

## ▶▶▶▶ Increase Your Personal Safety

- Improve home and work security
- Vary your daily routine as your stalker may rely on this for contact.
- Ask the local police to give you a free home security check
- Make a safety plan in case something does happen
- Think about who you can phone and where you can safely go

## ▶▶▶▶ Contact the Police

If you are being stalked, and it has persisted for more than two weeks, call your local police station and make an appointment to see a police officer. Bring evidence of the stalking, as it will help establish your case, plus the police may not be able to act immediately if there is a lack of evidence. Ask to be assigned an officer that you can contact directly so you don't have to re-explain the situation each time you have fresh evidence. Report each new incident, and keep a copy of any 'incident reports' you make to the police in a secure place.

## ▶▶▶▶ Intervention Orders

These orders can give you a false sense of security and may not deter those who have stalked you for a long time, have a history of violence, or a strong sense of power over the victim.

It may also increase an ex-partner's sense of shame and rejection with a violent outcome. It is important to have a safety plan before applying for an intervention order. To apply for an Intervention Order in the local area:

### Frankston Magistrates' Court

Phone: **9784 5777**

Web: **www.mcv.vic.gov.au**

OR ask the police to do it on your behalf.

## ▶▶▶▶ Seek Help & Support

You and your loved ones, particularly children, can be badly affected by stalking and should be encouraged to seek help if needed. Talk to a counsellor or call an anonymous service. Support organisations, community health clinics and family doctors can provide support, counselling and referrals. If your stalker is an ex-partner or family member, domestic violence services can also offer support. Tell them you are a stalking victim and emphasise personal information must be kept confidential.

## ▶▶▶▶ More Assistance

### Victims of Crime Helpline

Phone: **1800 819 817**

Web: **www.victimsofcrime.vic.gov.au**

Also see the following Community Support Frankston brochures:

- *How to Apply for an Intervention Order*
- *Abuse by Cyberstalking*
- *Family Violence — Support for Women*
- *Family Violence — Support for Men*
- *Strategies to Manage your Anger (Women)*

# Unwanted Contact By Stalking

April 2020

## What it is - What you can do



- **stalking behaviour** ●
- **personal safety** ●
- **seeking help** ●



**35 Beach Street, Frankston**  
**Phone: 9783 7284**

**COMMUNITY SUPPORT FRANKSTON**  
Inc. Reg. No. A0000431J ABN 95 426 151 625

## ▶▶▶▶ Stalking is a Crime

Stalking is a criminal offence everywhere in Australia, and interstate police will cooperate to support victims moving into new locations.

In Victoria, the law states that a person is guilty of stalking if they intend to cause physical or mental harm to the victim, or cause fear or apprehension for the victim's safety, or for the safety of their loved ones.

## For emergency assistance Call the Police on '000'

You are not to blame for the behaviour of the stalker, whatever your relationship is or was to them.

Stalking often begins as a minor encounter and turns into a distressing experience that disempowers you, disrupts your life and leaves you feeling anxious.

Stalkers may also threaten and harass your family members, pets, friends or workmates. If unable to harass you, stalkers may enlist their friends or family to do so on their behalf, and you may be stalked by a stranger who may follow, approach, try to engage you in conversation, make repeated telephone calls or send text messages.

If a stalker persists for more than two weeks, the chances are they will persist for at least six to twelve months, and typically it is long-term stalkers who become violent. For this reason, it is very important to contact the police and seek further advice and assistance.

Stalking causes you fear or distress when a person keeps contacting or spying on you when you don't want them to.

## ▶▶▶▶ Stalking Includes

### Receiving:

- Phone, SMS, answering machine and voicemail messages
- Notes, letters, email, faxes, unwanted romantic, bizarre or sinister 'gifts'
- Direct or indirect threats to harm you or your loved ones, or threats to self-harm themselves in order to get a response

### Being:

- Under surveillance, followed or approached directly (which may result in an assault)
- Harassed or stalked online in chat rooms

### Having:

- People loiter near your home or workplace
- Your property damaged or graffitied
- Malicious gossip or lies spread about you
- False legal actions started against you (to maintain some form of contact)
- Goods and services ordered or cancelled on your behalf
- Your identity traced through the Internet

## ▶▶▶▶ Increase Your Awareness

Anyone may be a stalking victim regardless of their age, occupation, ethnicity, or sexual orientation. Most are pursued by a person they know – very often an ex-partner, co-worker, neighbour, customer or acquaintance.

The stalker may be:

- Obsessed about seeking a relationship
- Lacking social skills to form a relationship
- A rejected partner, parent, or associate
- Resentful or desiring revenge over a perceived injustice
- A predator, enjoying power and control

## ▶▶▶▶ Avoid Contact with a Stalker

- Give one plain, direct message that their attention is unwanted and not to contact you again.
- Avoid any communication and don't reason with them - it may be misinterpreted as giving a 2nd chance or playing hard to get.
- Don't return gifts or respond to insults or verbal taunts.
- Get an answering machine to screen your calls.
- Contact prolongs the stalking as it acknowledges and 'rewards' the stalker - many stalkers think a negative relationship is better than no relationship at all.

## ▶▶▶▶ Document the Stalking

Don't delete answering machine messages. Be sure to date letters, cards and gifts and keep them in a secure, lockable location. Detail all unwanted communication with dates and times for future investigation and action.

## ▶▶▶▶ Protect Your Information

Only give your address and phone number to trusted people and businesses. Destroy old mail as it may contain private information. Get an unlisted phone number and a lockable mailbox, or a post office box.

## ▶▶▶▶ Inform People You Trust

Tell your family, friends, child's school, workmates, and, if appropriate, trusted neighbours that you are being stalked. They can offer a support network, which is important for your emotional well-being as well as your safety. Also, if they are unaware of your situation, they may give the stalker information about you. If you can, provide them with a photo or description of the stalker and vehicle. They may help record their movements.