



What Is Cyberstalking?

A comprehensive
guide to helping you
understand cyberstalking

Cyberstalking is the misuse of technology to harass, stalk or threaten an individual. It can also be referred to as cyberbullying or cyberharassment.

Perpetrators can target all ages and genders, though young people are more at risk through the various social media channels that cater to their demographic. Most people know their cyberstalkers—an ex-partner, a friend, a family member, a coworker. Cyberstalkers want to get the attention of their victim by any means necessary.

This toolkit will provide you with these insights and more. Inside you'll find:

- Helpful Articles
- Recommended Books
- Lists
- Danger Assessments
- In-Depth Videos
- Survey Results
- Support Communities
- How to Find Help



There are hundreds of articles on [DomesticShelters.org](https://www.DomesticShelters.org) covering the many facets of domestic violence. Here are links to those that will help you answer the question, “What is cyberstalking?”

[A Guide to Cyberstalking](#)

How to combat an abuser who's gone online to stalk and control a victim.

[Smart Home Technology Is Being Used Against Survivors](#)

Abusers unlock doors, change temperatures and listen in on cameras, as a new way to torture.

[Living Through Extreme Stalking](#)

A survivor of a stalker shares four things she did while being stalked by her ex.

[If You're Being Stalked](#)

What to do to ensure your safety and make it stop.

[Abusers Go Online](#)

Just as technology expands, so do the ways abusers harass their victims.

[Life Unlocked](#)

LifeLock responds to claims that abusers opened fake accounts to stalk their victims.

[The New Cyberstalking](#)

Technology means abusers have more ways to stalk than ever before.

[8 Tips for Social Media Safety](#)

Keep stalkers from using your social media against you.

[How to Spy Spyware on Your Phone](#)

Are you being tracked via your cell phone?

[How to Protect Your Identity](#)

6 ways to evade an abuser's attempts to steal your personal information.

[Safer Searching Online](#)

Two search engines help you search the web more covertly.

[Safe Browsing Tips: Computer, Phone and Tablet](#)

Don't let an abuser use technology to control you.

[Abuse Almost Always Escalates](#)

If you're trapped in a cycle of abuse, it's most likely going to only get worse.

[High-Tech Stalking Tactics](#)

How abusers are faking phone calls and tracking victims through their online photos.

[Technology and Teen Dating Violence Are Unfortunately Linked](#)

Dating abuse is easier than ever thanks to cell phones and social media.

[How Can I Stop My Cyberstalker?](#)

Document everything and don't ever reply.

[When Abusers Threaten Revenge Porn](#)

When abusers share sexually explicit images without your permission.

[Lifesaving Apps for Survivors of Domestic Violence](#)

These apps can record calls and fights, recognize an abuser and dial 911 on your behalf.

[Smartphone Apps that Help You Document Abuse](#)

Retain notes, text, audio, video, images.

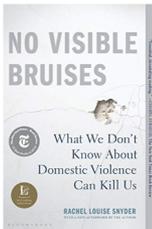
[Survivor: Suzanna](#)

After escaping abuse, Suzanna's ex began to cyberstalk her.



Reading books can be a helpful way to understand if you're a victim of abuse and understand the abuser's behavior.

Here are our recommended reads:



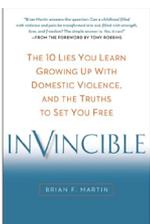
No Visible Bruises: What We Don't Know About Domestic Violence Can Kill Us. In *No Visible Bruises*, journalist Rachel Louise Snyder gives context for what we don't know we're seeing. She frames this urgent and immersive account of the scale of domestic violence in our country around key stories that explode the common myths—that if things were bad enough, victims would just leave; that a violent person cannot become nonviolent; that shelter is an adequate response; and most insidiously that violence inside the home is a private matter, sealed from the public sphere and disconnected from other forms of violence.



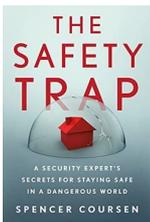
It's My Life Now: Starting Over After an Abusive Relationship or Domestic Violence After finding a way out, a victim's difficulties are solved: life is good, they are safe, and recovery is swift. Not so fast. Survivors know that leaving does not end the nightmare. It is the beginning of an often difficult journey to healing and happiness. This book offers practical guidance, exercises, reassurance, and awareness that survivors of relationship abuse need to reclaim their lives.



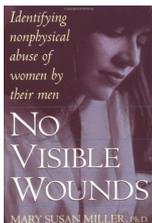
Surviving a Cyberstalker: How to Prevent and Survive Cyberabuse and Stalking This book is written to help you protect yourself from cyberabuse and stalking and to empower you to fight back. It is vital to regaining control over your life in case you and a cyberpredator or stalker ever cross paths. Alexis Moore is the foremost cyberstalking authority in the world. In this book she shares her creative tactics overcoming cyberstalking.



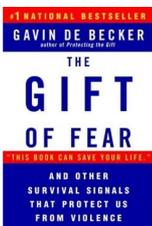
Invisible: The 10 Lies You Learn Growing Up with Domestic Violence, and the Truths to Set You Free. Invisible seeks to change this lack of awareness and understanding with a compelling look at this important issue, informing and inspiring anyone who grew up living with domestic violence--and those who love them, work with them, teach them, and mentor them.



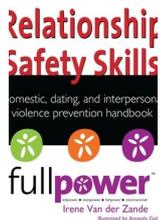
The Safety Trap: A Security Expert's Secrets for Staying Safe in a Dangerous World. Threat management expert Spencer Courseen offers proactive strategies to protect yourself and your loved ones in the event of hostile encounters and emergency situations in The Safety Trap: A Security Expert's Secrets for Staying Safe in a Dangerous World.



No Visible Wounds: Identifying Non-Physical Abuse of Women by Their Men. Does your partner become jealous, prevent you from seeing friends, deny you access to bank accounts, credit cards, or the car, call you derogatory names, humiliate you in front of the kids or turn minor incidents into major arguments? If you answer "yes" to the questions, chances are you are suffering from nonphysical battering, controlling, tyrannical behavior that is domestic violence.



The Gift of Fear and Other Survival Signals that Protect Us From Violence. True fear is a gift, unwarranted fear is a curse. How to tell the difference, how to trust your instincts, and how to act when a stranger approaches, when to fear someone close to you, what to do if you are being stalked, how to uncover the source of anonymous threats and the biggest mistake you can make with a threatening person. Spot the danger signals others miss. It might just save your life.



Relationship Safety Skills Handbook: Stop domestic, dating, and interpersonal violence with knowledge, action, and skills. This handbook is for victims and potential victims of relationship violence, and support people in their lives. Concepts and skills include: assessing what is safe and unsafe behavior in a relationship; setting effective boundaries; controlling emotional triggers; taking the power out of verbal attack; leaving dangerous situations; verbal self-defense tactics; and getting help effectively.



Sometimes lists are easier on the mind because they are uncluttered and to-the-point. If you'd rather read a few items vs. articles or books, these lists are for you.

To view all list items at once, click the SEE ALL button located below the list text.

- [19 Stalking Signs](#)
- [24 Teen Dating Abuse Warning Signs](#)
- [27 Characteristics of Unsafe People](#)
- [35 Characteristics of Safe People](#)
- [29 Types of Personal Boundaries You Can Set](#)
- [25 Risk Factors for Domestic Violence](#)
- [25 Relationship Red Flags](#)
- [19 Myths About Domestic Violence](#)



There are three well-known free online assessment tools available that can help you understand the level of danger that may be present, but not always obvious.

The Danger Assessment

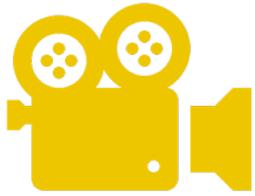
The free tool helps determine the level of danger an abused person has of being killed by an intimate partner.

MOSAIC

Using a series of questions, this tool assesses how similar a situation is to other situations that have gotten worse.

Stalking and Harassment Assessment and Risk Profile (SHARP)

SHARP is a 15-minute online assessment that is free and confidential. Within about a minute of completing the assessment, participants receive a narrative summarizing their situation and steps they may want to consider to improve their safety.



Click video thumbnail to watch





A lot of lessons can be taken from people who have been through it before. Check out the following survey results to learn from the experiences of others.

- [If you've experienced cyberstalking, what tactic did your abuser use?](#)
- [How do you feel the system is failing DV survivors?](#)
- [Survivors: Did you feel like you had power to stop abuse?](#)
- [Has someone used a LifeLock fraudulently to stalk you?](#)
- [What did your instincts tell you when you met your abuser the first time?](#)
- [How has domestic violence most impacted you at work?](#)
- [What happened when you obtained a protection order?](#)
- [Survivors: Did you feel like you had power to stop abuse?](#)



Online forums and chats can help you connect with others who are in or have faced similar situations, and find support and ideas from the survivor community.

[AfterSilence.org](https://www.aftersilence.org) aims to help victims become survivors and to communicate in the recovery of domestic and sexual violence. It offers an active message board and chat room for rape, sexual assault, sexual abuse, incest and molestation survivors. There are over 31,000 members and about 1,000,000 posts, including recent posts and many useful posts from days and months past.

[Pathways to Safety International](https://www.pathways.org/) If you're an American overseas, your situation is different than 99% of your fellow countryman, and this site will be a wonderful resource for you. Among the services is a 24-hour response to emails, as well as international phone options.

DomesticShelters.org Facebook Page offers one of the most active places where domestic violence survivors. You'll find conversation, past experiences and unvarnished stories, and occasionally advice from professionals who have joined in on a topic.

DomesticShelters.org Facebook Group is a private group designed to be a safe space for domestic abuse victims, survivors, advocates and others affected by abuse to support one another through meaningful dialogue and helpful insight.

Fort Refuge is a clever, grassroots site run by survivors for fellow survivors as a safe place to come together and discuss their struggles and victories in healing from various types of abuse. Though the forum and chat do not boast the same numbers as some of the larger organizations, they are one of the more active conversation places on the internet currently. They also add new content to their site regularly.

Speak Your Truth a group where survivors can share encouragement & resources to those recovering from abuse and most importantly, Speak Your Truth.

Love is Respect - National Teen Dating Helpline focuses on teen relationships and can be accessed by phone, text or live chat. It offers real-time, one-on-one support by trained peer advocates who offer information and advocacy to those involved in dating abuse. They also offer support to parents, teachers, clergy, law enforcement, and service providers.

National Domestic Violence Hotline offers confidential, private, one-on-one chats with advocates every day 24/7.

OnYourMind.net is a safe and anonymous place for teens to get information and support from other teens in an online chat room, covering topics such as relationships, school, depression, stress, suicide, parents, cutting, identity and health.

Pandora's Aquarium is an online forum with around 2 million posts and over 70,000 members, and is run by Pandora's Project, which provides information, support and resources to rape and sexual abuse survivors and their friends and family.

When accessing hotlines, chats or forums from a computer, tablet, or smartphone, please remember to take the necessary precautions to keep your activities confidential from your abuser. Learn more about how to stay safe online [here](#).

Also, keep in mind that local shelters may offer in-person or virtual support groups. You can find shelters in your area at [DomesticShelters.org](https://www.DomesticShelters.org).



Another way to determine if you're experiencing abuse is to contact a trained domestic violence advocate near you or through a national service.

To search for domestic violence program staffed with trained advocates, visit [DomesticShelters.org](https://www.DomesticShelters.org) and type either your city and state, or ZIP code, into the search bar at the top of the page. A list of organizations and contact numbers near you will be displayed. To reach an advocate, reach out directly by calling the phone number listed. Most are open 24/7.

To speak to an advocate at the National Domestic Violence Hotline, also 24 hours a day, seven days a week, call 800-799-SAFE (7233) or visit [thehotline.org](https://www.thehotline.org) to chat online.

It's important to know that your call is confidential and you can choose to remain anonymous when speaking with an advocate. To know what to expect when calling, read [this article](#).