

AT HOME

- Change the locks of your home and/or car;
- Install outside motion detectors with bulbs out of reach; and
- Consider installing a security system.

IN GENERAL

- Carry a cell phone with you at all times. Call 911 immediately if you are being followed and go to a busy place. DO NOT GO HOME!;
- Park in well-lit areas and avoid walking alone;
- Pack an emergency bag with clothing, money, critical phone numbers/addresses and valuables in case you need to get away quickly; and
- Temporarily relocate, and in extreme cases, move away from the area.

SAMPLE INCIDENT LOG

Date: _____

Time: _____

Incident Type: _____

Officer's Name: _____

Officer's ID number: _____

Report#: _____

Incident Description: _____

Witness Information: _____

Name: _____

Address: _____

Phone: _____

DOMESTIC VIOLENCE PROGRAMS AND ASSISTANCE IN THE NASHVILLE AREA

YWCA Domestic Violence Program

242-1199

Morning Star Domestic Violence Program

860-0003

Rape & Sexual Abuse Center

259-9055

Legal Aid Society of Nashville Tennessee

244-6610

Child Support Services of Tennessee

726-0530

Metro Police Domestic Violence Div. Counseling Services

880-3000

Mary Parrish Center (Counseling / Referrals)

256-5959

Sexual Assault Center

800-879-1999



Metropolitan Nashville Police Dept.

Domestic Violence Division

811 2nd Avenue South

Nashville, Tennessee 37210

615-880-3000

STALKING

A GUIDE FOR VICTIMS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3 Left Threatening note on car	4	5 3 e-mails	6 got post Security at work	7
10 followed from work to School	11 4 e-mails	12 3 hang ups	13 called repeatedly left messages	14	
17 6-hang ups	18 showed up at work	19	20	21	
24 like can sent	25	26	27 4 hang ups	28	

HOW TO FIND SAFETY AND HELP WHEN SOMEONE STALKS YOU

WHAT IS STALKING?

In Tennessee, stalking is a crime and is legally defined as a willful course of conduct involving two or more incidents which causes the victim to feel terrorized, frightened, intimidated, threatened, harassed, or molested. One in 12 women and one in 45 men are stalked during some point in their lifetime. Stalking is never the victim's fault. It is not normal behavior and is not caused by anything the victim has done. A stalker may engage in any of the following behaviors:

- Watching or following you;
- Making threatening phone calls or hang-ups;
- Sending hate mail, unwanted personal faxes or email;
- Sending unwanted love notes;
- Delivering unwanted object(s);
- Driving by your home or work;
- Vandalizing property including relative's or neighbor's home or car;
- Posting your photo and personal information on the Internet;
- Harming or killing your pet(s);
- Approaching you or assaulting you, and/or
- Making specific threats that only you recognize.

WHO IS A STALKER?

A stalker may be an intimate partner, a friend, a coworker, or a neighbor. In fact, 59% of female victims and 30% of male victims are stalked by an intimate partner. One third of the stalkers who commit violent acts such as sexual assault and murder were intimate partners. Most often, the stalker is male. Usually individuals who stalk are "not psychotic." Their primary motivation is anger or hostility toward the victim. Stalking victims report that the stalker seeks to have control over them.

How Might Stalking Affect you?

Being stalked continuously causes extreme emotional and physical stress reactions. You may experience:

- Intense feelings of fear or terror;
- Increased anger, irritability or agitation;
- Decreased energy level or exhaustion;
- Indecisiveness or problems concentrating;
- Withdrawal from friends and activities;
- Major changes in sleeping or eating patterns; and/or

- Frequent sadness, tearfulness or crying

You do not have to deal with these feelings by yourself. Contact your local rape crisis or domestic violence program for information and support.

WHAT CAN YOU DO?

Document the abuse. Keep an incident log. Use the chart below to record any stalking actions (*listed previously*). Call the police and file a report. Give them a copy of your incident log with dates and times. Your police report may become a public record so use a postal box address to protect your privacy.

COLLECT OTHER DOCUMENTATION THAT MAY HELP YOU OBTAIN JUSTICE.

To supplement the chart, keep a more detailed description of every incident and situation involving the stalker. Take photos of destroyed property and/or injuries, and print copies of website postings. Keep email, notes, letters, or items from the stalker. Save answering machine phone messages, police reports, and all legal documents. Make a record of everything there is to know about the stalker. Give a copy to a friend or relative for safekeeping.

CONSIDER OBTAINING A PEACE ORDER OR A PROTECTIVE ORDER.

In Tennessee, an Order of Protection can require a stalker to:

- Refrain from threatening or committing abuse;
- End all contact with victim; and
- Order the stalker to stay away from the victim's home, place of employment, or school.

Before the order is granted...

You will have an Ex Parte' Order that is good for fifteen days until the court hearing for the full order.

- If the stalker is a stranger or an acquaintance, you must file a petition in District Court for a peace order, which is good for six months.
- If the stalker was previously or is currently related to you and resided with you during the last year, or was an intimate partner, you must file a petition in District or Circuit Court for a protective order. A protective order is good for 12 months. You may apply for an extension or re-file at that time.

ASK FOR HELP.

Phone numbers of agencies that can help you are listed on the back of this brochure. On the Internet, you can go to www.mcasa.org and click on Get Help to see a list of rape crisis centers in Maryland, or to see a list of domestic violence programs, go to www.mnadv.org and click on Service Providers. Trained hotline counselors can talk to you about how you feel, how to stay safe, and your legal options. Tell your family, friends, neighbors, and employers and show them pictures of the stalker so they can tell you if they see him. Do not try to handle this alone.

WILL TALKING TO THE STALKER HELP?

NO. Talking or any form of communication will be seen as a sign of encouragement. Say "no" JUST ONCE. Then do not talk to him or her again. Don't try to "talk sense" into the stalker or agree to meet to "clarify things." Don't bother pleading to be left alone. Do not return items to the stalker. Do not engage the stalker in any way. Try not to have any contact at all.

HOW CAN YOU STAY SAFE?

Protect yourself with these safety measures if you are being stalked:

On the Phone

- Get an additional phone line that is unlisted and keep the number confidential;
- Set up an answering machine to receive calls to the listed number and save messages or Caller ID numbers from the stalker as evidence;
- If the stalker calls, hang up, wait 20 seconds, and dial *57 for Call Trace;
- Dial *67 before placing a call to prevent display of your phone number;
- Never verify your home address over the phone; and
- Report threatening calls to the phone company or the police.

By Mail

- Obtain a private postal box – do not use your home address;
- Remove your name from "reverse directories" published by marketers who send junk mail. Go to www.privacyrights.org for more information; and
- Report mail threats to the Police. (continued)