



# Stalking is not love

Every 60 seconds, 13 people are stalked in the United States. Stalking is not love or just missing someone, it is a willful, malicious act of repeated following and/or harassing another person with the intent to cause fear or harm. Women are four times more likely to be stalked than men and most stalkers are ex-boyfriends or spouses.

## Does an EX boyfriend or husband:

- Watch or follow you
- Make harassing phone calls or hang-ups
- Harasses you through email, texts, or on social media
- Threaten you, your pet, your children/family
- Vandalize your property or vehicle
- Drive by your home or workplace repeatedly
- Send you unwanted love notes, flowers, gifts, etc.
- Violate a restraining order by visiting you or your children
- Send numerous unwanted cards or gifts
- Trespass
- Break into your home
- Follow you in person or through social media
- Show up at your work or school
- Spy or monitor you
- Make false reports or statements about
- Deliver objects intended to scare you
- Threaten those who try to help you
- Withhold money that goes to child support
- Visit or call children to harass or see you

He follows you.

Shows up  
without notice.

He misses you.

It's not love.

It's Stalking.

Stalking is illegal.

Call

**(202) 467-8700**

[www.victimsofcrime.org](http://www.victimsofcrime.org)



**Public Health**  
Prevent. Promote. Protect.  
Pro Consumer Safety

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



[PublicHealthBehaviorSolutions.com](http://PublicHealthBehaviorSolutions.com)

