

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.

**7.5 million people are stalked each year in the United States.**

If you are in **immediate danger**, call **911**.

Trust your **instincts**. Don't downplay the danger. If you feel you are 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.

Contact a crisis hotline, **victim services agency**, a domestic violence or rape crisis program. They can help you devise a safety plan, give you information about local laws, refer you to other services, and weigh options such as seeking a stalking injunction or protective order.

**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 e-mails, phone messages, letters, or notes. Photograph anything of yours the stalker damages and any injuries the stalker causes. Ask witnesses to write down what they saw.

Contact the **police**. Every state has stalking laws. The stalker may also have broken other laws by doing things like assaulting you, stealing from you, or destroying your property.

Consider getting a **court order** that tells the stalker to stay away from you.

Tell **family, friends, roommates, and co-workers**; seek support and ask for help.

## IF YOU'RE 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, angry.

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

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

Have **flashbacks**, 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.**

## 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.**

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*Are you being...*

# STALKED



**Utah Department of Public Safety  
Victim Services**



Keeping Utah Safe

Phone: (801) 965-4747  
Email: [dps-victimservices@utah.gov](mailto:dps-victimservices@utah.gov)  
Website: <https://publicsafety.utah.gov/victimservices/>

**Stalking is an established pattern of actions by someone that make you feel afraid or in danger.**

**Stalking is serious, often violent, and can escalate over a period of time.**

## Stalking is a crime

A stalker can be someone you know well or not at all. 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 you, including “hang-ups”
- Follow you and show up wherever you are
- Send unwanted gifts, letters, texts, or e-mails
- Damage your home, car, or other property
- Monitor your phone calls or computer use
- Use technology, like hidden cameras or GPS
- Drive by, or hang out at places your frequent
- Threaten to hurt you, your family, friends, pets
- Find out about you by using public records, or online searches, hiring private investigators, going through your garbage, contacting friends and family
- Other actions that control, track, or frighten you

## You are not to blame for a stalker’s behavior

### Develop a safety plan, including things like:

- Change your routine.
- Arranging a place to stay
- Not going places alone, have a friend or family member with you
- Decide in advance what to do if the stalker shows up at your home, work, school, or somewhere else
- Tell people you know what is going on and how they can help you

## THINGS YOU CAN DO

### File for a stalking injunction:

A stalking injunction is a legal document that is meant to protect a victim of stalking. It may include orders that prevent your stalker from contacting you, harassing you in any way, and staying away from you and/or your place of employment.

- Anyone who has been a victim of at least two (2) incidents of stalking may file for a stalking injunction.
- Minors must file with a guardian.
- As per UCA 76-5-106.5(5), an offense of stalking may be prosecuted in any jurisdiction where one or more of the acts of stalking were initiated or caused an effect.
- A permanent stalking injunction may be applied for if there is a conviction for: stalking or attempting to stalk.
- A permanent stalking injunction can restrain the stalker from entering a residence, property, school, place of employment, requires stalker to stay away from victim, or any other order necessary to protect the victim.
- A stalking injunction can only be removed by the victim.

**Information and forms** needed in order to obtain a stalking injunction are available from the court clerk’s office in the judicial district where you reside, or are temporarily living.

**For additional assistance** in filing and obtaining a stalking injunction; or further resources, such as community shelters, mental health, and other support services, contact your local victim services department.

### Resources:

#### Utah Legal Services

(801) 328-8891 – within Salt Lake County  
(800) 662-4245 – outside Salt Lake County

#### Utah Office for Victims of Crime

(801) 238-2360 within Salt Lake County  
(800) 621-7444 outside Salt Lake County

**Utah Domestic Violence Coalition** (24 hour crisis line)  
(800) 897-LINK (5465)

**Utah Coalition Against Sex Assault** (24 hour crisis line)  
(888)421-1100

### Where to file for a stalking injunction:



**1<sup>st</sup> District Judicial Court**  
Box Elder (435) 734-4600  
Cache (435) 750-1300  
Rich (435) 793-2415

**2<sup>nd</sup> District Judicial Court**  
Davis (801) 397-7008  
Morgan (385) 350-9170  
Weber (801) 395-1079

**3<sup>rd</sup> District Judicial Court**  
Salt Lake (801)238-7300  
Summit (435) 615-4300  
Tooele (435)833-8000

**4<sup>th</sup> District Judicial Court**  
Juab (435) 523-0901  
Millard (435) 743-6223  
Utah (801) 756-9654  
Wasatch (435) 654-4676

**5<sup>th</sup> District Judicial Court**  
Beaver (435) 438-5309  
Iron (435) 867-3250  
Washington (435) 986-5700

**6<sup>th</sup> District Judicial Court**  
Garfield (435) 676-1104  
Kane (435) 644-4600  
Piute (435) 577-2840  
Sanpete (435) 835-2121  
Sevier (435) 896-2743  
Wayne (435) 836-1301

**7<sup>th</sup> District Judicial Court**  
Carbon (435) 636-3400  
Emery (435) 381-5419  
Grand (435) 259-1349  
San Juan (435) 587-2122

**8<sup>th</sup> District Judicial Court**  
Daggett (435) 781-9300  
Duchesne (435) 738-2753  
Uintah (435) 781-9300