



## What is Stalking?

Stalking is a crime of power and control. It can result in physical violence and/or mental trauma, and can be a predictor of future violence. A stalker can be someone you know, or a stranger.

### Stalking behaviors can include:

- Repeated phone calls or texts, including hang ups
- Following you or showing up uninvited
- Contacting family or friends
- Using technology, like hidden cameras, GPS, or online accounts to track you
- Sending unwanted gifts, texts, letters, or emails
- Damaging or vandalizing your property
- Hurting or threatening to hurt you or someone you care about
- Other actions that can control, track, or frighten you

**STALKING IS A PATTERN OF BEHAVIOR DIRECTED AT ANOTHER PERSON THAT WOULD PLACE THAT PERSON IN REASONABLE FEAR.**

**YOU ARE NOT TO BLAME FOR A STALKER'S BEHAVIOR.**

**HELP IS AVAILABLE 24/7**



### How to Enjoy Technology Safely:

- Make sure your social media profiles are “private”
- Check the privacy settings on your and your children’s devices
- Turn off geotagging on your devices and social media accounts
- Do not share your passwords, and change them often
- Do not use the same passwords for all your accounts

If you think someone may be using technology to track you, or if you need help, reach out to an NYC Family Justice Center, or visit [www.nyc.gov/nychope](http://www.nyc.gov/nychope) for more resources and information.

**If you think you are being stalked:**



Take threats seriously and trust your instincts.



Write down the times, dates, and places when the stalker follows you or has contact with you.



Keep e-mails, phone messages, letters, and notes.



Photograph anything the stalker damages, and any injuries they cause.



If you think you are being stalked, talk to an advocate about staying safe.



**NYC's 24-Hour Hope Hotline:**  
1-800-621-HOPE (4673);  
TTY: 1-866-604-5350

# Help is Available 24/7

## Did You Know?

**Most stalking victims are stalked by someone they know.** Nationally, five out of six women, and four out of five men are stalked by a current or former intimate partner, acquaintance, or family member.

**Stalking behavior is often ongoing and frequent.** Two out of three stalkers follow their victims at least once per week using more than one method.

**Stalking is a high risk factor for lethality.** Nationally, 76% of female homicide victims experienced stalking by an intimate partner before they were killed.

**Technology can be used to monitor someone.** One in four stalking victims report some form of cyberstalking or electronic monitoring.

Learn more about gender-based violence at [www.nyc.gov/endgbv](http://www.nyc.gov/endgbv)

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TTY: 1-866-604-5350

 **Visit the NYC HOPE Resource Directory at [www.nyc.gov/NYCHOPE](http://www.nyc.gov/NYCHOPE)**  
for information and resources for domestic and gender-based violence.

 **Call 311 or visit the NYC Family Justice Center (FJC)** in the borough where you live (or one where you feel safest) to get connected.

All Centers are open for in-person or remote services, Monday to Friday, 9 a.m. to 5 p.m. No appointment is necessary. FJCs welcome people of all ages, sexual orientations, and gender identities, regardless of immigration status, income, or language spoken.

### NYC FAMILY JUSTICE CENTERS

**Bronx**  
(718) 508-1220 | 198 East 161st Street, 2nd Fl.

**Brooklyn**  
(718) 250-5113 | 350 Jay Street, 15th Fl.

**Manhattan**  
(212) 602-2800 | 80 Centre Street, 5th Fl.

**Queens**  
(718) 575-4545 | 126-02 82nd Avenue

**Staten Island**  
(718) 697-4300 | 126 Stuyvesant Place

**Call or text 911 in an emergency.**

# Are You, or Someone You Care About, Being Stalked?

## Resources & Information About Stalking



Mayor's Office to  
End Domestic and  
Gender-Based Violence