

Where to Turn for Help

Police

In an emergency, dial 911. Otherwise, the Metropolitan Police Department's Victim Services Branch and the Domestic Violence Unit can provide specialized support to anyone who may be dealing with a stalker.

Victim Services Branch

300 Indiana Ave, N.W. Room 3121
Washington, DC 20001
Office: (202) 724-4339 / Fax: (202) 727-6491
<http://mpdc.dc.gov/victimassistance>



Domestic Violence Unit

300 Indiana Ave, N.W., Room 3156
Washington, DC 20001
Office: (202) 727-7137 | Fax: (202) 727-4382

Finally, you can go to any police station for help. A complete list of the MPD Stations throughout the District of Columbia is on the next page.

National

National Domestic Violence Hotline:
(800) 799-SAFE (7233)

Local

DC Victim Hotline: 844-4HELPDC (844-433-5732)
Domestic Violence Intake Center
NW: (202) 879-0152 // SE: (202) 561-3000

24-hour shelters, Hotlines and Counseling

House of Ruth: (202) 667-7001 x 217
My Sister's Place: (202) 529-5991

Financial Assistance

Crime Victims Compensation Program:
(202) 879-4216

Legal Assistance

American University: (202) 274-4140
AYUDA: (202) 387-0434
Bread for the City: (202) 265-2400
SAFE: (202) 879-7857

Get Involved!

No one individual or agency working alone can prevent crime. It takes police and citizens working in partnership. The District of Columbia's community policing strategy provides many ways for police and communities to work together to prevent crime and build safer neighborhoods. These include regular Police Service Area meetings in your community, citizen patrols and more. To learn more about community policing activities in your neighborhood, call your local police district:

1st District	Main:(202) 698-0555..... TTY: 727-8506
	Substation:(202) 698-0068..... TTY: 543-2352
2nd District	Main:(202) 715-7300..... TTY: 364-3961
3rd District	Main:(202) 673-6815..... TTY: 518-0008
4th District	Main:(202) 715-7400..... TTY: 722-1791
	Substation:(202) 576-8222..... TTY: 576-9640
5th District	Main:(202) 698-0150..... TTY: 727-5437
6th District	Main:(202) 698-0880..... TTY: 398-5397
	Substation:(202) 698-2088..... TTY: 281-3945
7th District	Main:(202) 698-1500..... TTY: 889-3574

Get More Safety Tips

For tips on other ways to stay safe from crime in your daily life, see the other brochures in this series, available from our Website at www.mpdc.dc.gov/safety. Or visit your local police district. To find the one nearest you, see www.mpdc.dc.gov/districts.



GOVERNMENT OF THE DISTRICT OF COLUMBIA
Metropolitan Police Department
300 Indiana Avenue, NW
Washington, DC 20001

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FOR YOUR SAFETY



Stalking

A guide to getting educated and getting help



Stalking is a pattern of behavior used to intimidate or threaten someone.

A stalker might follow, contact, intimidate or harass another person with the intent to make that person afraid.

Facts & Statistics about Stalking

- » Anyone can be a victim of stalking, regardless of age, race, sexual orientation, or gender.
- » Most stalking victims know their stalkers.
- » One in 12 women will be stalked in her lifetime.
- » One in 45 men will be stalked in his lifetime.
- » All 50 states (including Washington, DC) have laws against stalking.
- » Victims are usually stalked for an average of 1.8 years, but it can last longer if you are stalked by an intimate partner.
- » Approximately 1.4 million Americans are victims of stalking each year.
- » If a stalking victim obtains a protective order against the stalker, it is usually violated by the stalker.
- » Two thirds of stalkers pursue their victims at least once a week.

Stalking & Technology

Often referred to as “cyberstalking,” stalkers are using more technologically-advanced methods of stalking than ever before to harass their victims. Incidents of cyberstalking should be taken seriously because they can lead to incidences of offline stalking behavior. There are numerous devices and techniques stalkers can use to follow and harass their victim, including:

Computers

- » Using online search engines to find out information about you (even your social security number and address) using email to harass you.
- » Using the chat rooms that you visit to learn more about you.
- » “Hacking” into your computer and viewing all of your documents and files, as well as tracking every keystroke you make.

Cell Phones

- » Hacking into your cell phone and viewing your entire phone book, as well as the phone numbers you’ve called.
- » Gaining access to cell phones and listening to their victims’ conversations, even when the cell phone is turned off.

Global Positioning Systems (GPS)

- » Placing GPS devices on you or your car to track your movements.
- » These devices can be small and virtually undetectable, and several cell phones have this technology.
- » Websites where you can learn more about cyberstalking:
 - » www.haltabuse.org
 - » www.safetyed.org
 - » www.justice.gov/ovw/stalking

Stalking is a Serious Crime

Examples of Stalking Behaviors

- » Threatening to harm you, your friends, family, or pets.
- » Following you around and showing up where you go.
- » Calling you repeatedly, including hang-ups.
- » Sending unwanted communication (letters, emails, gifts).
- » Damaging your property, including your home and car.
- » Using a private investigator or public records to find out more about you.
- » Any other actions that are intended to frighten, control, or monitor you.

If you think you are being stalked

- » Call the police if you are in immediate danger.
- » Trust your instincts. Stalking is a serious crime that can lead to injury or death.

- » Develop a safety plan. Tell your family, friends, and neighbors about what’s going on. Decide in advance what you will do if your stalker shows up at your home or workplace.
- » Take any and all threats seriously.
- » Record all incidences of stalking behavior. Keep any evidence like emails or letters and photograph any damage the stalker causes to your property. In DC, there must be three or more incidents to demonstrate a pattern. At least one of those events must have occurred in DC in order to get a MPD police report.
- » Change your routine.
- » Arrange a place to stay in case of emergency.
- » Contact a crisis hotline or victim services agency for support and advice.
- » Get a protection order at either of the Domestic Violence Intake Centers

» DC Superior Court
Room 4550
500 Indiana Ave, NW
(202) 879-0152

» 2041 Martin Luther King, Jr., Avenue, SE
Room 400
Washington, DC 20020
(202) 879-1500

» Online: <https://www.probono.net/dccourts/>

