National Stalking Awareness Month



Stalking is a dangerous crime:

7.5 million people are stalked in one year in the United States.

In Virginia, stalking is defined as *conduct (on more than one occasion) which places a person, or his or her family or household member, in reasonable fear of death, sexual assault, or bodily injury.*¹

Stalking is a unique crime, because stalkers are obsessed with controlling their victims' actions and feelings. Stalkers will frequently threaten and harass, and in many instances will actually physically injure their victims.

Stalking is a crime that can be committed against anyone, regardless of gender, race, sexual orientation, socioeconomic status, or geographic location.

- An estimated 15% of women and 6% of men have been a victim of stalking during their lifetime.²
- The majority of stalking victims are stalked by someone they know.
- Approximately half of all stalking victims were first stalked before age 25 years.²
- Stalkers often use technology to contact their victims.
- An estimated 61% of female stalking victims were stalked by a current or former intimate partner, and an estimated 44% of male stalking victims were stalked by an intimate partner.²

WHAT TO DO IF YOU ARE BEING STALKED

Trust your instincts.

Victims of stalking often feel pressured by friends or family to downplay the stalker's behavior; however, stalking poses a real threat of harm.

Call the police if you feel you are in any immediate danger.

Explain why even some actions that seem harmless—like leaving you a gift—are causing you fear.

Keep a record or log of each contact with the stalker. Also, document any police reports.

Save all e-mails, text messages, photos, and postings on social networking sites as evidence of the stalking behavior.

If you or someone you know is a victim of stalking, please contact the Virginia Family Violence & Sexual Assault Hotline

1-800-838-8238 or www.vadata.org/chat (24-hours/day, toll-free)

For more information about stalking, contact the **Stalking Resource Center at the National Center for Victims of Crime.**
victimsofcrime.org/our-programs/stalking-resource-center

Test your Stalking Awareness by completing this [short quiz](https://surveys.dcjs.virginia.gov/stalking_quiz.aspx).

https://surveys.dcjs.virginia.gov/stalking_quiz.aspx



¹ Stalking—Code of Virginia §18.2-60.3
² National Stalking Resource Center Fact Sheet 2015