



FORT GARRY WOMEN'S
RESOURCE CENTRE

Stalking and Criminal Harassment: Fact Sheet

What is Stalking and/or Criminal Harassment?

Criminal harassment is the legal term for stalking, which is a form of violence. It can involve repeatedly following, communicating with, watching, and /or threatening a person either directly or through someone a person knows.

What Does Stalking/Criminal Harassment Look Like?

Stalking/criminal harassment can include a number of different behaviours intended to control and frighten the person being stalked. Most commonly this can involve:

- repeated telephone calls, letters or emails
- sending unwanted gifts (flowers, candy, etc.)
- showing up uninvited at work or home
- stealing mail
- following, watching, tracking
- threatening harm to the person being stalked, her family, friends, pets
- harassing her employer, colleagues or family
- vandalizing her car or home
- harming pets
- assault (physical, sexual, emotional)
- kidnapping, holding hostage

If you are being stalked, remember that you are not at fault. Stalkers harass women out of a need for power and control; you did not cause this. Also, know that you are not alone. Contact one of the resources in this article so that you can have support during this difficult time.

What Can I Do If I'm Being Stalked?

Here are some suggestions that may help you end the situation and gain some control:

- contact the police as soon as possible, if you are comfortable doing so-ask for a risk assessment
- avoid all contact with the stalker (this may be difficult if he/she is a neighbour, co-worker or former partner, but responding to a stalker almost always encourages continued harassment.
- keep track of all stalking events, and any tapes, letters, emails, gifts, etc.
- make a personal protection plan (somewhere to go that's safe, access to money, vehicle, place to stay if you have to leave)
- get information and support from services for abused women, or from victim witness services
- find a support group
- tell your friends and family about what is happening; your stalker depends on your silence to continue the harassment, and breaking the silence is essential for your safety
- learn about the law and how it can help
- apply for a Protection Order.

Where Can I Go For Help?

Fort Garry Women's Resource Centre www.fgwrc.ca	477-1123
North End Women's Centre newc@mts.net	589-7347
A Women's Place info@norwesthealth.ca	940-6624
Walk In Teen Clinic www.klinik.mb.ca	784-4090
Immigrant Women's Counselling www.norwesthealth.ca	940-2172
Ma Mawi Wi Chi Itata Centre www.mamawi.com	925-0300
Victim Services Unit	986-6350
Domestic Violence Intervention Unit	945-5448

Shelters:

WISH	275-2660
Alpha House	983-2011
Osborne House	942-3052

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