

# How to defend yourself from a Stalker



Do not worry alone. Consult the police before the problem becomes more serious

## What is stalking?

The Anti-Stalking Act defines stalking, for both men and women, as repeated attempts of “following” types of harassment with the purpose of satisfying love or other favorable feelings towards you or to work off grudges resulting from failure to satisfy these feelings.

## What is Following

Following acts are divided into eight patterns

- 1 Tagging along, ambushing, intruding into or hanging around your living space**
  - Tagging along with you or following you and your way
  - Keeping watch on you in the neighborhood of your home, workplace and school and Intruding in those places, etc.
  - Hanging around in the neighborhood of your home, etc.
- 2 Telling you that you are being watched**
  - Giving you a call just after you come home, telling you things like “Welcome home!”
  - Telling you things like “I am always watching you” meaning you are kept under surveillance, etc.
- 3 Demanding you to see or date the offender**
  - Demanding you to see, date, or resume a relationship with the offender despite your refusal
  - Delivering a present to you disregarding your feelings and persistently demanding you to receive it, etc.
- 4 Rude and violent behavior**
  - Insulting and verbally abusing you in a loud voice
  - Acting in a rude manner such as yelling or honking a loud horn in front of your residence, etc.
- 5 Silent call or persistent calls, fax messages, e-mails or SNS messages**
  - Giving you persistent calls at your home, cell phone or workplace despite your refusal to accept them
  - Sending you e-mails or facsimile messages repeatedly despite your refusal
  - Sending you SNS messages or sending comments to the blog you opened repeatedly despite your refusal
- 6 Sending disgusting matters like excrement**
  - Sending a matter unpleasant or disgusting like feces or a carcass
  - Smearing feces or urine on your car, etc.
- 7 Defamation**
  - Saying things or delivering documents defamatory or insulting to you
  - Posting a comment defamatory about you on the Internet, etc.
- 8 Violating your sexual sense of shame**
  - Sending obscene photos or posting on an Internet bulletin board
  - Embarrassing you by using indecent language on the phone or in letters, etc.



# Crime Prevention

## Dealing with suspected stalkers

- Tell him/her your refusal clearly, and do not take a fuzzy attitude indicating you are possibly interested in him/her.
- If you have any contact from the offender, ignore it and call the police

## Crime Prevention at your home

- Secure doors of your home and use curtains so others cannot see inside.
- If you have a visitor, check the person through the door observation window.
- Do not leave postal items in your post box.
- Use security goods like sensor lights.

## Crime prevention away from home

- Carry a security buzzer and a cell phone, etc.
- Use streets which are well-lighted and well travelled.

## Management of personal information

- Do not give out your address, phone number, e-mail address, etc.
- Do not post your personal information like address, work place.
- Do not send or pose for a naked photograph.

## Dealing with acts through the telephone

- Change our telephone number and e-mail address
- Use a telephone with a number-display function
- Tell the offender flatly that you do not want to have any contact with him/her, and hang up the receiver without correspondence.



# What to do when you became a victim

- In emergency cases, call “110”.
- Record the situation of damages, incoming call history, and contents of e-mail for evidence, and call the police.
- Don't worry alone. Consult the police.

If you are worrying about a stalker, consult the Community Safety Section of the nearest police station. (The principle police station which controls your present address.)  
It is very dangerous if you ignore stalking, as acts will escalate and there is the danger of it developing into more serious affairs such as murder.

The police protect your privacy, and work to comply with the intention of the consultant.

### Police consulting service

In emergency cases	1 1 0
General Counselor's Office of Ehime Prefectural Police Headquarters	089-931-9110 (Consultation telephone) #9110 (National united consultation call)
Homepage address	<a href="http://www.police.pref.ehime.jp">http://www.police.pref.ehime.jp</a>
Police consultation synthesis window of each police station in Ehime	The main number of each police station

**In any case, please consult the police without a doubt.**

