



## ACTION STEPS FOR SAFETY

### Avoid personal contact.

Treat the stalker as if they are extremely dangerous. Should they confront or threaten you, put distance between yourself and the stalker. Contact police and get away as soon as you can.

### Inform people.

Tell family, friends, co-workers and others in your life what's going on. Give them the stalker's name and description, and ask them not to disclose your information.

### Be aware.

Be aware of anyone following you to and from work or home. Before you leave work, ask a security guard or co-worker to escort you to your car.

### Get a PO Box.

Utilize a private mail box service to receive all personal mail. For those places that will not accept a post office box, change "P.O. Box" to "Apartment."

### Obtain protection.

Think about getting a protection order or disorderly conduct restraining order telling the stalker to stay away from you. An advocate at your local advocacy center can help explain this process.

### Tell people at work.

Notify your supervisor, security director and receptionist at work about your situation. Provide them with suspect information. If a Restraining or Protective Order exists, leave an extra copy at your work place.

### Trust your instincts.

Sometimes you may want to ignore what's happening, or to downplay and minimize the situation. The fact that you are uncomfortable or afraid is enough to take action to be safer.

### Get help and support.

Head for the nearest well-populated area if you feel in danger or are being followed. Contact the police if you feel threatened or call 911 if you are in immediate danger. Do not go home. Also connect with your local advocacy center for support services, safety planning and information.

### Retain all evidence.

When the stalker follows you or contacts you, write down the time, date, and place. (*See the Stalking Incident Log as an example.*) Keep e-mails, phone messages, letters, or notes. Photograph anything of yours the stalker damages and any injuries the stalker causes. Ask witnesses to write down what they saw. Request copies of police reports.

### Remove identification.

Remove home address on personal checks. Keep a list of who may need to have your contact information. Change online passwords often.

## KNOW THE LAW AND WHERE TO GET HELP

### Stalking Statute: North Dakota Century Code (NDCC)12.1-17-07.1

No person may intentionally stalk another person NDCC:12.1-17-07.1(2)

### Definitions

"Stalk" means to engage in an intentional course of conduct directed at a specific person which frightens, intimidates, or harasses that person, and that serves no legitimate purpose. The course of conduct may be directed toward that person or a member of that person's immediate family and must cause a reasonable person to experience fear, intimidation, or harassment.

"Course of conduct" means a pattern of conduct consisting of two or more acts evidencing a continuity of purpose. The term does not include constitutionally protected activity.

"Immediate family" means a spouse, parent, child, or sibling. The term also includes any individual who regularly resides in the household or who within the prior six months regularly resided in the household.

### Prosecution

In any prosecution under this section, it is not a defense that the actor was not given actual notice that the person did not want the actor to contact or follow the person; nor is it a defense that the actor did not intend to frighten, intimidate, or harass the person. An attempt to contact or follow a person after being given actual notice that the person does not want to be contacted or followed is "prima facie" evidence (evident from the facts) that the actor intends to stalk that person. In any prosecution under this section, it is a defense that a private investigator licensed under NDCC: chapter 43-30 or a peace officer licensed under NDCC: chapter 12-63 was acting within the scope of employment.

### Penalties

A first offense is a Class A misdemeanor; the penalty can increase to a Class C felony if it is a second offense or a similar offense from another court in North Dakota, if the stalking violates a protection order, or if the stalker has been convicted of certain other crimes in another state involving the same victim.

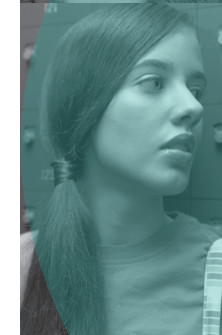
## FOR MORE INFORMATION



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# Understanding Stalking



## Information and Incident Log



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## STALKING DEFINED

Stalking is a course of conduct directed at a specific person that would cause a reasonable person to feel fear. It involves one person's obsessive behavior toward another person. The stalker's actions may be motivated by an intense affection for or an extreme dislike of the victim. Initially, stalking will usually take the form of annoying, threatening, or obscene phone calls, electronic communication, text messages, or letters. The calls may start with one or two a day, but can quickly escalate. Stalkers may conduct surveillance of the victim, often following every move they make with the help of technology.

Stalking can also happen to anyone. Often, stalking behavior can extend to other family members or third parties. A victim can be stalked for days, weeks, or even years.

## MYTHS ABOUT STALKING

*Info from the National Stalking Resource Center, [www.victimsofcrime.org/our-programs/stalking-resource-center](http://www.victimsofcrime.org/our-programs/stalking-resource-center)*

**MYTH: You can't be stalked by someone you're dating.**

FACT: If your "friend" tracks your every move in a way that causes you fear, THAT IS STALKING.

**MYTH: Technology is too expensive for most stalkers to use.**

FACT: Stalkers can buy easy-to-use surveillance equipment and software for as little as \$30.

**MYTH: If you confront the stalker, he or she will go away.**

FACT: Confronting or trying to reason with a stalker is dangerous. Get help.

**MYTH: Only celebrities and other famous people experience stalking.**

FACT: The majority of the 6.6 million people who were stalked in one year were ordinary citizens.

**MYTH: If you ignore stalking, it will go away.**

FACT: Stalkers seldom "just" stop. Victims should seek help from local advocacy centers to stop the stalking.

**MYTH: Stalking is annoying, not illegal.**

FACT: Stalking is a crime in all 50 states, the District of Columbia, and all U.S. Territories.



## If you're a victim of stalking...

Remember that this is not your fault, and you don't deserve to be stalked or abused in a relationship of any kind.

The majority of stalking takes place between people who have known each other intimately. Domestic violence stalkers, as a category, constitute the most dangerous and potentially lethal group of stalkers. Abusers often rationalize their inappropriate behavior by blaming the victim and often feel that their victims belong to them, are theirs to control, or punish for trying to leave. Local advocacy centers across the state can help you plan for your safety while leaving an abusive situation.

## You might...

- Feel **fear** of what the stalker will do.
- Feel **vulnerable**, unsafe and not know who to trust.
- Feel **anxious**, irritable, impatient or on edge.
- Feel **depressed**, hopeless, overwhelmed, tearful or angry.
- Feel **stressed**, including having trouble concentrating, sleeping or remembering things.
- Have **eating problems**, such as appetite loss, forgetting to eat or overeating.
- Have **flashbacks**, disturbing thoughts, feelings or memories.
- Feel **confused**, **frustrated** or **isolated** because other people don't understand why you are afraid.

## STALKING INCIDENT LOG

Use the following example to create your own stalking log. Document stalking/harassment incidents.

### INCIDENT TYPES

Being watched or followed  
Threatening phone calls, texts, or hang-ups  
Electronic stalking via email, GPS, spyware  
Approached by the suspect

Receiving hate mail  
Vandalized personal property  
Drive-bys  
Unwanted love notes  
Receiving unwanted objects  
(gifts or symbolic threats)

DATE	TIME	INCIDENT TYPE	LAW ENFORCEMENT AGENCY (phone #s)	OFFICER NAME BADGE NUMBER	REPORT #	INCIDENT LOCATION (home, work, car, etc.)	WITNESS INFORMATION
							Name: _____ Address: _____ Phone #: _____
							Name: _____ Address: _____ Phone #: _____
							Name: _____ Address: _____ Phone #: _____
							Name: _____ Address: _____ Phone #: _____
							Name: _____ Address: _____ Phone #: _____
							Name: _____ Address: _____ Phone #: _____
							Name: _____ Address: _____ Phone #: _____

## SUSPECT INFORMATION LOG

Last name			First	Middle	SEX	RACE
Address			DOB		DOB	AGE
City			State	Zip	HEIGHT	WEIGHT
Home phone			Work phone		HAIR	EYES
Place of employment			***STAPLE PHOTO HERE*** PHYSICAL DESCRIPTION (glasses, beard, disability, etc.)			
Address			DISTINCTIVE MARKINGS/TATTOOS			
City			State	Zip		
Vehicle Make			Model	Year		
Style			Color	License #/State		
DISORDERLY CONDUCT ORDER CASE #			COUNTY/STATE ISSUED			
			SSN		OTHER ID	