

WHAT IS STALKING

Stalking is a repetitive pattern of unwanted, harassing or threatening behaviour that causes a person to experience reasonable fear or concern for their safety or that of others known to them.

Stalking Behaviours May Include

- Telephone calls
- Sending faxes and e-mails
- Sending packages, letters and gifts
- Use of Internet to disclose personal data, pose as the individual, post rumours or gossip on blogs and social networking sites

Stalkers are Typically (in order)

- Someone from a previous relationship
- An acquaintance
- Stranger

Stalking Characteristics

- Faulty attachment
- Obsessional thinking
- A need to control
- Mostly male
- Minimization, denial and rationalization

What the Victim Should Do

The person of concern should be told that their communication/behaviour is unwanted. Once a person knows that their conduct is not welcome, if they continue, their conduct may be considered criminal harassment and one should phone the police. In addition one should keep a record of every incident, including time, date, place, who was involved and what was said and done. Also, all letters, notes, answering machine messages and e-mails should be retained.