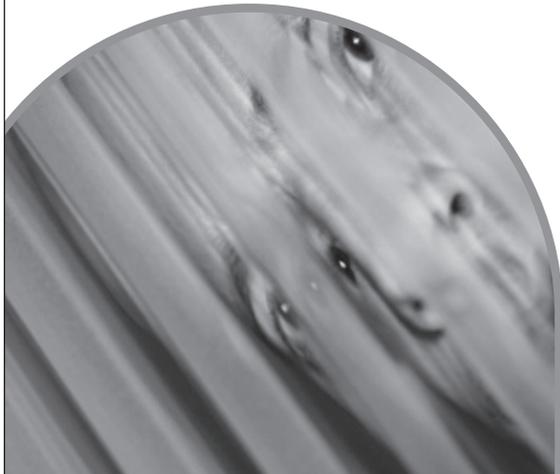


## If you think you are being stalked

- **Call the police** if you are in immediate danger.
- **Trust your instincts.** Stalking is a serious crime that can lead to injury or death.
- **Develop a safety plan.** Tell your family, friends, and neighbors about what's going on. Decide in advance what you will do if your stalker shows up at your home or workplace.
- **Take any and all threats seriously.**
- **Record all incidences of stalking behavior.** Keep any evidence like emails or letters and photograph any damage the stalker causes to your property. In DC, there must be three or more incidents to demonstrate a pattern. At least one of those events must have occurred in DC In order to get a MPD police report.
- **Change your routine.**
- **Arrange a place to stay in case of emergency.**
- **Contact a crisis hotline** or victim services agency for support and advice.
- **Get a protection order** at either of the Domestic Violence Intake Centers

DC Superior Court  
Room 4550  
500 Indiana Ave, N.W.  
**(202) 879-0152**

United Medical Center  
Suite 311  
1328 Southern Ave, S.E.  
**(202) 561-3000**



## WHERE TO TURN FOR HELP

### Police

**In an emergency, dial 911**

Metropolitan Police Department:

1st District: **(202) 299-2037**  
1DSubstation: **(202) 698-0068**

2nd District: **(202) 715-7300**

3rd District: **(202) 673-6815**  
3DSubstation: **(202) 576-8222**

4th District: **(202) 715-1506**

5th District: **(202) 698-0150**

6th District: **(202) 698-0880**  
6DSubstation: **(202) 698-2088**

7th District: **(202) 698-1500**



### National

National Domestic Violence Hotline  
**(800) 799-SAFE (7233)**

### Local

Domestic Violence Intake Center

NW: **(202) 879-0152** SE: **(202) 561-3000**

24-hour shelters, Hotlines and Counseling:

House of Ruth: **(202) 667-7001** x 217

My Sister's Place: **(202) 529-5991**

Financial Assistance

Crime Victims Compensation Program:  
**(202) 879-4216**

Legal Assistance

American University: **(202) 274-4140**

AYUDA: **(202) 387-0434**

Bread for the City: **(202) 265-2400**

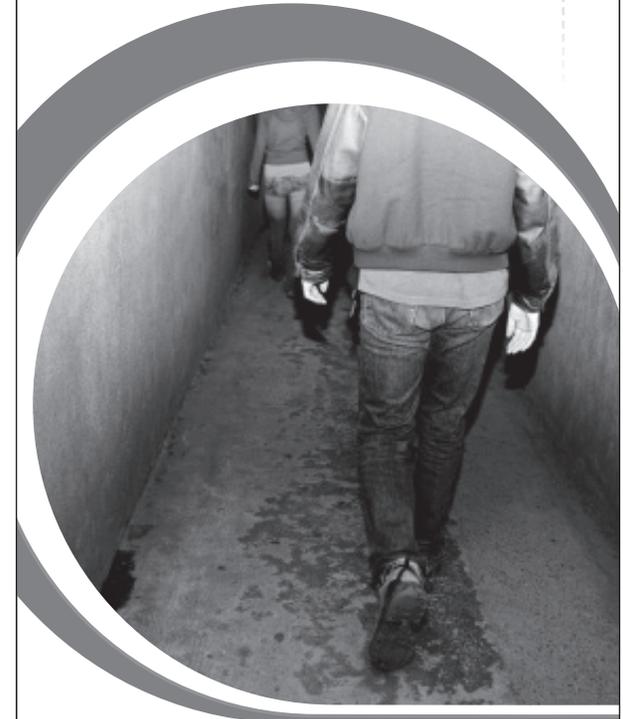
SAFE: **(202) 879-7857**



### Domestic Violence Unit

300 Indiana Ave, N.W., Room 3156  
Washington, D.C. 20001  
Office: 202-727-7137 | Fax: 202-727-6491  
<http://www.mpdc.dc.gov/victimassistance>

# Stalking



A guide to getting educated and getting help.



## WHAT IS STALKING?

Stalking is a pattern of behavior used to intimidate or threaten someone. A stalker might follow, contact, intimidate or harass another person with the intent to make that person afraid.

## FACTS & STATISTICS

- Anyone can be a victim of stalking, regardless of age, race, sexual orientation, or gender.
- Most stalking victims know their stalkers.
- One in 12 women will be stalked in her lifetime.
- One in 45 men will be stalked in his lifetime.
- All 50 states (including Washington, DC) have laws against stalking.
- Victims are usually stalked for an average of 1.8 years, but it can last longer if you are stalked by an intimate partner.
- Approximately 1.4 million Americans are victims of stalking each year.
- If a stalking victim obtains a protective order against the stalker, it is usually violated by the stalker.
- Two thirds of stalkers pursue their victims at least once a week.

## Stalking & Technology

Often referred to as “cyberstalking,” stalkers are using more technologically-advanced methods of stalking than ever before to harass their victims. Incidents of cyberstalking should be taken seriously because they can lead to incidences of offline stalking behavior. There are numerous devices and techniques stalkers can use to follow and harass their victim, including:

### Computers

- Using online search engines to find out information about you (even your social security number and address) using email to harass you.
- Using the chat rooms that you visit to learn more about you.
- “Hacking” into your computer and viewing all of your documents and files, as well as tracking every keystroke you make.

### Cell Phones

- Hacking into your cell phone and viewing your entire phone book, as well as the phone numbers you’ve called.
- Gaining access to cell phones and listening to their victims’ conversations, even when the cell phone is turned off.

### Global Positioning Systems (GPS)

- Placing GPS devices on you or your car to track your movements.
- These devices can be small and virtually undetectable, and several cell phones have this technology.

## Websites where you can learn more about Cyberstalking:

[www.cyberangels.org](http://www.cyberangels.org)  
[www.safetyed.org](http://www.safetyed.org)  
[www.ncvc.org/src](http://www.ncvc.org/src)

## Stalking is a Serious Crime

### Examples of Stalking Behaviors

- Threatening to harm you, your friends, family, or pets.
- Following you around and showing up where you go.
- Calling you repeatedly, including hang-ups.
- Sending unwanted communication (letters, emails, gifts).
- Damaging your property, including your home and car.
- Using a private investigator or public records to find out more about you.
- Any other actions that are intended to frighten, control, or monitor you.

