

Stalking

What is the difference between stalking and harassment?

Given that stalking and harassment are both behaviors that involve unwanted and repeated contact with another person, it may be difficult to know what the difference is between the two.

A good way to help tell the difference is to ask the question:

"If the victim moved to the other side of town, would the behavior stop or continue?"

If the behavior would continue, it's more than likely stalking rather than harassment.

What is stalking?

"A pattern of fixated and obsessive behaviour which is repeated, persistent, intrusive and causes fear of violence or engenders alarm and distress in the victim".

Stalking generally involves a pattern of behaviour that is directed at a specific person and is intended to cause fear, anxiety, and distress. Stalking behaviours, as outlined below, are often motivated by a desire for control or power over the victim and can cause significant psychological harm.



Four warning signs (behaviours)

- F - Fixated**
- O - Obsessive**
- U - Unwanted**
- R - Repeated**

- Following someone.
- Turning up unexpectedly where their victim is.
- Surveillance – watching someone continuously or repeatedly. This can include sitting outside a person’s house or place of work.
- Sending repeated unwanted gifts including flowers or other items despite the victim requesting that they stop.
- Monitoring someone’s activities online such as repeatedly checking someone’s social media accounts, emails, or phone records.
- Unwanted contact such as receiving repeated phone calls, text messages, emails, or other forms of communication from someone despite not wanting to engage with them.
- Trespassing – the stalker may enter the victim’s property or workplace without permission.

