

Are you being stalked?

Is someone repeatedly following or watching you, showing up unexpectedly, or communicating with you in ways that seem obsessive or make you concerned or afraid for your safety?

Stalking is a pattern of behavior that usually is very frightening, unpredictable and dangerous. The stalker might be someone you have had a relationship with or someone you don't know or have barely met. Stalking can begin at any time, including after a no contact order has been issued.

Stalkers do things like:

- **Follow you**
- **Show up in unexpected places**
- **Call or text repeatedly**
- **Send unwanted cards, gifts or messages**
- **Drive by or hang around your home, school or work**
- **Use technology, like hidden GPS or cameras, to track you**
- **Find out about you by using public records or on-line search services, hiring investigators, going through your garbage, or contacting friends, family, neighbors, or co-workers**
- **Keep tabs on you through family and friends**
- **Threaten you, people you love or your pets**
- **Damage your property**
- **Repeatedly track you in ways not mentioned above**

Stalking is a crime.

If you think you are being stalked:

Take threats seriously and trust your **instincts**. Don't downplay danger.

Stop **all** contact. Any response, even a negative one, may encourage a stalker.

If you can't stop all contact, **focus** on how to be safe when you have to have contact.

3.4 million people are stalked each year in the United States.

Report any threats or frightening behavior to the police immediately for protection and documentation.

Tell others you **trust** about your situation (school, childcare, employer, friends, family, neighbors, etc.). Keeping it secret empowers the stalker.

Call one of the **agencies** in this brochure and find out what help is available (even if your situation is not domestic violence).

If you do not get the level of service you need from any agency, ask to speak to a supervisor or try another agency. Don't get discouraged. You have a right to be **protected!**

In an emergency, you can board any LexTran bus and ask for a ride to safe shelter.

Plan ahead for your safety!

Everyone's situation is unique. Only you can **determine** what will make you safer but here are a few things to consider:

Think about how to get away from danger in every situation. Plan escape routes and safe places and keep a charged cell phone handy.

Disconnect joint services such as bank accounts, credit cards, utilities, phones, etc. and ask agencies to keep your information confidential.

When you **tell** others about your situation, show them pictures of the stalker and let them know what kind of car he/she drives. Tell them what to do if they see the stalker or the stalker's car at your home, workplace, school, etc. (i.e. call the police or notify security). **Develop** a signal or code word to let others know when you need help.

Ask an **advocate** to help you develop a safety plan. The Sheriff's Office Safety Planner will even come to your home.

Vary routines and travel routes. **Avoid** being isolated or alone. Don't agree to meet with the stalker, even in public.

Talk to your children about how to be safe and what to do if something happens.

Search the internet to see what personal information about you is available and take steps to **protect** your privacy.

Call the **police** if the stalker violates the protective order. Stalking can be a violation of a protective order, bond condition or other type of court order.

Documentation

Since stalking often involves a collection of seemingly small incidents and the stalker may only threaten you indirectly, it is critical to document all stalking behaviors including emails and messages. The evidence will help prove what has been going on if you decide to apply for a protective order or to report the stalking to the police. Your role is very important because sometimes you are the only person with access to the evidence.

Make sure you:

- ◆ Keep a detailed log of every incident including the time, date, description, location, witnesses, officer badge number and name, evidence collected, how you felt (e.g., frightened, alarmed), and how it affected your life.
- ◆ Save all messages, texts, gifts, letters, etc. from the stalker (or a third party acting on the stalker's behalf) and ask police to save them
- ◆ Take pictures or videos
- ◆ Call police for documentation and protection
- ◆ When police respond, give as much information as possible to establish the history of previous incidents
- ◆ Get copies of police reports (on every incident)
- ◆ Follow-up an investigation by contacting the investigator to provide and/or obtain additional information

You are not to blame for a stalker's behavior.

FAYETTE COUNTY EMERGENCY RESOURCES (24HRS)

Division of Police	911 or 258-3600
Bluegrass Domestic Violence Program*	1-800-544-2022
District Court Clerk - Protective Orders	
Weekdays	246-2248
After Hours & Weekends	246-2228
Sheriff's Office	252-1771

OTHER COMMUNITY RESOURCES

Adult Probation	425-2680
Bluegrass Rape Crisis Center*	1-800-656-4673
Brenda Cowan Coalition for KY, Inc.	276-4457
Chrysalis House*	243-0972
Commonwealth Attorney's Office	246-2060
County Attorney's Office	254-4941
Department for Community Based Services	245-5258
Detention Center (Jail).....	425-2700
Health/Human Services Information*	211
Legal Aid of the Bluegrass*	233-4556
The Nest-Center for Women, Children & Families*	259-1974
Office of the Friend of the Court	246-2222
Sheriff's Office (Safety Planning, Domestic Violence Order Monitoring, and Offender Treatment Information)	252-1771
Sunflower Kids Supervised Visitation	268-0487
Parents' Information Line.....	1-800-244-5373
State Probation & Parole.....	246-2177
U.K. Police Department.....	257-1616
U.K. Targeted Assessment Program	245-5109
U.K. Violence Intervention and Prevention Center (VIP)	257-3574
Victim Notification (VINE):	
Offender's Release from Jail/Prison	1-800-511-1670
VINE Protective Order.....	1-800-511-1670
Domestic Violence Prevention Board*	258-3803

For more information on stalking, go to:
www.ncvc.org/src
www.womenslaw.org

Asterisk () indicates an United Way Agency*



Are you being STALKED?

What you should know
and what you can do.



Sponsored by:
Lexington-Fayette Urban County Government
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Domestic Violence Prevention Board



Funds provided by:
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