

## Who is a Stalker?

A stalker may be an intimate partner, a friend, a co-worker, or a neighbor. In fact, 59% of female victims and 30% of male victims are stalked by an intimate partner. One third of the stalkers who commit violent acts such as sexual assault and murder were intimate partners. Most often, the stalker is male.

Usually individuals who stalk are “not psychotic.” Their primary motivation is anger or hostility toward the victim. Stalking victims report that the stalker seeks to have control over them.

## How Might Stalking Affect You?

Being stalked continuously causes extreme emotional and physical stress reactions. You may experience:

- Intense feelings of fear or terror
- Increased anger, irritability or agitation
- Decreased energy level or exhaustion
- Indecision or problems concentrating
- Withdrawal from friends and activities
- Major changes in sleeping or eating patterns
- Frequent sadness, tearfulness or crying

You do not have to deal with these feelings by yourself. Contact your local crisis center for more information and support.

## Rape Crisis and Sexual Assault Programs

Regardless of when or where the violence occurs, help is available to every victim through the Hotlines at the 19 Rape Crisis programs that are members of the **Maryland Coalition Against Sexual Assault.**

**Allegany County**  
Family Crisis Resource Ctr.  
**301.759.9244**

**Anne Arundel County**  
Sexual Assault Crisis Center  
**410.222.7273**

**Baltimore City**  
Turn Around, Inc.  
**410.828.6390**

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**410.828.6390**

**Calvert County**  
Abused Persons Program  
**410.535.1121**

**Caroline, Dorchester,  
Kent, Queen Anne's,  
Talbot Counties**  
For All Seasons, Inc.  
**410.820.5600**

**Carroll County**  
Rape Crisis Intervention  
Service  
**410.857.7322**

**Cecil County**  
Rape Crisis Program  
**410.996.0333**

**Charles County**  
Center for Abused Persons  
**301.645.3336**

**Frederick County**  
Heartly House, Inc.  
**301.662.8800**

**Garrett County**  
The Dove Center  
**301.334.9000**

**Harford County**  
Sexual Assault/Spouse  
Abuse Resource Center  
**410.836.8430**

**Howard County**  
STTAR Center  
**410.997.3292**

**Montgomery County**  
Victim Assistance &  
Sexual Assault Program  
**240.777.1355**

**Prince George's County**  
Sexual Assault Center  
**301.618.3154**

**St. Mary's County**  
Walden-Sierra, Inc.  
**301.863.6698**

**Somerset, Wicomico,  
Worcester Counties**  
Life Crisis Center, Inc.  
**410.749.4357**

**Washington County**  
CASA, Inc.  
**301.739.8975**

**Veterans Affairs**  
Sexual Assault Team  
**800.949.1003**



## A Guide for Victims

### How to find safety and sanctuary when someone stalks you

Maryland  
**Coalition**  
Against Sexual Assault, Inc.

*Working to End Sexual Violence in Maryland*

Phone: 410.974.4507

Fax: 410.757.4770

Toll Free: 800.983.RAPE

[www.mcasa.org](http://www.mcasa.org)

**MCASA**...Maryland's leader in sexual violence awareness

## What is Stalking?

In Maryland, stalking is a crime and is legally defined as a pattern of approaching or pursuing someone in order to make the person feel afraid of being injured or murdered.

One in 12 women and one in 45 men are stalked during some point in their lifetime.

Stalking is never the victim's fault. It is not normal behavior and is not caused by anything the victim has done. A stalker may engage in any of the following behaviors:

- Watching or following you
- Making threatening phone calls or hang-ups
- Sending hate mail, unwanted personal faxes or email
- Sending unwanted love notes
- Delivering unwanted object(s)
- Driving by your home or work
- Vandalizing property including relative's or neighbor's home or car
- Posting your photo and personal information on the Internet
- Harming or killing your pet
- Approaching you or assaulting you
- Making specific threats that only you recognize

## Will Talking to the Stalker Help?

NO. Talking or any form of communication will be seen as a sign of encouragement. Say “no” JUST ONCE. Then do not talk to him or her again. Don’t try to “talk sense” into the stalker or agree to meet to “clarify things.” Don’t bother pleading to be left alone. Do not return items to the stalker. Do not engage the stalker in any way. Try not to have any contact at all.

## What Can You Do About a Stalker?

### *Document the abuse.*

Keep an Incident Log. Use this chart to record any stalking actions (listed previously). Call the police and file a report. Give them a copy of your incident log with dates and times. Your police report may become a public record so use a postal box address to protect your privacy.

### *Collect other documentation that may help you obtain justice.*

To supplement the chart, keep a more detailed description of every incident and every situation involving the stalker. Take photos of destroyed property or injuries, and print copies of website postings. Keep email, notes, letters, or items from the stalker. Save answering machine phone messages, any police reports, and all legal documents. Make a record of everything there is to know about the stalker. Give a copy to a friend or relative for safekeeping.

### *Consider obtaining a peace order or a protective order.*

In Maryland, a peace order or protective order can require a stalker to:

- Refrain from threatening or committing abuse
- End all contact with victim
- Order the stalker to stay away from the victim’s home, place of employment, or school

Before either order is granted, you must file for a temporary order, which will be in effect up to seven days before the court hearing. If the stalker is a stranger or an acquaintance, you must file a petition in District Court for a peace order, which is good for six months. If the stalker was previously or is currently related to you and resided with you during the last year, or was an intimate partner, you must file a petition in District or Circuit Court for a protective order. A protective order is good for 12 months, with a possible six-month extension.

### *Ask for help.*

Phone numbers of agencies that can help you are listed on the back of this brochure. On the Internet, you can go to [www.mcasa.org](http://www.mcasa.org) and click on Get Help to see a list of rape crisis centers in Maryland. Trained hotline counselors can talk to you about how you feel, how to stay safe, and your legal options. Tell your family, friends, neighbors, and employers and show them pictures of the stalker so they can tell you if they see him. Do not try to handle this alone.

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Date	Time	Incident Type	Officer Name/Phone Badge #	Report # Location (home/work/car, etc.)Name	Incident	Witness Information Name Address Phone

## How Can You Stay Safe?

Protect yourself with these safety measures if you are being stalked:

### *On the Phone*

- Get an additional phone line that is unlisted and keep the number confidential
- Set up an answering machine to receive calls to the listed number and save messages or Caller ID numbers from the stalker as evidence
- If the stalker calls, hang up, wait 20 seconds, and dial \*57 for Call Trace
- Dial \*67 before placing a call to prevent display of your phone number
- Never verify your home address over the phone
- Report threatening calls to the phone company or the police

### *By Mail*

- Obtain a private postal box – do not use your home address
- Remove your name from “reverse directories” published by marketers who send junk mail. Go to [www.privacyrights.org](http://www.privacyrights.org) for more information.
- Report mail threats to the FBI

### *At Home*

- Change the locks of your home and/or car
- Install outdoor lighting with bulbs out of reach
- Consider installing a security system

### *In General*

- Carry a cell phone with you at all times. Call 911 immediately if you are being followed and go to a busy place. DO NOT GO HOME!
- Park in well-lit areas and avoid walking alone
- Pack an emergency bag with clothing, money, critical phone numbers/addresses and valuables in case you need to get away quickly
- Temporarily relocate, and in extreme cases, move away

## Resources

### **Rape, Abuse and Incest National Network (RAINN)**

1.800.656.HOPE (24 hours)

### **Maryland Coalition Against Sexual Assault**

1.800.983.RAPE

### **Victims’ Rights Compliance Initiative in Maryland**

Call to record your name, phone#, address, and a statement

1.877.9CRIME2 (1.877.927.4632)

### **National Center for Victims of Crime (NCVC)**

TTY: 1.800.211.7996, FAX 1.202.467.8701

1.800.FYI.CALL (8:30 a.m-8:30 p.m.)

### **WWW Sites**

**Stalking Resource Center:** [www.ncvc.org/src](http://www.ncvc.org/src)

**AWARE:** [www.aware.org/stalking/](http://www.aware.org/stalking/)

**Privacy Rights:** [www.privacyrights.org](http://www.privacyrights.org)

**Working to Halt Online Abuse:** [www.haltabuse.org](http://www.haltabuse.org)