

## Types of Stalkers

### Simple Obsessional:

The majority of these stalkers have been in some form of relationship with the victim. The perpetrator refuses to recognize that the relationship is over and the prevailing attitude is “if I can’t have her/him then no one else will.” The motivation for the harassment and stalking varies from revenge to the false belief that they can convince or coerce the victim back into the relationship.

### Erotomaniac:

This type of stalker is convinced that the object of their affection, usually of the opposite sex, fervently loves him or her and would return the affection if it were not for some external influence. The person about whom this conviction is held is usually of a higher status than the stalker but is often not a celebrity. It could be their work supervisor, their child’s pediatrician, their church minister or the police officer who stopped them for a traffic violation but did not charge them. Sometimes it can be a complete stranger.

### Love Obsessional:

The stalker can be obsessed in their “love” without possessing the belief that the victim loves them. The love obsessional stalker often suffers from a major psychiatric illness such as schizophrenia or mania and wants to “win over” the love of their victim.

Adapted from the  
Royal Canadian Mounted Police

## CU Healthy

**HCS** wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this

through our:

- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website ([carleton.ca/health](http://carleton.ca/health))
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or [cu\\_healthy@carleton.ca](mailto:cu_healthy@carleton.ca).



2600 CTTC Building  
613-520-6674  
[carleton.ca/health](http://carleton.ca/health)



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## Stalking

Stalking is a crime. It generally consists of repeated conduct that is carried out over a period of time and which causes you to reasonably fear for your safety or the safety of someone known to you. Stalking does not have to result in physical injury in order to make it a crime.

The law protects you even if the stalker does not intend to scare you – it is enough that you are scared. This may be an advance warning of possible future violent acts.

### Are you or someone you know being STALKED?

- Is someone repeatedly following you or someone you know from place to place? **Repeatedly** is more than one time and does not have to be for an extended period of time. The incidents may have occurred during the same day.
- Is someone repeatedly directly or indirectly communicating with you? **Directly** can be by telephone, in person, leaving messages on answering machines or sending unwanted gifts, notes, letters or e-mails. **Indirectly** can be by sending messages through people you know or simply by repeatedly inquiring about you.
- Is someone persistently close by or watching your home or any place where you work, carry on business or happen to be?

- Have you or any member of your family been threatened by this person?

You or someone you know may be a victim of **CRIMINAL HARASSMENT- STALKING** if you can answer **YES** to any of these questions .

### What to do and NOT to do

You are **NOT** alone! Break the silence:

- Call the police
- Contact Campus Safety
- Call Equity Services
- Talk to a friend or family member

Keep detailed notes about the stalking conduct. Dates, times, places, actions and threats are easier to explain and remember when written down. Keep all recorded telephone messages, e-mails, gifts, letters or notes sent by the individual. Keep a list of emergency numbers posted in **several locations**.

#### Emergency numbers should include:

- Police
- Immediate family
- Friends
- Co-workers
- Victim Advocacy Groups

Pay attention to incidents that may seem coincidental. Are you suddenly running into this person more often?

Do **NOT** agree to have contact with a person who you think may be stalking you. Do **NOT** try to deal with a stalker by yourself. Each stalking situation is different. Contact the police rather than intervening with the person yourself. Consider that sometimes when a stalker is confronted or meets with resistance he/she may react with violence or the conduct may escalate.

### What do we know about stalkers in Canada?

Criminal harassment (stalking) is not an activity that is attributed to any one specific psychiatric diagnosis. There is no single profile of a stalker. It appears that the main motivation for stalking another person is the desire to control, particularly in cases where the subject is a former partner. Most individuals who stalk are engaging in obsessive behaviour.

### Who to call:

- Ottawa Police Services 613-236-1222
- 911 (if you are in immediate danger)
- Partner Assault Section, Ottawa Police Service 613-236-1222, ext. 5407