

■ Find help for yourself

Frauenberatungsstelle
Women's Advice Centre
Märkische Straße 212-218
44141 Dortmund
Tel. 0231 / 52 10 08

We offer advice to women both by telephone and - by prior arrangement - in the advice centre. Alongside advice on an individual basis we offer group sessions. The Women's Advice Centre has a lot of experience with the subject of stalking.

We can give you information on possible measures that can be taken and offer you support in this very difficult personal situation.

You can phone us from
Mon - Thurs, 09:00 - 12:00 hours.

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Dortmund "Round Table Against Domestic Violence"
One of the aims of the "Round Table Against Domestic Violence" is to provide information and point out ways of finding help for women affected by stalking.

Co-ordination:

Frauenberatungsstelle
Verein Frauen helfen Frauen e.V.

gefördert vom:

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Design:

Martin Kräling

Important addresses ■

Frauenberatungsstelle Dortmund
Women's Advice Centre Dortmund
Märkische Straße 212-218
44141 Dortmund
Tel. 0231 / 52 10 08

Frauenhaus Dortmund
Women's Refuge Dortmund
Tel. 0231 / 80 00 81

Evang. Beratungsstelle für
Erziehungs-, Ehe- und Lebensfragen
Protestant Advice Centre for
Issues relating to children, marriage and other
vital issues

- Contact point for male stalking victims -
Klosterstr. 16
44135 Dortmund
Tel. 0231 / 8494 - 489

Polizeinotruf 110
Police Emergency No. 110

Polizeipräsidium Dortmund
Police Headquarters Dortmund
Department for Prevention

- Victim Protection -
Markgrafenstr. 102
44139 Dortmund
Tel. 0231 / 132-74 64 or 0231 / 132 - 74 65

Weißer Ring e.V.
Victim Support Group (registered Society)
Help for victims of crime
National Hotline: 116 006

Stalking

followed
harassed
terrorised

■ What is stalking?

Stalking is a repeated act of harassment, following or terrorising of a person, for example through:

- constant telephone calls (telephone terror)
- excessive post, e-mails, text messages
- spying on daily activities
- constant waylaying and following
- defamation and insult
- threats
- unwanted presents
- ordering goods in the victim's name
- damage to property
- bodily harm

Domestic violence is often the starting point of stalking. The majority of victims are female. 50 % of victims are stalked by their ex-partner.

Stalkers often harass their victims over a period of months and years through large-scale psychological terror. The mental and social effects can be devastating.

■ What can you do?

Make the stalking public. Public attention can offer protection. Tell friends, acquaintances and colleagues, and in particular persons of trust.

The following options can prove helpful in coping with stalking.

■ Draw your line - clearly and in good time

The earlier you draw your clear line the greater your chances of keeping your stalker at a distance. Make it absolutely and unmisunderstandably clear to the stalker that you want no contact with him whatsoever - either now or in future and that his behaviour must stop. The best way to go about this is in front of witnesses or by registered post. This should be your first and your last personal reaction. Continue by ignoring him completely and remain consistent. Any inconsistent behaviour may be misinterpreted by the stalker.

■ Collect evidence

Keep carefully any possible evidence of stalking.

- Save text messages, messages on the answering machine, e-mails, letters, presents with greeting cards, etc.
- Apply for a tracing device if you are being subjected to harassing phone calls. Get an answering machine which provides listening-in and recording facilities. You could apply for an additional telephone connection with a secret number (for which you will be charged). Keep your old number until the stalker has noticed that the number is no longer of use to him.
- Note down the details of the stalking incidents - with the date, time and what occurred so that it is possible to reconstruct the development of the stalking behaviour.
- Establish eye and ear witnesses who can confirm the actions of the stalker.
- Do not accept any parcels or goods which you have not ordered.

All these can be used as evidence in the event of legal action being taken.

■ Make use of your legal options

In accordance with § 238 StGB stalking is a criminal offence. Contact the police and press charges. Find a lawyer who specialises in the subject. Apply for a restraining order at the local court, department for civil matters.

If the stalker violates the order you will then have a legal claim and the police can intervene.

■ Strategies for an acute situation of threat

- **Walk away or run away**
By doing this you will show the stalker that you do not want any contact with him.
- **Don't be dragged into a conversation**
You have the right to refuse talking to him, even when the stalker claims he has something important to discuss.
- **Get help**
Alert neighbours and / or people passing by - both to get help and ensure witnesses.
- **Call the police**
Call the emergency number 110.
- **When chased by a car:**
Drive onto a busy road or drive directly to the police, where you can find help.