

DV/SA Victim Advocacy Centers

**Belcourt - Turtle Mountain Band of Chippewa
Hearts of Hope**
Crisis Line: 701.477.0002
Office: 701.477.0002
E-mail: gourneau@utma.com

**Beulah
Women's Action & Resource Center**
Crisis Line: 701.873.2274
Office: 701.873.2274
mercerwar.com

**Bismarck
Abused Adult Resource Center**
Crisis Line: 866.341.7009
Office: 701.222.8370
abusedadultresourcecenter.com

**Bottineau
Family Crisis Center**
Crisis Line: 800.398.1098
Office: 701.228.2028
famcrisiscenter.org

**Dickinson
Domestic Violence & Rape Crisis Center**
Crisis Line: 888.225.4506
Office: 701.225.4506
dvrcnd.com

**Ellendale
Kedish House**
Crisis Line: 877.349.5118
Office: 701.349.4729
kedish-house.com

**Fargo
Rape and Abuse Crisis Center**
Crisis Line: 800.344.7273
Office: 701.293.7273
raccfm.com

**Fort Totten - Spirit Lake Nation
Spirit Lake Victim Assistance**
Crisis Line: 701.766.1816
Office: 701.766.1816
spiritlakenation.com/programs/spirit-lake-victim-assistance/

**Grafton
Domestic Violence & Abuse Center Inc.**
Crisis Line: 866.435.7490
Office: 701.331.0466
dvacnd.org

**Grand Forks
Community Violence Intervention Center**
Crisis Line: 866.746.8900
Office: 701.746.0405
cviconline.org

**Jamestown
Safe Shelter**
Crisis Line: 888.353.7233
Office: 701.251.2300
safeshelterjamestown.org

**Lisbon
Abuse Resource Network**
Crisis Line: 701.683.5061
Office: 701.683.5061
abuseresourcenetwork.org

**Minot
Domestic Violence Crisis Center**
Crisis Line: 701.852.2258
Office: 701.852.2258
courage4change.org

**Stanley
Domestic Violence Program NW ND**
Crisis Line: 800.273.8232
Office: 701.628.3233
dvprnwnd.weebly.com

**Valley City
Abused Persons Outreach Center**
Crisis Line: 701.845.0072
Office: 701.845.0078
apocnd.org

**Wahpeton
Three Rivers Crisis Center**
Crisis Line: 701.642.2115
Office: 701.642.2115
threeriverscrisiscenter.com

**Washburn
McLean Family Resource Center**
Crisis Line: 701.462.8643
Office: 701.462.8643
mcleanfrfc.weebly.com

**Williston
Family Crisis Shelter**
Crisis Line: 701.770.5180
Office: 701.572.0757
familycrisisshelter.com

What Can You Do to Be Safer?

- Call 911 if you're in immediate danger or have been threatened.
- Trust your instincts. You may want to ignore what's happening or downplay or minimize the situation. The fact that you're uncomfortable or afraid is enough to take action to be safer.
- Connect with a local domestic violence/sexual assault (DV/SA) victim advocacy center. They can help you navigate your options and make a safety plan. A directory of North Dakota centers can be found inside this brochure.
- Tell people you trust about your situation. See if your school, workplace, or building security can help with your safety plans.
- Consider getting a protection order to help keep the stalker away from you. Contact a DV/SA advocacy center for information on how to apply for one.
- Keep your social media accounts private, and change your passwords to your online accounts often.

Source:
1. Smith, S.G., Basile, K.C., & Kresnow, M. (2022). *The National Intimate Partner and Sexual Violence Survey (NISVS): 2016/2017 Report on Stalking*. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.

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contact@nddsvc.org



NDDSVC does not provide direct services to victims and survivors. Contact a DV/SA advocacy center near you if you are looking for support. If you are in immediate danger, call 911.

This project was supported by Grant No. 15JOVW-24-GG-00961-MUMU, awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication are those of the authors and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.



North Dakota
Domestic & Sexual
Violence Coalition

Understanding
Stalking

What is Stalking?

Stalking is a pattern of behavior directed at a specific person that would cause a reasonable person to feel fear or emotional distress.

Context is key: Stalking is a unique crime in that it involves actions that may seem insignificant or flattering to people who are not involved in the situation, but the actions are actually terrifying when you know the context of the situation. Victims of stalking often have to explain to others why something scares, upsets, or worries them. For example, receiving a text message from an unknown number that says, “Have a great first day at work!” may seem friendly to most. But to a stalking victim who has recently relocated to a new city, gotten a new job, and changed their phone number to escape their abusive ex-partner, it can be terrifying. To a victim of stalking, that message could mean their ex-partner has found their new location and is somehow monitoring their actions. This is why context is key when it comes to stalking.

Most victims are stalked by someone they know, with about 40% being by a current or former intimate partner, and about 42% by an acquaintance.¹ Many stalkers combine criminal acts (property damage, trespassing) with legal behaviors (sending gifts or texts). Otherwise legal acts can become criminal when part of a stalking case.

If you’re experiencing stalking, you may feel vulnerable, unsafe, nervous about checking your phone or email, scared or anxious about what might happen next, or like you’re always looking over your shoulder.

North Dakota Stalking Law

Stalking is a crime. North Dakota state law (N.D.C.C. § 12.1-17-07.1), defines stalking as:

- To engage in an intentional course of conduct directed at a specific person which frightens, intimidates, or harasses that person and which 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; or
- The unauthorized tracking of the person’s movements or location through the use of a global positioning system, robot, or other electronic means that would cause a reasonable person to be frightened, intimidated, or harassed and which serves no legitimate purpose.

North Dakota Century Code also includes stalking as a form of domestic violence. If you’re being stalked, you can apply for a Domestic Violence Protection Order to help you stay safe. Contact a domestic violence/sexual assault (DV/SA) advocacy center for more information. A directory of North Dakota centers can be found in this brochure.

What Do Stalkers Do?

Most stalkers use multiple tactics to scare their victims. These behaviors include, but are not limited to:

- **Unwanted contact** through repeated calls (including hang-ups), texts, emails, or messages
- **Following** you
- Sending **unwanted gifts**, letters, or leaving objects for you to find
- **Tracking you** using technology (like GPS, apps, or hidden cameras)
- **Showing up or waiting for you** at your home, work or school
- **Damaging** your property
- **Spreading rumors** about you, in person or online
- Posting, sharing, or **threatening to post or share intimate photographs or videos** of you
- **Harassing** your co-workers, family, or friends
- **Gathering information** about you by using the internet, going through your trash, or asking a third party
- **Hacking your accounts**, changing your passwords, or impersonating you online
- **Threatening to hurt you** or your family, friends, or pets
- Other actions that **control, track, or frighten** you

Stalking information provided by the Stalking Prevention, Awareness, and Resource Center (SPARC). Learn more at www.stalkingawareness.org.

Remember: The stalking is not your fault, and you cannot control the stalker’s behaviors.

Document Every Incident

If you’re experiencing stalking, it is essential to document everything that happens. A log of stalking incidents can help you show what’s been happening if you apply for a protection order, deal with family court issues, or make a report to law enforcement. If you plan to make a report, a stalking incident log can also help you remember the details of individual incidents later.

When a stalking incident happens, document:

- ☐ Date
- ☐ Time
- ☐ Description of the incident
- ☐ Location of the incident (physical location, technology used, or online platform)
- ☐ Name(s) of any witnesses (include their address and phone number)
- ☐ Any evidence (photos, videos, screenshots, etc.)
- ☐ If a report was made and to whom (include law enforcement agency, officer name, badge or identification number)

To help with documentation, a stalking incident log can be found at www.stalkingawareness.org/documentation-log/

Other important notes:

- Keep e-mails, phone messages, letters, or notes.
- Photograph anything the stalker damages and any injuries the stalker causes.
- Ask witnesses to write down what they saw.
- Request copies of police reports.
- Since the information in your stalking log could potentially be introduced as evidence or inadvertently shared with the stalker at a future time, **do not include any information in the log that you do not want the stalker to see.**
- If you make a report to law enforcement, they will need information on the stalker. Keep a document with the stalker’s name, address, phone number, place of employment, vehicle make/model/year/color/license plate number, sex, age, date of birth, height, weight, race, hair color, eye color, and a description of any distinctive physical features or tattoos. Provide a photo of the stalker if possible.