

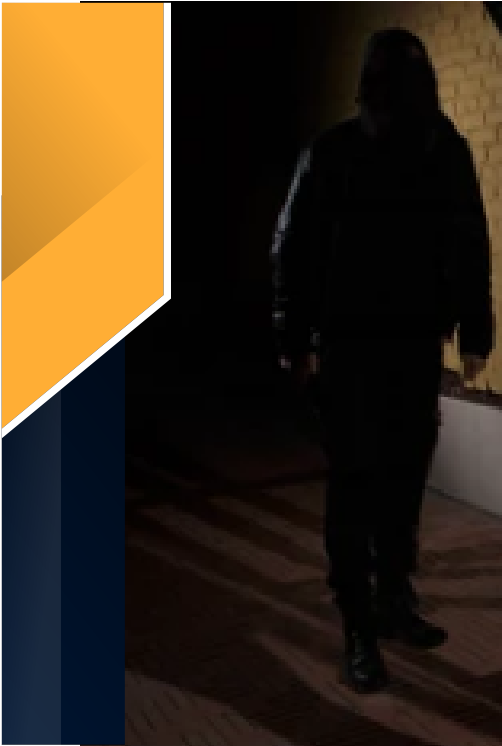
Some Things Stalkers Do:

- Repeatedly follow you and show up at places you are present;
- Repeatedly call you, including hang ups;
- Damage your home, car, or other property;
- monitor phone calls/computer use;
- Send unwanted gifts, letters/cards;
- Threaten you or someone close to you;
- drive by or hang around your home, school, or work;
- Find information about you using public records, online searches, contacting friends/family;

Stalking is a form of terrorism. It can be a sign of pending danger and can change a victim’s way of life. Hundreds of lowan’s feel that terror every day.

This pamphlet will help you understand the law and what the law can do for you.

Click below to get more information about other resources and action you can take if you are a victim of stalking.



VICTIM ASSISTANCE SECTION

Lucas State Office Building
321 East 12th Street
Des Moines, IA 50319

Phone: 515.281.5044 or
1.800.373.5044

www.iowaAttorneyGeneral.gov
(Click “For Crime Victims”)



IOWA ATTORNEY GENERAL'S OFFICE

VICTIM ASSISTANCE SECTION

STALKING BROCHURE

What To Do If You Are Being Stalking.....

STALKING IS A CRIME

Under Iowa Code Section 708.11, a person commits stalking when all of the following occur:

1. The person purposefully engages in a course of conduct directed at a specific person that would cause a reasonable person to fear bodily injury to, or the death of, that specific person or a member of the specific person's immediate family.
2. The person has knowledge or should have knowledge that the specific person will be placed in reasonable fear of bodily injury to, or the death of, that specific person or a member of the specific person's immediate family by the course of conduct.
3. The person's course of conduct induces fear in the specific person of bodily injury to, or the death of, the specific person or a member of the specific person's immediate family.



Stalking involves intentional and repeated behaviors that place an individual in reasonable fear for his or her safety.

Stalking is a course of conduct used to maintain contact with, or exercise power and control over another individual. Stalking is serious, often violent, and can escalate over time

DONT COMMUNICATE with the stalker. **CALL 911.**

Trust your instincts and don't downplay the danger. If you feel unsafe, you probably are. Danger generally is higher when the stalker talks about suicide or murder, or when a victim tries to leave the relationship.

Contact the Police The stalker may also have broken other laws by doing things like assaulting you or stealing or destroying your property.

Keep Evidence of the stalking. When the stalker follows you or contacts you, write it down, the time date, and place in a notebook. Document and keep all communication from the stalker.

Tell Family, friends, and co-workers about the stalking and seek their support. Tell the security staff at your job or school. Ask them to help watch out for your safety.

Develop a Safety plan, including things like changing your routine, arranging a place to stay, and having a friend or relative go places with you. Also, decide in advance what to do if the stalker shows up at your home, work, school, or somewhere else.

Contact a crisis hotline, victim service agency, or a domestic violence or sexual assault program. They can help you create a safety plan, give you information about state laws, refer you to other services, and weigh your options on protective orders, notification programs or other available resources.