



Stalking Is Against The Law In New York State!

You are being stalked if a person repeatedly watches, follows or harasses you, and is making you feel unsafe or frightened. Who are stalkers? A stalker can be someone you know, a former intimate partner, or a stranger. Here are some examples of what stalkers may do:

- Make unwanted phone calls to you;
- Call your employer or professor;
- Wait at places you hang out;
- Damage your home, car, or property;
- Leave unwanted gifts or flowers;
- Constantly call you and hang up;
- Send you unwanted text messages, letters, emails, and voicemails;
- Use social networking sites and technology to track you;
- Spread rumors about you via the internet or word of mouth;
- Show up at your home, work, or school unannounced or uninvited.

Being stalked can be a very frightening experience, making you feel on edge even in your own home, however

it is NOT your fault!

Anyone who feels they are a victim of stalking should report all contacts and incidents to local law enforcement. This will make an arrest or prosecution more likely. It's important to keep track of and document all incidents even if you don't think you have enough proof. This may include photos of items left, video and audio tapes, phone messages, photos of property damage, and notes that include the time and date of all accounts. Help is available!

To speak with an advocate, call Lewis County Opportunities' DVRC program at (315) 376-8202 extension 4 or contact our 24 hour Crisis Hotline at 376-HELP. (4357).