

Safety Suggestions (Continued)

- If you move do not leave a “paper trail.” Don’t have anything forwarded (mail, newspapers, and magazines subscriptions, telephone number, etc.). Take all medical immunization records (especially for your children) with you.
- Contact the three credit bureaus: TRW, Equifax, and Trans Union. Let them know of your situation and ask them to flag your record.
- If you receive threatening calls report it to your phone company.
- Always carry a cell phone. If you are being followed call 9-1-1 and go to a busy place.

Technology Tips

- Get an additional unlisted phone line and keep the information confidential.
- Keep your old phone number with your answering machine/voice mail connected. Save messages or caller ID numbers for evidence.
- If you cannot afford an additional phone line, ask your phone company about getting a second ring tone that distinguishes your new phone number from your old phone number.
- Avoid calling 800 or 900 phone numbers. If you need to call one of these services use a pay phone.
- Don’t leave your cell phone unattended.
- Set the GPS in your cell phone so it is only accessible by 9-1-1. Contact your wireless provider for more information.
- Notify your internet service provider if you receive harassing messages via the web.
- Consider safety when using computers. Go to locations like a public library where the computer can’t be monitored or hacked into.
- Filtering capabilities of your email program can block email from certain addresses.

You don’t have to be in crisis to call

Confidential Crisis Center Services:

- Support and information is available in person and through a 24-hour hotline
- Accompaniment, support, and advocacy at local hospitals, courts, and police departments
- Assistance with protective orders and referrals to legal services
- Peer support groups
- Access to emergency shelter
- Information and referrals to community programs
- Community and professional outreach and education

The NHCADSV and its 12 member programs do not discriminate based on gender, age, health status (including HIV-positive), physical, mental, or emotional ability, sexual orientation, gender identity/expression, socioeconomic status, race, national origin, immigration status, or religious or political affiliation.

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New Hampshire Crisis Centers

Berlin, Colebrook, Lancaster

Response Domestic & Sexual Violence Support Center
1-800-662-4220

Claremont, Newport

Turning Points Network
1-800-639-3130

Concord

Crisis Center of Central New Hampshire
1-866-841-6229

Conway, Wolfeboro

Starting Point: Services for Victims of Domestic & Sexual Violence
1-800-336-3795

Durham

Sexual Harassment & Rape Prevention Program (SHARPP)
1-888-271-SAFE (7233)

Epping, Portsmouth, Rochester

HAVEN
1-800-854-3552

Keene, Peterborough

Monadnock Center for Violence Prevention
1-888-511-6287

Laconia

New Beginnings:
1-866-841-6247

Lebanon

WISE
1-866-348-WISE

Manchester

REACH Crisis Services at YWCA NH
603-668-2299

Milford, Nashua

Bridges: Domestic & Sexual Violence Support
603-883-3044

Plymouth

Voices Against Violence
1-877-221-6176

TTY & Language Line interpretation available

*** For 24-hour assistance in New Hampshire you can call our statewide toll-free hotline:**

Domestic and Sexual Violence

1-866-644-3574



PO Box 353 • Concord, NH 03302-0353

(603) 224-8893

www.nhcadsv.org - Follow us @nhcadsv



Are you being Stalked?

We're Here to Help

Are you being stalked?

Stalking can happen to anyone and it is more common than you might think

1 in 12 women and
1 in 45 men will be stalked in their
lifetime

1.4 million people are stalked every
year in the United States.

*source: *Stalking in America: Findings from the National Violence Against Women Survey*, U.S. Dept. of Justice

- Stalking is never caused by something you may have said or done. If you are being stalked, it is not your fault.
- Stalking can happen to anyone regardless of age, gender, sexual orientation, race, ethnic or economic background.
- A stalker isn't always a stranger. The stalker may be a current or former intimate partner, a friend, customer, co-worker, or an acquaintance.
- 77% of female victims and 64% of male victims know their stalkers.
- Stalkers are often obsessed with their victims. A stalker may monitor a victim's actions including her/his whereabouts, conversations with other people, and internet and email usage. The stalker's motivation typically is to gain and maintain control over the victim. Some individuals may use stalking as a way to try to re-establish a former intimate relationship or to feel connected to a person with whom they do not and/or cannot have a relationship.

Stalking is a crime

In New Hampshire according to RSA 633:3-a it is against the law for someone to:

- Purposely, knowingly, or recklessly engage in a course of conduct targeted at a specific person which would cause a reasonable person to fear for his or her personal safety or the safety of a member of that person's immediate family, and that person is placed in fear;
- Purposely or knowingly engage in a course of conduct that the actor knows will place an individual and/or that person's immediate family member in fear for personal safety;
- Commit a single act of conduct that both violates the provisions of a protection order, divorce decree, or bail conditions, that prohibits contact with the individual **and** is an act of conduct, as defined below. The person must have been served or given notice of the protective order filed against him/her.
- "Course of conduct" refers to 2 or more acts that occur over a period of time, however short, that show evidence of a pattern of behavior. This includes any of the following acts against a person or her/his immediate family member:

Acts of Conduct

- Threatening safety. Following, approaching, or confronting the targeted person.
- Appearing with no legitimate purpose at or around a place where a person can be found, including a residence, workplace, or school.
- Causing damage to property
- Placing an object on the person's property, either directly or through a third person
- Causing an injury to a family pet
- Acts of communication that are harassing to the individual e.g. letters, packages, electronic transmissions, etc.
- Engaging in acts which would constitute stalking after having been advised by a law enforcement officer that the person's acts were in violation of the stalking statute.

If you are being stalked

You might be feeling a variety of emotions and that is normal.

Some stalking victims feel frustrated, angry, unsafe, fearful, anxious and depressed. For others, they feel confused, tired, stressed and have difficulty with eating and sleeping. All of these are common reactions to being stalked. Regardless of how you are feeling, you know best.

Trust your instincts. Stalking can be dangerous and may escalate over time.

Many stalkers will engage in behaviors that are threatening, harassing and seem unpredictable. A stalker may send cards or gifts to the victim and may retaliate by leaving angry messages when the victim does not respond in a way that the stalker wants. In some instances, the victim and people the victim cares about may be harmed. If possible and safe, communicate to the stalker, either in writing or verbally, that you want the stalking behavior to cease. Tell him/her just once and do not have further contact. Confronting or talking to the stalker does not always stop the behavior. The stalker may interpret any additional interaction with you as a sign that his/her efforts to engage you are working.

What can I do if I am being stalked?

Document everything related to the stalking.

Keep an incident log, journal and/or calendar with detailed information about the stalking. Be sure to record every incident, including what the stalker was doing, saying (use direct quotes), wearing, driving (license plate number), etc. Record the names and contact information for anyone who witnessed the stalking.

Contact law enforcement to report what is happening to you.

Be sure to relay important information such as: the stalker's name (if known to you), the date, time, and specific details about what the stalker did, and tell them about any evidence that you may have that is related to the incident. Additionally, tell law enforcement about any previous actions that may have been taken against the stalker e.g. warning to stay away or protection orders. Document for your records any communication with law enforcement, including officer names and case numbers.

Safety Suggestions

If you suspect you are being followed or if you are being threatened, harassed, or intimidated by someone, you may want to consider the following:

- Utilize the law enforcement community and courts.
- Speak with your local crisis center about obtaining a Restraining Order.
- Develop a safety plan with your local crisis center.
- Change the locks of your home and/or car.
- Avoid walking alone. Always be aware of your surroundings.
- Alternate daily driving routes and keep car doors locked at all times, even when in use.
- Park in well-lit areas, obtain a locking gas cap, and always visually check the front and rear passenger areas and under the car before entering your vehicle.
- In case you are being followed know the locations of both the police and fire stations. Find out if that department is open 24 hours a day.
- Keep an emergency bag packed with clothing, money, emergency telephone numbers, etc.
- Report all threats sent by mail to the local police or the FBI.
- Alert neighbors and your landlord about what is happening, and have a prearranged code or signal in case the stalker is near or at your home.
- Post a "No Trespassing" sign on the edge of your property where it is clearly visible.
- Be aware of places a stalker could hide, install outdoor lighting, and check to be sure existing lighting works.
- Be protective of your social security number, it is the key to all of your information. Only give it out if you are required to do so.