



Stalking

Stalking is a form of violence and is very stressful. It is important to talk about it and get advice.

What is stalking?

Stalking is the excessive watching, contacting, following and harassing of a person. This is done against the will of the person being stalked. Those who do it are often people known to the victim (ex-partners) but they can also be strange. For example: sending a large number of text messages, emails and other messages, lurking at work or at home, harassment on the telephone, unwanted gifts and seeking information from the person's environment. Stalking can affect the victim's health physically and psychologically.

Documenting violence

It is important that the stalking can be proven. For example, victims could keep a diary of the individual stalking actions (e.g. gifts, notes, phone calls), victims could inform the people around them (neighbours, friends or an employer) and could take screenshots/photos of any messages (WhatsApp, Facebook, etc.).

Seeking support

The victim support advice centre (Opferhilfe-Beratungsstelle) can provide support. A specialist can clarify the legal situation and support the victim in their next steps. People from the city of Bern can contact the Domestic Violence and Stalking Unit (Fachstelle Häusliche Gewalt und Stalking)

Additional information (links, addresses, information sheets, brochures)

www.hallo-bern.ch/en/haeusliche-gewalt/stalking