



*un*follow
me

Guidance for
**Targets of
a stalker**

Stalking is a crime in all 50 states and each state has their own definitions, including the penalties associated with it. In some states, it is a misdemeanor while in others, a felony offense. It is loosely defined as a pattern of behavior that would cause a reasonable person to feel fear.

Being the target of a stalker often means you must endure multiple incidents until meeting your state's definition of a "pattern of behavior."

There are an estimated
13.5 million people
stalked each year.



1 in 3 women



1 in 6 men

Stalkers use various tactics that might not meet the legal definition of stalking on their own, but when combined with a series of incidents, they may constitute a pattern of behavior.

Maintaining a detailed incident log is critical for demonstrating a pattern and strengthening your case. Here are some ideas of what to include in the log:

- ➔ **A description of the incident.** Be specific and include details, even if you do not think they are relevant
- ➔ **Receipts** that include a date and time stamp of your location where the incident took place.
- ➔ **Screenshots** of calls or text messages received from unknown numbers or the stalker.

Use caution when attempting to photograph a stalker, as this may provoke aggression.





NOTIFY THE POLICE

Call the police if you are in danger; even if no police report is filed, document it in your incident log.



DO NOT GET DISCOURAGED

Stalking is defined as a pattern of behavior, so it might take more than one police report filing to meet this criteria.



GATHER EVIDENCE

Retain anything that will support the incidents you have logged (i.e. receipts, photos, videos, etc.)



ENLIST WITNESSES

Obtain statements from anyone who witnesses the stalker's behavior or capture what they saw in a text message.



FILM IT

Have someone video or photograph the stalker's behavior. Consider hiring a private investigator.



KNOW THE LAW

Understand the legal definition of stalking in your state.



BE FIRM

Issue a "no contact" statement to put the stalker on notice the behavior is unwanted.



MUTE, DON'T BLOCK

Mute your stalker's calls and texts but do not block them so you can continue to gather evidence.



BE VIGILANT

Always maintain awareness, even if you are at home.



LOG IT

Keep a log of all incidents and let the legal system determine what fits within their definition of stalking.



INSTALL CAMERAS

Outdoor trail cameras can be hidden in foilage on your property to record the stalker's behavior.



CHECK YOUR CAR

Take your car to a mechanic and have it checked for GPS tracking. DO NOT have it removed, call the police.



ASSUME YOUR CELL PHONE IS NOT SAFE

Use a "burner" phone; if you are able to file a police report ask them to check your phone for hidden spyware.



CHANGE YOUR PASSWORD

If available, enroll in two factor using your burner phone.



ALTER YOUR ROUTINE

Take a different route to work or the store; if you go to the gym on certain days, change them.



Take Care of YOU!

Life in the shadow of a stalker can be mentally, emotionally, and physically exhausting. The constant tension, anxiety, and fear can take a toll that few can understand.

It's normal to feel isolated, paranoid, or anxious.

Prioritize your safety, but also your peace of mind. Caring for yourself is an act of strength and courage.

Paranoia is vigilance.

For every 1,000 instances
of stalking, an estimated:

287

Incidents are reported to law enforcement

159

Police reports will be taken

12

Arrests will be made

1

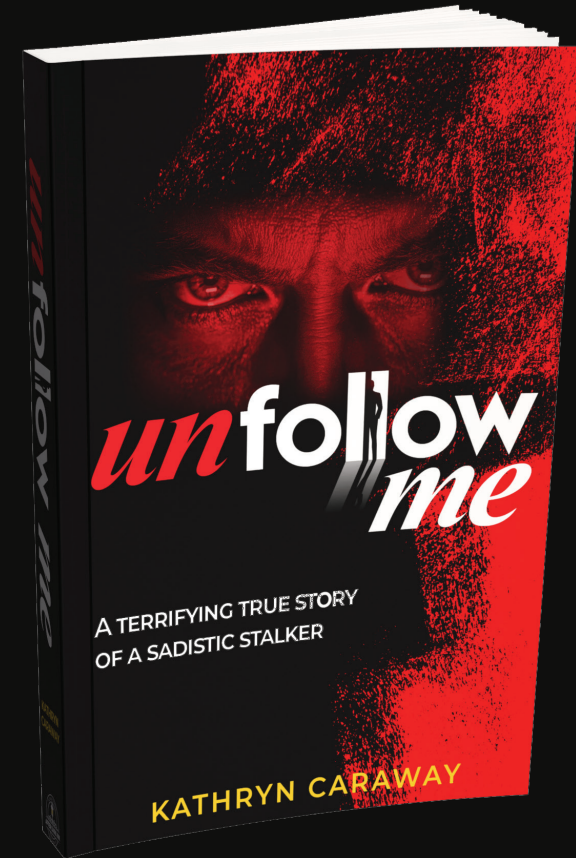
Will be convicted

The other **999** are free
to stalk among us.



**"Think it couldn't happen to you?
Think again. Read. This. Book."**

John DeDakis, Award winning novelist, writing coach, and
former editor on CNN's "The Situation Room with Wolf Blitzer."



Unfollow Me by Kathryn Caraway is a true crime memoir
of an inspiring journey to securing a conviction against
the man who stalked her. Kathryn's story provides both a
roadmap and hard-earned insights on the justice system.

*Living life as the target of a stalker is like being a rabbit
caught in a trap. Waiting. Always waiting.*

Kathryn Caraway



For more information:
unfollowme.com

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