

S’Klallam Tribe ARE YOU BEING STALKED?

CRIME VICTIMS PROGRAM



Violence has NEVER been
a Native American
tradition

IF YOU ARE STALKED

You Might:

Feel **fear** of what the stalker will do.

Feel **vulnerable**, unsafe, and not know who to trust.

Feel **anxious**, irritable, impatient, or on edge.

Feel **depressed**, hopeless, overwhelmed, tearful, or angry.

Feel **stressed**, including having trouble concentrating, sleeping, or remembering things.

Have **eating problems**, such as appetite loss, forgetting to eat, or overeating.

Have **flash backs**, disturbing thoughts, feelings or memories.

Feel **Confused, Frustrated, or isolated** because other people don't understand why you are afraid.

These are common reactions to being stalked.

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YOU ARE NOT ALONE

If you need a protection order you can contact the victims’ advocates or the court clerk’s office.

Port Gamble S’Klallam Police 360-297-6333

S’Klallam Medical center 360-297-2840

S’Klallam Wellness Counselor 360-297-6326

KSAC 24-hour support service 1-866-831-2050

YWCA 24-hour line 1-800-500-5513

Coffee Oasis Youth Crises texting line

1-360-377-5560

Crisis Clinic 1-800-843-4793

www.victimsofcrime.org

Teresa Swope

VICTIM/ SURVIVOR ADVOCATE

31912 LITTLE BOSTON RD KINGSTON, WA

1-360-297-6304 OR 1-360-621-0090

CRIME VICTIMS HOTLINE

1-360-536-3085

THINGS YOU CAN DO

STALKING IS UNPREDICTABLE AND DANGEROUS. NO TWO STALKING SITUATIONS ARE ALIKE. THERE ARE NO GUARANTEES THAT WHAT WORKS FOR ONE PERSON WILL WORK FOR ANOTHER, YET YOU CAN TAKE STEPS TO INCREASE YOUR SAFETY.

TRUST YOUR **INSTINCTS**. DON'T DOWNPLAY THE DANGER. IF YOU FEEL UNSAFE, YOU PROBABLY ARE.

TAKE **THREATS** SERIOUSLY. DANGER GENERALLY IS HIGHER WHEN THE STALKER TALKS ABOUT SUICIDE OR MURDER, OR WHEN A VICTIM TRIES TO LEAVE OR END THE RELATIONSHIP.

DEVELOP A SAFETY PLAN

THINK ABOUT CHANGING YOUR ROUTE, ARRANGING A PLACE TO STAY, HAVING A TRUSTED PERSON TO GO PLACES WITH YOU. **DECIDE AHEAD** OF TIME WHAT YOU WILL DO IF THE STALKER SHOWS UP WHERE YOU ARE. TELL PEOPLE HOW THEY CAN HELP.

DON'T **COMMUNICATE** WITH THE STALKER OR RESPOND TO ATTEMPTS TO CONTACT YOU.

KEEP EVIDENCE OF THE STALKING, WHEN THE STALKER FOLLOWS YOU OR CONTACTS YOU, WRITE DOWN THE TIME, DATE, AND PLACE. KEEP EMAILS, PHONE MESSAGES, TEXTS, SCREEN SHOT SOCIAL MEDIA POSTS. PHOTOGRAPH ANYTHING OF YOURS THE STALKER DAMAGES AND ANY INJURIES THE STALKER CAUSES. ASK WITNESSES TO WRITE DOWN WHAT THEY SAW.

6.6 MILLION PEOPLE ARE STALKED EACH YEAR IN THE UNITED STATES



Women are stalked a rate three times higher than men. 17% of Native American women report being stalked compared to 8% of white women, 7% African women and 5% Asian Women.

If someone you know is being stalked you can help.

Listen. Show support. Don't blame the victim for the crime. Remember that every situation is different, and allow the person being stalked to make choices about how to handle it. Find someone you can talk to about the situation. Take steps to ensure your own safety.

TELL FAMILY, FRIENDS, ROOMMATES, AND COWORKERS.

CONTACT THE POLICE. THE STALKER MAY ALSO HAVE BROKEN OTHER LAWS.

CONSIDER GETTING A COURT ORDER THAT TELLS THE STALKER TO STAY AWAY FROM YOU.

IF YOU ARE IN IMMEDIATE DANGER

CALL 911

ARE YOU BEING STALKED?

The Port Gamble S'Klallam Tribal Law and Order Code, title 5.01.14, defines stalking as: A person commits the offense of stalking if he or she a) repeatedly follows another person and engages in conduct that the stalker knows or should know would cause fear in the person at whom the conduct is directed or b) engages in a course of conduct over a period of time that causes another person substantial emotional distress and the conduct serves no legitimate purpose.

STALKING IS A SERIES OF ACTIONS THAT MAKE YOU FEEL AFRAID OR IN DANGER. STALKING IS SERIOUS, OFTEN VIOLENT AND CAN ESCALATE OVER TIME.

A STALKER CAN BE SOMEONE YOU KNOW WELL OR NOT AT ALL. MOST HAVE DATED OR BEEN INVOLVED WITH THE PEOPLE THEY STALK. MOST STALKING CASES INVOLVE MEN STALKING WOMEN, BUT MEN DO STALK MEN, WOMEN DO STALK WOMEN AND WOMEN DO STALK MEN.

SOME THINGS STALKERS DO:

- REPEATEDLY CALL, INCLUDING HANG UPS
- FOLLOW YOU AND SHOW UP WHERE YOU ARE
- SEND UNWANTED GIFTS, TEXTS, MESSAGES
- USE TECHNOLOGY TO TRACK YOU
- DRIVE BY OR HANG OUT AT WHERE YOU GO
- MONITOR YOUR ELECTRONIC USE
- THREATEN TO HURT YOU, YOUR FAMILY, PETS
- OTHER ACTIONS THAT CONTROL, TRACK, OR FRIGHTEN YOU

YOU ARE NOT TO BLAME FOR A STALKERS BEHAVIOR