

### Safety Tips If You Are Being Stalked:

- x Send a clear message to the stalker that you want nothing more to do with them. Once you do this, **avoid ALL contact with the stalker**-any further contact, even if it is negative, will only encourage them.
- x Report each incident of stalking to law enforcement in your area.
- x Follow exactly what you are directed to do by law enforcement.
- x Contact CIS for more information on obtaining a stalking order.
- x Inform family, friends and co-workers of what is happening.
- x Document everything. Keep a detailed log of all incidents (taped conversations, dates, times of calls/texts/emails/gifts/letters)
- x Do not destroy any letters, emails, cards, or messages of any kind. They can be used as evidence-save them and give them to law enforcement.
- x Carry a cell phone and watch for someone following you. If you think you're being followed, don't go home-head directly to the police station.
- x Change your phone number.

- x Screen your calls and have them screened at work.
- x Change your daily routine.
- x Keeps doors locked while you are home and in your car.
- x Use a post office box to receive your mail.
- x Park vehicles in well-lit areas and equip the gas tank with a locking gas cap.
- x Visually check the front and rear passenger compartments before entering your vehicle.
- x Keep doors locked while vehicles are in use.

This pamphlet is sponsored in part by the Office of the Attorney General: Division of Victim Services.

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## **STALKING**




### What it is And What you can do



**Crisis Intervention Services**  
Cody Office  
1220 13<sup>th</sup> Street  
Cody, Wyoming  
307-587-3545

**Toll Free 24 Hour Crisis Line:**  
1-877-864-9688

Powell Office  
335 N. Gilbert Street  
Powell, Wyoming  
307-754-7959

Powell office is handicap accessible 

### What is Stalking?

Stalking is typically defined as: Willful, malicious, repeated following, annoying, and harassing of another person.

The primary elements in the Wyoming stalking statutes are:

- o The behavior is threatening.
- o The defendant has intent and/or apparent ability to carry out the threat.
- o The crime involves a "course of conduct," defined as "a series of acts over any period of time evidencing a continuity purpose."
- o The victim has reasonable fear for his or her safety.

### Key Factors in Stalking:

A primary factor in stalking is the exercise of control and power-perceived or actual- that offenders desire to have over their victims. The nature of the control will vary from offender to offender and the offenders' relationship with the victim. Variations in behavior range from hang-up phone calls to direct threats.

Escalating behavior increases the likelihood of injury to the victims.

### The Demographics of Stalking:

Stalking is a gender neutral crime, meaning both men and women are perpetrators and victims. Most stalkers tend to fall into the young middle-aged categories, and have above average intelligence. Stalkers come from every walk of life and every socio-economic background. Unfortunately, there is no single psychological or behavioral profile for stalkers. Therefore it is very difficult to categorize their behavior and doubly difficult to create any effective means of coping with their actions.

You may become the victim of a stalker regardless of your race, gender, age, economic status or sexual orientation, however:

- \*Most stalking victims are former lovers, former spouses and spouses;
- \*Some stalking victims are co-workers, neighbors, celebrities, political figures or even strangers.

### Simple Obsession Stalkers:

Simple obsession stalkers represent 70-80% of all stalking cases and distinguished by the fact that some previous personal relationship existed between the stalker and victim. This "Fatal Attraction" stalker may not have a psychological disorder, but all clearly have personality disorders. Stalkers in this class are characterized as individuals who are:

- \*Socially maladjusted and inept
- \*Emotionally immature
- \*Feelings of powerlessness
- \*Unable to succeed in relationships by socially-acceptable means
- \*Jealous, bordering on paranoid
- \*Extremely insecure/suffer from low self-esteem

### What do I need for an Order of Protection to Prevent Stalking?

- o You will need to tell your stalker very clearly to stay away, From that point on, have NO further contact with your stalker!
- o You will need at least three contacts, by the stalker directly to you. These contacts cannot be initiated by you.
- o Emotional distress

### Forms of Stalking:

Stalkers use several methods and instruments to harass and threaten their victims:

- o Telephone
- o Computer (Internet/Email)
- o Fax
- o Letters
- o Gifts
- o Following
- o Going to victim's home
- o Going to victim's work
- o Vandalism