



within the framework of the German Violence Protection Act. Such an order can be only issued upon application at the family courts.

You can choose to apply at any of the following family courts:

1. of the district the stalking actions were committed, or
 2. of the district the joint residence of you and the stalker (opponent) is located
 3. of the district where the stalker (opponent) has his ordinary residence.
- You may also file a report with the police. This applies even if you do not know who the offender is. Possible offences are, for example: haunting, insult, threat, coercion, breach of domestic peace, bodily harm and damage to property.
 - In cases of direct threat, please call the police immediately! Do not take any risks!
In any case, remain consistent with your refusing attitude.

One may find Information in the Internet under:

- ➔ www.opferhilfe-hamburg.de
- ➔ www.hamburg.de/opferschutz
- ➔ www.polizei-beratung.de
- ➔ www.weisser-ring.de
- ➔ www.verikom.de/projekte/intervento/
- ➔ www.patchwork-hamburg.org

Where do people concerned find help?

➔ Opferhilfe-Beratungsstelle

Psychologische Beratung für Frauen und Männer
Paul-Nevermann-Platz 2 - 4 | 22765 Hamburg
Telefon: 040 38 19 93

➔ Patchwork Beratung für Frauen

Bahrenfelder Straße 255 | 22765 Hamburg
Telefon: 040 38 61 08 43
Hilfetelefon: 0171 633 25 03 (täglich 9 - 19 Uhr)

➔ verikom | **intervento**

proaktive Interventionsstelle
bei häuslicher Gewalt und Stalking
Holstenstraße 79 - 81 | 22767 Hamburg
Telefon 040 226 226 27 (Mo-Fr, 10 - 16 Uhr)
intervento@verikom.de

➔ WEISSER RING, Landesbüro Hamburg

Winterhuder Weg 31 | 22085 Hamburg
Telefon 040 251 76 80
kostenloses Opfertelefon: 116 006
(Mo-So, 8 - 22 Uhr)

➔ At your local Police Station

In case of emergency call: 110!

If you do not speak any German, please try to find a person of trust with knowledge of German who can call and get in touch with one of the information centers for you.

PUBLISHING INFORMATION

Polizei Hamburg
LKA Fachstab 3 – Polizeilicher Opferschutz
in Zusammenarbeit mit dem Arbeitskreis Stalking

Bruno-Georges-Platz 1 | 22297 Hamburg
Tel.: 040 4286-70321

opferschutz@polizei.hamburg.de | www.polizei.hamburg.de



Stalking is defined as the repeated following, haunting, obtrusively harassing, threatening and terrorizing of another person against his/her will up to physical violence.

POLIZEI HAMBURG

INFORMIERT ÜBER

STALKING

HARASSMENT WITHOUT LIMITS

What do Stalkers do?

Male and female stalkers act in a multifaceted and unpredictable way, such as performing the following in an undesirable and repeated fashion:

- Calling by phone, sending SMS, leaving messages (for instance on the answering machine), and sending e-mails
- Sending „testimonies of love“ in form of love letters, flowers, or presents
- Making orders on behalf of the victim
- Being physically present, following and waiting for the victim at places such as in front of the home, at place of employment, or in a supermarket
- Damaging the victim’s reputation (false accusations towards friends, acquaintances, neighbors or the employer)
- Insults, defamation
- Damage to property, harassment
- Threats

In some cases physical or sexual violence may take place.

What is the intention of Stalkers?

Stalkers demand attention and intend to get or stay in contact with their victim against its will.

The Stalkers act differently according to their changing motives – for instance:

Desire for a relationship with somebody or to have power over or to exercise control over somebody,

love mania, or revenge. But without regard to their motives, the surveillance of their victims is always persistent.

What do persons concerned feel?

Any person can become a stalking victim. The victim often suffers considerably because of the assaults of the stalker. This may have various effects:

- Increasing fear for personal safety
- Feelings of being harassed, chased or threatened
- Reduction of free movement
- Feelings of permanent observation and control
- Physical disorders, such as insomnia, nervousness, and difficulties in concentration
- Fear of losing employment
- Feelings of not being taken seriously by other people
- Loneliness and isolation
- A desperate wish that the uncontrollable situations will finally end

What can people concerned do?

Stalking is a dynamic process that is not predictable. However, it is possible that the stalker might lose his/her interest in the victim by his/her acting in a consistent way:

- Say one time clearly that you do not wish any contact. Do not let yourself be talked into discussions or a „last clarifying conversation“.

- Direct yourself to victim service agencies. There you can receive counselling, assistance and advice upon how to behave.
- Do not allow contact; do not react to letters, SMS and calls. Any reaction from your side (such as explanations, excuses, last attempts to talk out things, as well as the announcement of legal steps) is interpreted by stalkers as proof that you are still interested in them.
- Inform those in your surroundings, for example, neighbors, family members and fellow workers. Stalkers may try at a certain time to use these people in their attempt to make contact with you.
- Document everything that the stalker does in his/her attempt to communicate whether it be an action of items sent. These facts are very important as they may be used as evidence in possible later court proceedings.
- Use technical means in order to protect yourself and to collect evidence. These would include items such as the following:
 - a second E-mail-address,
 - installation of a second secret telephone connection
 - additional precautionary measures for the apartment.

What kind of legal possibilities do the persons concerned have?

- If you know the name of the offender, you can apply for a protection order against the stalker