

# Stalking & Sexual Violence

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Stalking is “a course of conduct directed at a specific person that would cause a reasonable person to feel fear.”<sup>1</sup> A crime in all 50 states, stalking can be very dangerous, as it strongly relates to other crimes such as sexual violence, domestic and physical violence, and murder.

## Prevalence

According to the Maine Crime Victimization Report, 14.4% of respondents reported being the victim of stalking in the previous twelve months.<sup>2</sup> Nationally, 1 in 6 women and 1 in 19 men in the U.S. have experienced stalking at some point in their lives in which they felt very fearful or believed that they or someone close to them would be harmed or killed.<sup>3</sup>

## Impacts

Stalking can have severe, lasting effects on victims. Most stalking victims experience anxiety, insomnia, severe depression, and loss of work or school time as a result of being stalked. One in seven victims relocates as a result of stalking.<sup>4</sup> Many stalking victims (29%) fear that the stalking will never stop and 46% of stalking victims suffer from the fear of not knowing what may happen to them next.<sup>5</sup>

## Stalking & sexual violence

Stalking and sexual violence are closely linked:

- 31% of victims who have been stalked by a current or former intimate partner were also sexually assaulted by that partner.<sup>6</sup>
- Offenders who stalk their spouse or partner are six times more likely to sexually assault them.<sup>7</sup>
- 1 in 10 campus stalking incidents include attempted or forced sexual contact.<sup>8</sup>

## Other facts about stalking

- Every year, 3.3 million Americans over the age of 18 are victims of stalking.<sup>9</sup>
- 1 in 4 victims of stalking report the use of technology by the person stalking them (email, GPS tracking, text messages, etc.).<sup>10</sup>
- 7 of 10 victims of stalking know the person stalking them.<sup>11</sup>

## Learn more

### [Stalking Resource Center](#)

The Stalking Resource Center is a program of the National Center for Victims of Crime. Launched in July 2000, with initial funding from the Office on Violence Against Women of the U.S. Department of Justice, the center’s mission is to raise national awareness of stalking and to encourage the development and implementation of multidisciplinary responses to stalking in local communities across the country.

### [Stalking: A Handbook for Victims](#)

This handbook is provided for victims of stalking to give them options and ways of working with law enforcement and advocates. It is meant to be a guidebook and not an instruction manual, as so many incidents of stalking victimization vary so widely.

### [Stalking Incident Log](#)

This log is to keep track of incidents that may be considered stalking. Please call the sexual assault crisis and support line at 1.800.871.7741 or TTY 1.888.458.5599 if you would like an advocate to assist with logging incidents.

# Sources

1 Stalking Resource Center

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3 Black, M.C., Basile, K.C., Breiding, M.J., Smith, S.G., Walters, M.L., Merrick, M.T., Chen, J., & Stevens, M.R. (2011). *The National Intimate Partner and Sexual Violence Survey (NISVS): 2010 Summary Report*. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.

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5 Ibid.

6 Tjaden, P., & Thoennes, N. (1998). *Prevalence, incidence, and consequences of violence against women: Findings from the National Violence Against Women Survey*. National Institute of Justice/Centers for Disease Control and Prevention. Retrieved from <http://www.ncjrs.gov/pdffiles/172837.pdf>

7 Ibid.

8 Tjaden, P. & Thoennes, N. (1998). *Stalking in America: Findings from the National Violence Against Women Survey*. National Institute of Justice/Centers for Disease Control and Prevention. Retrieved from <http://www.ncjrs.gov/pdffiles/169592.pdf>

9 Catalano, S. (2012). *Stalking victims in the United States - revised*. U.S. Department of Justice, Bureau of Justice Statistics. Retrieved from [http://www.bjs.gov/content/pub/pdf/svus\\_rev.pdf](http://www.bjs.gov/content/pub/pdf/svus_rev.pdf)

10 Baum, et al., 2009.

11 Catalano, 2012.

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