

## Safety Tips if you are Being Stalked:

- 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.
- Report each incident of stalking to law enforcement in your area.
- Follow exactly what you are directed to do by law enforcement.
- Contact CIS for more information on obtaining a stalking order.
- Inform family, friends, and co-workers of what is happening.
- Document everything. Keep a detailed log of all incidents (recorded conversations, dates, times of calls/texts/emails/gifts/letters).
- 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.
- Carry a cell phone and watch for someone following you. If you think you're being followed, don't go home, go directly to the police station.
- Change your phone number.
- Screen your calls and have them screened at work.
- Change your daily routine.
- Keep doors locked while you are home and in your car.
- Use a post office box to receive your mail.
- Park vehicles in well-lit areas and equip the gas tank with a locking gas cap.
- Visually check the front and rear passenger compartments before entering your vehicle.

We believe all people have a right to a life free of physical violence, sexual assault, verbal/emotional abuse, and restriction of personal liberties.

We believe that violence is a societal problem, a learned behavior, and with intervention and education, the cycle of violence can be broken.

We believe in the worth, dignity, and uniqueness of the individual, and we support these values through education, personal growth, self-reliance, and self-determination.

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

*CIS is available to all people without regard to race, color, sex, national origin, religion, political beliefs, sexual orientation, ability or disability.*

*The information contained within this brochure is provided by CIS for educational and informational purposes only. It is not a substitute for professional legal advice. If you have legal questions, please consult an attorney.*



## Stalking What it is and what you can do

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

Cody Office  
1220 13th St.  
Cody, WY  
307-272-4754

Powell Office\*  
335 N. Gilbert Street  
Powell, WY  
307-754-7959  
Fax: 307-754-4448

\*Powell office is ADA accessible



## What is Stalking?

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

The primary elements in the Wyoming Stalking Statutes are:

- Behavior is threatening.
- The perpetrator has intent and/or apparent ability to carry out the threat.
- The crime involves a “course of conduct,” defined as “ a series of acts over any period of time evidencing a continuity purpose.”
- The victim has reasonable fear for his or her safety.
- Communicating with another person by verbal, electronic, mechanical, telegraphic, telephonic, or written means in a manner that harasses.
- Following a person other than within the residence of the perpetrator.
- Placing a person under surveillance by remaining present outside his or her school, place of employment, vehicle, other place occupied by the person, or residence other than the residence of the perpetrator.

## 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 victims.

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 young middle-aged categories, and have above average intelligence. Stalkers come from every walk of life and every socioeconomic background. Unfortunately, there is no single psychological or behavioral profile for stalkers. Therefore, it is very difficult to categorize their behavior and 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?

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

## Forms of Stalking:

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

- Telephone
- Computer (Internet/Social Media)
- Fax
- Letters
- Gifts
- Following
- Going to victim’s home
- Going to victim’s work
- Vandalism