



## HELP IS AVAILABLE

### In Bucks County

#### NETWORK OF VICTIM ASSISTANCE (NOVA)

Provides free, confidential counseling and advocacy services to individuals and their family members who have been the victims of sexual assault and other crimes.

**24-Hour Hotline: (800) 675- 6900**  
[www.novabucks.org](http://www.novabucks.org)

#### A WOMAN'S PLACE

Provides comprehensive free, private, and confidential service, support, education, outreach, and advocacy to victims of domestic and dating abuse and violence.

**24-Hour Hotline: (800) 220-8116**  
[www.awomansplace.org](http://www.awomansplace.org)

or

STALKING RESOURCE CENTER  
(National Center for Victims of Crime)

**(800) 394-2255**  
[www.ncvc.org](http://www.ncvc.org)



# STALKING

It's a Crime. We Can Help.



## WHAT IS STALKING?

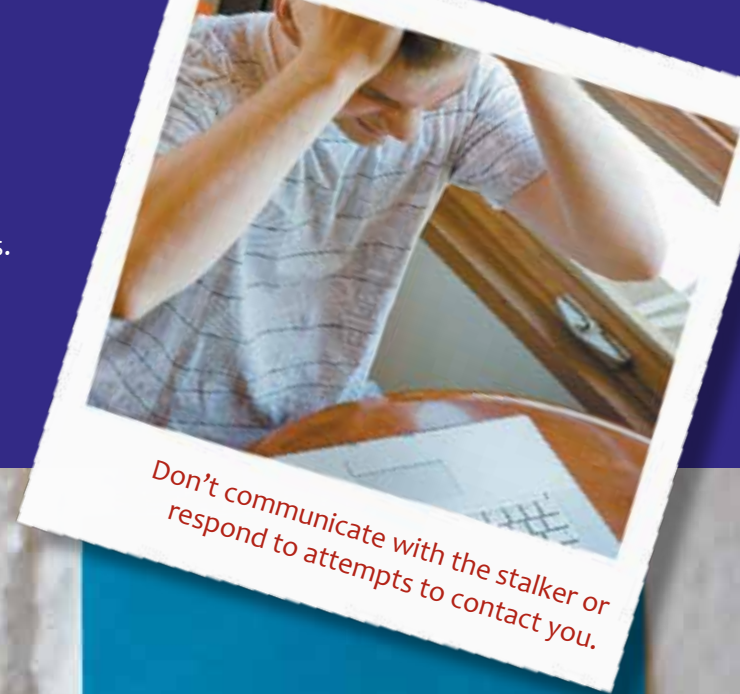
*Stalking is a series of actions that make you feel afraid or in danger.*

Stalking is **DANGEROUS**.  
It can happen to **ANYONE**.  
Stalking is a **CRIME**.



## STEPS YOU CAN TAKE:

- > Dial 911 if you are in immediate danger.
  - > Contact the police and file a report.
  - > Trust your instincts.
  - > Develop a safety plan.
  - > Let family, friends, and co-workers know about the stalking and seek their support.
- > Seek support from your local victim service program.
  - > Keep any evidence of the stalking:
    - Keep a log of the dates and times when the stalker contacts you.
    - Save emails, phone messages, and written notes.
    - Photograph text messages.
    - Photograph any injuries the stalker causes.
    - Photograph anything of yours that the stalker damages.
    - Ask witnesses to write down what they saw.



*Don't communicate with the stalker or respond to attempts to contact you.*

### SOME THINGS STALKERS DO:

- > Call and text you repeatedly.
- > Send unwanted emails, text messages, cards, or notes.
- > Leave unwanted items, presents, flowers, or cards.
- > Follow or spy on you.
  - > Threaten you, your family, friends, or pets.
  - > Drive by or hang out at your home, school, or work.

*1 in 45 men will be stalked in their lives.*

*3.4 million people in the U.S. are stalked each year.*

*1 in 12 women will be stalked in their lives.*

- > Post information or spread rumors about you on the Internet, in a public place, or by word of mouth.
- > Use technology like hidden cameras or global positioning systems (GPS) to track where you go.
- > Find out about you by on-line searches or contacting your friends, family, or co-workers.
- > Other actions that control, track, or frighten you.

**STALKING IS DANGEROUS AND IT IS A CRIME.**

**HELP IS AVAILABLE!**

