Stalking

WHAT Is Stalking?

Stalking is legally defined across various jurisdictions as involving behaviors that would cause a reasonable person to fear for their safety. These behaviors include physical proximity, surveillance, and communication through different mediums.[1]

WHY Does Stalking Occur?

The perpetrator may be doing the following:
- Seeking revenge, desiring intimacy, or expressing incompetence in social interactions[2]

They may have the following:
- Early life insecurities that have led to aggressive adult behaviors[3]
- External factors like societal norms and the influence of peer groups[2]

WHO Does Stalking Impact?

Stalking is a form of harassment that can affect the individual being stalked, friends and family members, and the organization.

Stalking Can Cause:

Physical and mental health concerns (anxiety, depression, posttraumatic stress disorder)[4]

Tarnished reputation, loss of productivity, potential legal fees[5]

WHERE Does Stalking Occur?

The distress experienced by stalking victims increases when the stalking involves multiple locations and employs various methods, such as cyberstalking, indicating the perpetrator's persistence and the pervasive impact on the victim's life.[6,7,8,9]

Home

Work
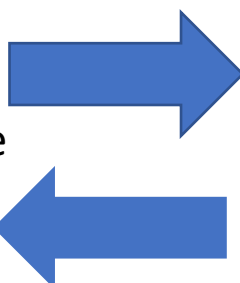
Cyberstalking

WHEN Does Stalking Occur?

Context

Motivation

Stalking frequently occurs after the breakdown of interpersonal relationships, particularly intimate ones. It is common for stalking to begin following a rejection or breakup.[2]

Perpetrators often begin stalking out of a desire for revenge, to seek intimacy, or to regain a sense of control and power over their target.[2]

HOW Can Stalking Be Prevented?

Environmental Controls:

Prominent lighting and security measures in place[10]

Administrative Controls:

Ensure policies are visible and reporting procedures are efficient[10]

Behavioral Strategies:

Resources for targets available and a zero-tolerance policy for harassing behaviors[10]

Stalking
Fact Sheet References

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