

If you are being stalked or harassed you might:

- Fear what the stalker will do
- Feel vulnerable, unsafe, and not know who to trust
- Feel nervous, irritable, impatient or on edge
- Feel depressed, hopeless, overwhelmed, tearful or angry
- Feel stressed, including having trouble concentrating, sleeping or remembering things
- Have eating problems, such as appetite loss, forgetting to eat or overeating
- Have flashbacks, disturbing thoughts, feelings or memories
- Feel confused, frustrated or isolated because other people don't understand why you are afraid.

These are all common reactions to being stalked.

For information and support:

Smithers RCMP
250-847-3233

Police Based Victim Services
250-847-9374

Passage Transition House
Crisis Line 250-847-2595
Safe housing for women
& their children.
Support workers on staff 24/7
Toll Free 1-877-633-9933

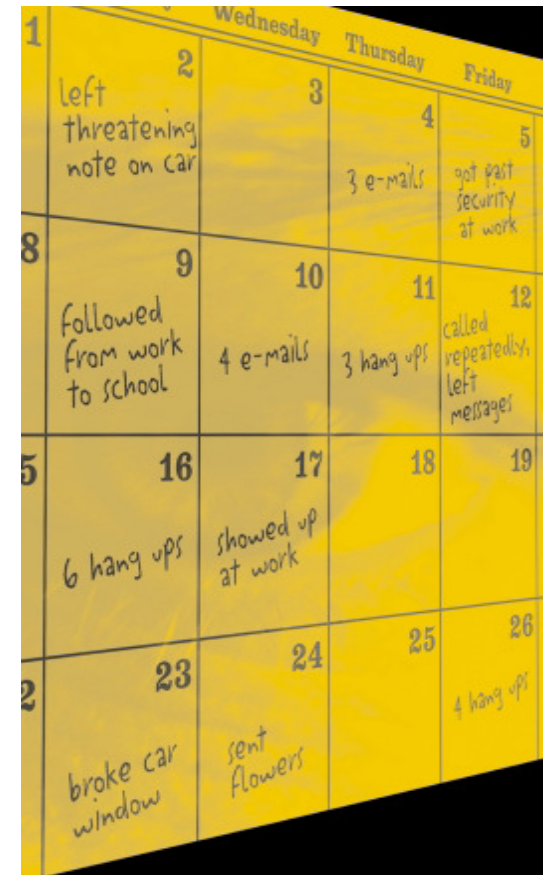
Specialized Victim Assistance
250-847-9000

Confidential support and criminal justice system information for victims of harassment

Victim Link

1-800-563-0808

Crisis Line staffed 24 hours per day
Information, support and referrals for residents of the province of BC



**Are you
being
stalked or
harassed?**

Criminal Harassment is a crime.

- Stalking is repeated conduct that is carried out over a period of time that causes you to reasonably fear for your safety or the safety of someone else.
- It does not have to result in physical injury in order to make it a crime.
- It is a crime even if the actions of the stalker are not done with the intent to scare you.
- Stalking/harassment conduct may be an advance warning of future violent acts.

Some things stalkers may do:

- Follow you
- Repeatedly call you, including hang-ups
- Damage your home, car or other property
- Send unwanted gifts, letters, cards or e-mails
- Drive by or hang out at your home, school or work
- Threaten to hurt you, your family, friends or pets
- Find out about you by going through garbage, or contacting neighbours or friends
- Other actions that control, track or frighten you

If You Are Being Stalked or Harassed:

- If you are in immediate danger, call the RCMP at 250-847-3233
- Trust your instincts. If you feel unsafe you probably are.
- Take threats seriously.
- Consider going to the Passage Transition House with your children to be safe.
- Make a safety plan: things like change your routines, arrange a safe place to stay, have a friend be with you, tell people how they can help you.
- Do not communicate with the stalker or respond to attempts to contact you. Let an answering machine screen your calls.
- Keep all evidence. Write down the time, date, place and circumstances of each event or contact. You can do this on a calendar, or keep it in a journal. Photograph anything the stalker damages and any injuries caused. Ask witnesses to write down what they saw too.
- Contact the police. Stalking and harassing are against the law, and can be prosecuted in court.
- Ask about Peace Bonds & Restraining Orders.
- Tell family & friends and seek their support.

If someone you know is being stalked, you can help.

* **LISTEN** to them and be available when they want to talk.

* **SUPPORT THEM** by being willing to engage in discussion and planning, and by checking in with them regularly.

* **DONT BLAME THE VICTIM** for the crime. Adults are responsible for their harassing actions, and should be held accountable for them.

* **HELP THEM MAKE A SAFETY PLAN** that may include things like changing the locks on the doors, not being alone, notifying police, informing family and friends of concerns, carrying a cell phone, and having Caller ID on their home phone.

* **SEEK INFORMATION** including around harassment laws, protection orders, and resources in their community.

Remember:

A stalker can be someone you know, or someone you don't know.

Stalking/harassing is unpredictable and dangerous. No two situations are alike.

You can take steps to increase your safety.

You are not alone. Support services are available.