

Safety Tips for Stalking Victims

- ◆ Trust your instincts.
- ◆ Keep a record of each contact.
- ◆ Gather any evidence, or documents that can help you show pattern of abuse.
- ◆ Consider making a report to local law enforcement or filing a civil protection order.
- ◆ Inform a trusted person about the situation. Keep them up to date with any new happenings.
- ◆ Create a safety plan and share it with relevant people.

Contact ATVP if you suspect Stalking—advocates can give you resources and support to create a safety plan.

Contact ATVP for further safety tips, support, and advocacy. Our services are free and confidential.

ATVP

PO BOX 37
115 NW STATE ST.
PULLMAN, WA 99163
TEL: (509)332-0552
FAX: (509)332-3314



A UNITED WAY

AGENCY

PO BOX 8517
407 S. WASHINGTON ST.
MOSCOW, ID 83843
TEL: (208) 882-2490
FAX: (208) 883-1041

Web Address

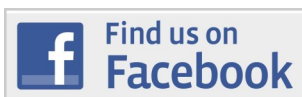
www.atvp.org

E-Mail Address

home@atvp.org

24-Hour Hotline

Collect Crisis Calls Accepted



<http://www.facebook.com/atvp30>

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Stalking



Alternatives to Violence of the Palouse

Help for victims and survivors of domestic violence, sexual assault, and stalking

24-hour Crisis Hotline
(208) 883-4357
OR
(509) 332-4357

What is Stalking?:

Stalking is a pattern of behavior directed at a specific person that would cause a reasonable person to feel fear for their safety or the safety of others, and/or suffer substantial emotional distress. Stalking is serious, often violent, and can escalate over time.

What does it look like?

- Unwanted repeated phone calls to you, friends or family.
- Showing up in person.
- Texts, email, messages, DMs.
- Following or watching.
- Sending unwanted cards, letters, gifts.
- Using technology to monitor, track and/or spy.

Facts bout Stalking:

- ◆ About 13.5 million people are stalked in the United States every year.
- ◆ Nearly 1 in 3 women and 1 in 6 men are victims of Stalking.
- ◆ Most perpetrators of Stalking are someone the victim knows.
- ◆ People aged 18—24 experience the highest rates of stalking.
- ◆ More than twice as many victims are stalked with technology than without.
- ◆ 1 in 8 employed Stalking victims lose time as work as a result of their victimizations.
- ◆ Victims of stalking experience higher rates of anxiety, depression, and insomnia.

** Statistical data from the Stalking Prevention Awareness and Resource Center, 2023

Resources:

- National Domestic Violence Hotline—1-800-799-7233 ; TTY 1-800-787-3224 ; text 'START' to 88788 ; or live chat on THEHOTLINE.ORG
- National Sexual Assault Hotline (RAINN) — 800-656-HOPE(4673)
- Suicide Prevention Hotline—800-784-2433 or 988
- Stalking Prevention Awareness and Resource Center—1-855-484-2846

Information about stalking prevalence and its impact. Here you can find statistical data, fact sheets and information for survivors on how to track data.