

STALKERS – CRIMINAL HARRASSMENT
VICTIM ADVICE

1. Most stalkers are known, if only briefly, by the victim. It is, therefore very important that the victim tells the stalker directly that she/he does not want him/her to have any form of communication with her/him.
 - Tell the stalker “no” once and only once. Never give him/her the satisfaction of a reaction again.
 - Do not try and reason with a stalker. The more you respond, the more you teach him/her that his/her actions will elicit a response. This only serves to reinforce the stalking.
2. The victim should keep an accurate account of any physical contact, communication, or visual contact that she/he has with the stalker
 - She/he should also keep record of any suspicious or disturbing incidents such as the delivery of “gifts” or letters, drive-bys, vehicle damage, harming of pets, etc. The log should be as accurate as possible and include the date, times and place of the occurrences.
3. Get a dog. This is one of the least expensive, but most effective alarm systems.
4. A video camera is handy to film the stalker if he/she arrives at your workplace or residence. This is intimidating for the stalker and provides evidence for court.
5. Use your maiden name or a different name to register your utilities and your phone.
6. **Never** give out your home address or telephone number. Get a post office box and use it on all correspondence. For those places that will not accept a post office box, change “PO Box #” to “Apt #”. Put this address on your cheques.
7. If the stalker gets your home telephone number, don’t change it. Instead, always let an answering machine pick-up. Get a new, unlisted number and give it to everyone who calls but the stalker. Gradually, only your stalker will be using your old number. If it upsets you when he/she calls, put the machine in a room you don’t use and have someone else monitor the tapes. This way, the stalker will think he/she is getting through to you and you record his/her calls for court. Always be aware that whenever you close of one avenue for a stalker, he/she may find another.

8. Take a self-defence class. The best self-defence classes teach you how to become more aware of your surroundings and avoid confrontations.
9. Acquire caller I.D. on your phone system.
10. Have a co-worker screen your calls.
11. Don't accept packages unless they were personally ordered.
12. Remove any name or identification from reserved parking at work.
13. Destroy discarded mail.
14. Equip your gas tank with a locking gas cap that can only be opened from the inside of the car.
15. Get a cell phone and keep it with you at all times, even inside your home.
16. If you think you are being followed while in your car, make four left or right-hand turns in succession. If the car continues to follow you, drive to the nearest police station, **never** home or to a friends house.
17. Never be afraid to sound your car horn to attract attention.
18. Acquaint yourself with all-night stores and other public, highly populated places in your area.
19. Don't be embarrassed and think you caused this somehow. Stalkers need no encouragement. Your shame is your stalker's best weapon. It makes you more likely to engage him/her or agree to plea bargains, which are bound to be taken as sympathy. Instead, tell everyone you know (and show a photo if you have one), that you are being stalked, so that when the stalker approaches them for information, they will be alerted not to divulge anything.
20. Even though a stalking victim is not to blame for the stalking activity, she/he must be responsible to take the proper steps to combat the stalking.