

Personal Security (continued)

- Never give personal information over the phone without confirming the identity of person to whom you are speaking. Screen your phone calls.
- Make your social media pages private. Do not accept friend requests from anyone if you feel uncomfortable. Unfriend or delete individuals if you are concerned with them sharing information with the perpetrator.
- Keep money, a spare set of keys, and a packed suitcase available for quick departure.
- Inform your friends and neighbors of the situation if you feel comfortable doing so. If possible, show them pictures of the perpetrator so they may warn you and call police if they see him or her.
- Consider signing up for Smart 911. Broomfield residents can create a safety profile to better inform law enforcement during a 911 call of specific needs in their household.

Guard Personal Information

- Use a post office box for mail delivery or consider applying for the Colorado Address Confidentiality Program.
- Do not throw anything in the trash that has your name, address, and/or telephone number on it. If perpetrators can gain access to your trash, they can use the information to continue to stalk you.
- Do not give out your number on websites unless it is absolutely necessary. This will keep your phone number protected. List your number on the "Do Not Call" government website.
- If you have a home phone, check with your home phone company about obtaining an unpublished phone number.
- Inquire about placing a password on all personal financial records, medical records, utilities, bank accounts, credit cards, and even club memberships.
- Never meet with him or her to "talk things out."
- Do not assume they will leave you alone if asked.
- Do not return letters or gifts.
- Elaborate schemes are often used to gain attention or to make you feel guilty. Do not assist the perpetrator if they have a crisis.

Additional Information/Resources

If you need law enforcement assistance, call 303.438-6400.

Protection Orders
Broomfield Combined Courts Protection Order Clinic: 720.887.2179 or
Broomfield Police Department's Victim Services Unit
303.438.6429 or 303.438.6471

Broomfield Police Department
Victim Services
7 DesCombes Drive
Broomfield, Colorado 80020
303.438.6429 or 303.438.6471

Safehouse - Progressive Alliance for Non-Violence (SPAN)
Boulder
303.444.2424

Tri-City Office
Lafayette
303.673.9000

Women In Crisis
Wheat Ridge
303.420.6752

Project Safeguard (Denver Metro Area)
303.637.7761 or 303.863.7233

Alternatives to Family Violence
Commerce City
303.289.4441

Safe Shelter of St. Vrain Valley
Longmont
303.772.4422

Domestic Violence Initiative for Women with Disabilities
303.839.5510

HARASSMENT AND STALKING.....

WHAT IS IT AND WHAT CAN I DO TO PROTECT MYSELF?



VICTIM SERVICES

Victim Services Unit
Broomfield Police Department
7 DesCombes Drive
Broomfield, CO 80020
303.438.6429 or 303.438.6471



WHAT IS HARASSMENT?

Harassment is a crime in which a person seeks to harass, annoy, or alarm another person with repeated contact or telephone calls, physical contact, obscene language or gestures.

Harassment By Stalking:

- A person commits harassment by stalking when they directly, or indirectly through another person, make a credible threat and, in conjunction with that threat, commit any of the following activities:
- Intent to harass, annoy, or alarm another person, including physical contact of any kind (striking, shoving, kicking, or otherwise touching another person or subjecting them to physical contact).
- Obscene language or gestures, obscene comments or gestures directed toward a person in a public place.
- Telephone calls, anonymous or otherwise, in a manner intended to harass, threaten bodily injury, or cause harm to property.
- Repeated contacts - the perpetrator contacts a person more than once during inconvenient hours and interferes with a person's privacy or use of home or property more than once with no purpose. This includes phone, e-mail, texting, or other electronic forms of communication.
- The perpetrator follows a person or a member of that person's immediate family in or around a public place.
- The perpetrator causes the victim, the victim's immediate family, or someone with whom the victim is involved with, serious emotional distress through following, unwanted communication or contact, or surveillance. The victim need not receive professional treatment to show serious emotional distress.

Definitions:

Credible Threat: A threat or physical action that would cause a reasonable person to be in fear of his / her life or safety, or the safety of their immediate family.

Immediate Family: Includes a person's spouse, children, parents, grandparents, and siblings.

Threat Assessment:

Stalking can be a cycle of events or phases (tension building, violence, hearts and flowers) that escalates in frequency and severity and may continue for years.

Tension Building Phase:

- Phone calls, texts, e-mails, social media messaging, cyber-stalking
- Unsolicited letters and/or gifts
- Threats
- Watching or following the victim
- Minor acts of vandalism
- Increased attempts to control the victim
- Psychological terrorism

Explosive or Acutely Violent Phase:

- Assault
- Kidnapping
- Burglary
- Acute acts of vandalism
- Violence against the victim or victim's family
- Murder-suicide

Hearts and Flowers Phase:

The perpetrator may temporarily stop the stalking in an attempt to make the victim complacent about safety. This is a common strategy used by stalkers, so it is important the victim continues to practice personal safety.

The Cycle is Repeated, Escalating in Frequency and Severity

- This pattern of behavior can continue for years.
- Although rare, perpetrators can escalate to murder/suicide after the cycle has been repeated many times, and it is apparent that all of their attempts at coercion have failed.
- The perpetrator sometimes abandons his/her current victim and redirects their fixation to a new victim(s) who is not yet alert to their behavior.

What You Can Do

- **Document everything**
- **Report every incident to the police**
- Keep a record of all contacts made by the perpetrator; include dates, times, and locations of each incident
- Photograph injuries or damage to property
- Keep all voice messages, text messages, social media posts, and e-mails left by the perpetrator
- Review the availability of call blocking on your home phone to block calls you do not wish to receive
- Keep all communication and gifts sent by the perpetrator; the more information you can provide, the easier it will be to establish the stalking pattern and can be included as evidence in the crime
- Consider applying for a protection order and carry a copy of it with you

Personal Security

- Change locks and install deadbolts.
- Install additional outdoor lighting, if necessary.
- Review your cell phone and computer to ensure that unauthorized software applications such as spyware have not been downloaded.
- Stalkers may also use technology like hidden cameras or GPS to track your whereabouts. Look for any unapproved equipment at your home or on your vehicle.