



Sexual Assault Response Services of Southern Maine

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Facts About

Stalking

What is *Stalking*?

- **Stalking** is defined under Maine State Law as **one person who repeatedly (2 or more times) and knowingly** engages in behaviors that cause another specific person **to feel threatened, fear bodily injury or fear harm to an immediate family member**
- Close to **1.4 million people are stalked** in the U.S. each year (80% of the victims are women)
- Most stalkers are **male (1 in 12 females are stalked in their lifetime)**

Who are *Stalkers*?

- There are three (3) common types of stalkers:
- **Intimate Partner Stalkers** – Most often seen as the “**guy who can’t let go**” (he refuses to believe that the relationship has ended). The vast majority of these stalkers are **NOT** sad and lonely people who are still in love but rather they are often **emotionally abusive partners who were controlling during the relationship itself**. Over 50% of all stalkers fall into this category!
- **Delusional Stalkers** – Frequently these stalkers **have had very little contact with their victim**. Some have major mental illnesses such as manic-depression but **all believe that there is some bond between themselves and their victims**. Some of these stalkers believe that they are in a relationship with the victim or that they are destined to be with the victim and that if they pursue the relationship, they will come to realize this as well. It is this belief that allows them to justify their actions.
- **Vengeful Stalker** – Often the **most dangerous** type, this stalker has usually become **angry with his victim over some slight, real or imagined**. Public figures tend to get many of these stalkers, as do ex-employers. These stalkers have **no intentions of being in a relationship with their victim** and this results in them having the **highest potential to cause harm**.

What is the punishment for *Stalking*?

- In Maine, a **first offense** for stalking carries a sentence of 60 days with at least 48-hours in jail and a possible court-mandated abuser education program
- In Maine, a **second offense** or if there has been a **violation of a restraining order** carries a sentence of at least 6 mos. jail with at least 14 days served and mandatory anti-abuse classes

Help, Hope, and Healing

What Can I do if I'm being *Stalked*?

- Document all contact that the stalker has with you!
 - Save any messages
 - Write down places and times of contact
 - Secure the names of witnesses
 - Report incident to the police
- File a restraining order!

This will begin a court record of stalking and it shows that efforts have been made to deter the stalker
- Tell the stalker to stop!

But do so only once and then ignore all contact he/she may have with you
Paying more attention to him/her may only encourage him/her to stalk more

Tips for if You're being *Stalked*:

- Call the Department of Motor Vehicles and ask them to block your address from the public
- Consider getting a P.O. Box and use it for all correspondence
- If possible, screen all your phone calls and have co-workers screen your calls as well
- Remove your name from your mailbox and/or reserved parking at work
- If you think that you are being followed, drive to the nearest police station or public place and call the police. DO NOT drive home or to a friend or family member's house!

**DO NOT BE HESITANT TO PROTECT YOURSELF!
STALKING IS NOT YOUR FAULT AND THERE ARE LAWS TO
PROTECT YOU!**