

STALKING



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What Is Stalking?

Stalking is a deliberate pattern of threatening conduct that causes the victim to feel afraid. Most victims know their stalkers. Stalkers can be current or former spouses, boyfriends, girlfriends, neighbors or acquaintances from work or school. Occasionally, the stalker is a stranger to the victim.

In extreme cases, stalking escalates to physical violence, even murder. The majority of murdered women are stalked by their killers before the slaying.

Stalking Behavior Can Include:

- Threatening (verbally, in writing or by any other means of communication) to harm or kill the victim or the victim's family, friends or pets.
- Repeatedly following the victim to their home, job, gym, school, or other places.
- Repeatedly calling the victim at home or at work.
- Repeatedly sending the victim unwanted social media messages, emails, text messages, voicemails, letters, or faxes.
- Sending the victim unwanted gifts or items, including menacing things such as dead flowers, torn-up photos, disfigured dolls, or dead animals.
- Repeatedly waiting outside the victim's home or workplace for no legitimate reason.
- Showing up uninvited at places or events where the victim is present.
- Vandalizing or breaking into the victim's car, home or other property.

- Stealing the victim's mail or monitoring the victim's voicemail or email messages.
- Utilizing online information sources or electronic devices such as GPS (Global Positioning System) equipment to track or monitor the victim's activities.
- Posting harassing information about the victim on the internet, in chat rooms or other public places.

What To Do if You Are Stalked

- Call **911** if you believe you are in immediate danger, or, if possible, go directly to a safe place such as a police or fire station. If someone is following you, don't go home alone. Go to a public place and get help.
- Report the crime to police as soon as you believe you are being stalked.
- Get a restraining order. It's free, and there are people to help you with the process. Call the Los Angeles County Superior Court at **(213) 830-0830**. Carry a copy of your restraining order with you at all times.
- Contact a hotline, such as those listed in this pamphlet, and seek advice.
- If the stalker has a key to your residence, change your locks, add extra deadbolts, or get an alarm system to secure your home.
- Save all emails, voicemails, text messages, social media posts or other evidence of harassment. Keep any cards, letters, notes, gifts, or items the stalker leaves for you.
- Keep a detailed record of all calls, contacts, threats, and incidents involving the stalker. Document the names of any witnesses to these incidents. Write down the times, dates, locations, and specifics of each incident.



Helping Crime Victims Become Survivors

For Counseling Referrals



For Crisis Intervention



For Case Status Notification



For Emergency Assistance



For Restitution Assistance



For Court Escort



- Tell trusted family members, neighbors, friends and co-workers if you are being stalked so they can be on the lookout for the stalker and know not to give out any information about you or your whereabouts if contacted by the stalker.
- Screen all telephone calls using the caller ID and call blocking functions on your home and mobile telephones. Only answer calls from names or numbers you recognize.
- Be cautious when using social media and online networking. Do not add new “friends,” “followers,” “connections” or “contacts” you do not recognize.
- Adjust your privacy settings on social media to share information with only approved people. Avoid posting or otherwise disclosing your present or future whereabouts online. Be cautious when using internet social networking sites and chat rooms.
- Change any passwords the stalker might know.
- Protect your address and personal information. If necessary, obtain a post office box to receive your mail.
- Vary your driving routes and routines if possible to avoid being followed.

Victim Services

The District Attorney’s Bureau of Victim Services is available in courthouses and police stations throughout the county to assist crime victims who suffered injury or were threatened with injury. Victim services representatives provide assistance and resources to help keep victims safe and counseling referrals to address the trauma of stalking victimization.

In addition to helping victims obtain restitution, victim services representatives provide crisis intervention services and necessary referrals to crime

victims and their families; assist in securing protective orders; guide crime victims through the court process; help arrange emergency shelter, food and clothing; and assist in filing for compensation through the California Victim Compensation Board.

Victims of violence or threats of violence with police reports on file may be eligible to receive compensation for qualifying losses and expenses related to the crime such as loss of wages and relocation, medical and counseling expenses.

Staff members are available to assist victims in several languages.

The District Attorney’s Stalking and Threat Assessment Team has a specially assigned victim services representative to assist with referrals and questions related to available services for stalking victims countywide.

Where To Find Help

Los Angeles County Domestic Violence Hotline (800) 978-3600

Los Angeles County Superior Court (for restraining orders) (213) 830-0830

Peace Over Violence

Los Angeles (213) 626-3393

West Los Angeles Area (310) 392-8381

San Gabriel Valley (626) 793-3385



Scan here to view all pamphlets online.

Los Angeles County District Attorney’s Office
 Bureau of Victim Services
da.lacounty.gov/victims
(800) 380-3811