

*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****DO NOT GET DISCOURAGED****GATHER EVIDENCE****ENLIST WITNESSES****FILM IT****KNOW THE LAW****BE FIRM****MUTE, DON'T BLOCK****BE VIGILANT****LOG IT**

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

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

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

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

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

Understand the legal definition of stalking in your state.

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

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

Always maintain awareness, even if you are at home.

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

**INSTALL CAMERAS****CHECK YOUR CAR****ASSUME YOUR CELL PHONE IS NOT SAFE****CHANGE YOUR PASSWORD****ALTER YOUR ROUTINE**

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

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

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

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

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.

Paranoia is vigilance.

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.

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

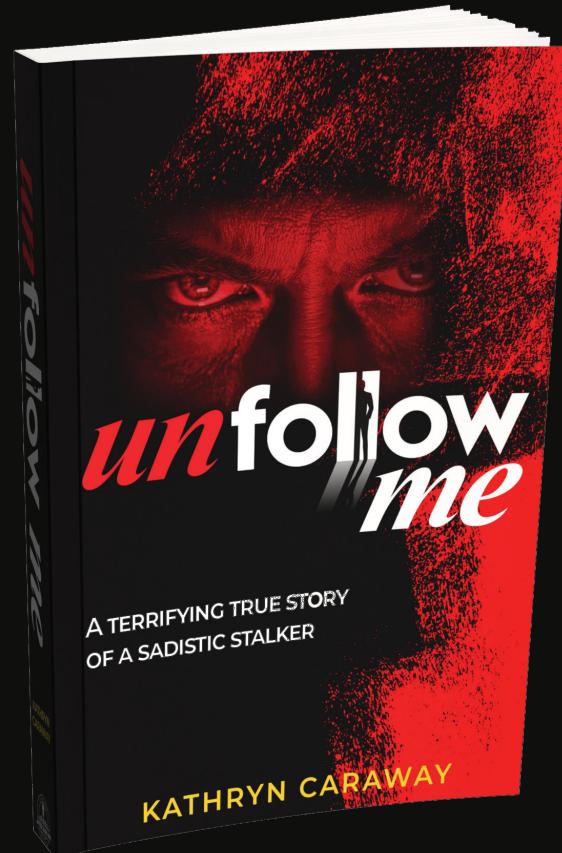
Will be convicted

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."



A TERRIFYING TRUE STORY
OF A SADISTIC STALKER

KATHRYN CARAWAY

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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