



What is Stalking?

Stalking is a crime of power and control. It can result in physical violence and/or mental trauma, and can be a predictor of future violence. A stalker can be someone you know, or a stranger.

Stalking behaviors can include:

- Repeated phone calls or texts, including hang ups
- Following you or showing up uninvited
- Contacting family or friends
- Using technology, like hidden cameras, GPS, or online accounts to track you
- Sending unwanted gifts, texts, letters, or emails
- Damaging or vandalizing your property
- Hurting or threatening to hurt you or someone you care about
- Other actions that can control, track, or frighten you

STALKING IS A PATTERN OF BEHAVIOR DIRECTED AT ANOTHER PERSON THAT WOULD PLACE THAT PERSON IN REASONABLE FEAR.

YOU ARE NOT TO BLAME FOR A STALKER'S BEHAVIOR. HELP IS AVAILABLE.



How to Enjoy Technology Safely:

- Make sure your social media profiles are “private”
- Check the privacy settings on your and your children’s devices
- Turn off geotagging on your devices and social media accounts
- Do not share your passwords, and change them often
- Do not use the same passwords for all your accounts

If you think someone may be using technology to track you, or if you need help, reach out to an NYC Family Justice Center, or visit www.nyc.gov/nychope for more resources and information.

If you think you are being stalked:



Take threats seriously and trust your instincts.



Write down the times, dates, and places when the stalker follows you or has contact with you.



Keep e-mails, phone messages, letters, and notes.



Photograph anything the stalker damages, and any injuries they cause.



If you think you are being stalked, talk to an advocate about staying safe.

Call NYC’s Domestic Violence hotline at **1-800-621-HOPE (4673)**; **TTY: 1-866-604-5350**

Did You Know?

Most stalking victims are stalked by someone they know. Nationally, five out of six women, and four out of five men are stalked by a current or former intimate partner, acquaintance, or family member.

Stalking behavior is often ongoing and frequent. Two out of three stalkers follow their victims at least once per week using more than one method.

Stalking is a high risk factor for lethality. Nationally, 76% of female homicide victims experienced stalking by an intimate partner before they were killed.

Technology can be used to monitor someone. One in four stalking victims report some form of cyberstalking or electronic monitoring.

Learn more about gender-based violence at www.nyc.gov/endgbv

Help is Available,
24/7

- **Call NYC's 24-hour Domestic Violence Hotline** at 1-800-621-HOPE (4673); TTY: 1-866-604-5350
- **Visit the NYC HOPE Resource Directory** at www.nyc.gov/NYC_HOPE for information and resources for domestic and gender-based violence.
- **Call any NYC Family Justice Center (FJC) to get free and confidential assistance.**
Open Monday to Friday, 9 a.m. to 5 p.m., FJCs welcome people of all ages, sexual orientations, and gender identities, regardless of immigration status, income, or language spoken.

**** Call or text 911 in an emergency ****

Bronx FJC (718) 508-1220

Brooklyn FJC (718) 250-5113

Manhattan FJC (212) 602-2800

Queens FJC (718) 575-4545

Staten Island FJC (718) 697-2800

Are You, or Someone You Care About, Being Stalked?

Get Resources & Information About Stalking

NYC Mayor's Office to End Domestic and Gender-Based Violence