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.\(^1\)

**Stalking behavior is often ongoing and frequent.** Two out of three of stalkers follow their victims at least once per week using more than one method.\(^2\)

**Stalking is a high risk factor for lethality.** Nationally, 76% of female homicide victims experienced stalking by an intimate partner before they were killed.\(^3\)

**Technology can be used to monitor someone.** One in four stalking victims report some form of cyberstalking or electronic monitoring.\(^4\)

If you, or someone you know, is a victim of stalking, **help is available.**

Call 311, or visit [www.nyc.gov/nychope](http://www.nyc.gov/nychope) for more information and resources

**NYC Family Justice Centers** offer free, confidential assistance to victims of intimate partner violence, sex trafficking and elder abuse. They welcome people of all ages, sexual orientations, and gender identities, regardless of immigration status, income, or language spoken. They are open Monday to Friday, 9 a.m. to 5 p.m. No appointment is necessary.

**Bronx FJC:** 198 East 161st Street, 2nd Fl.  
(718) 508-1220

**Brooklyn FJC:** 350 Jay Street, 15th Fl.  
(718) 250-5113

**Manhattan FJC:** 80 Centre Street, 5th Fl.  
(212) 602-2800

**Queens FJC:** 126-02 82nd Avenue.  
(718) 575-4545

**Staten Island FJC:** 126 Stuyvesant Place.  
(718) 697-2800

**Call 911 in an emergency**

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\(^4\) Baum et. al., Stalking Victims in the United States, U.S. Department of Justice Statistics Bureau of Justice Statistics, 2009

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**Are you, or someone you care about, being stalked?**

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**Get Resources & Information About Stalking**

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

What is Stalking?

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.