Debunking Stalking Myths

**Stalking:** Behavior in which a person repeatedly engages in conduct directed at a specific person, that places that person in reasonable fear of their safety or the safety of others.

**Myth:** Stalkers are strangers whom the victim have never met.
**Truth:** Most victims are stalked by people they know.

**Myth:** Stalking is limited to following someone in person.
**Truth:** Stalking also takes place online, through GPS systems, and can include unwanted interactions with family, friends, and property.

**Myth:** Stalking isn’t a big deal.
**Truth:** Stalking may cause anxiety, insomnia and severe depression. It can also lead to physical violence or sexual assault.

**Myth:** The stalker will go away if ignored.
**Truth:** Stalkers will rarely just stop. Stalking behaviors may escalate and could become violent.

**Myth:** Stalkers will stop when confronted.
**Truth:** Stalkers can be dangerous and confronting the stalker can be dangerous. Consider seeking professional help before confronting the stalker to ensure personal safety.

**Myth:** A stalker can’t be a significant other.
**Truth:** Stalking can be done by a current or a former partner. Being partners does not justify stalking behaviors and does not have to be tolerated.

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