

# For a Victim of Stalking

– Revised Edition 2021 –



**CHIBA PREFECTURAL POLICE**

# What is Stalking?

The Anti-Stalking Act defines stalking, which is punishable, as repeated attempts of the following types of harassment targeted at you or someone close to you, including your spouse or relatives, with the purpose to satisfy **love** or **other favorable feelings** towards you or to work off **grudges resulting from failure to satisfy these feelings**.

## Tagging along, ambushing, intruding or loitering around your life space

- Tagging along with you or following you all the way
- Keeping watch on you in the neighborhood of your home, workplace and school
- Ambushing you on your way to or from home, school or workplace
- Standing in your way blocking your walking path
- Intruding such places as your home, workplace and school
- Unnecessarily loitering around in the neighborhood of your home or other life space

## Telling you that you are being watched

- Giving you a call just after you come home, telling you things like “Glad that you are now back home.”
- Telling you on the phone or by e-mail details of what you did or what you were wearing that day
- Posting a thing that you have kept secret from others on an Internet message board that you frequent

## Demanding you to see or date the offender

- Demanding you to see, date, or resume a relationship with the offender despite your refusal
- Sending you an e-mail or letter or giving you a call, demanding you to see or date the offender
- Delivering a present to you disregarding your feelings and persistently demanding you to receive it

## Rude and violent behavior

- Insulting and verbally abusing you in a loud voice
- Ranting and raving at you on the phone
- Acting in a rude manner such as yelling or honking a loud horn in front of your residence

## Silent call or persistent calls, fax messages, e-mails, SNS messages or the like

- Giving you a silent call, making you feel uneasy
- Giving you persistent calls at your residence, cell phone or workplace despite your refusal
- Repeatedly sending you e-mails, SNS messages or facsimile messages or posting comments to your blog or the like despite your refusal

## Sending disgusting matters like excrement

- Sending a matter unpleasant or disgusting like feces and a carcass to your residence or workplace, or leaving such a matter at the entrance of your residence
- Smearing feces or urine on your car

## Defamation

- Saying a thing or delivering a document defamatory or insulting about you
- Posting a comment defamatory about you on the Internet, etc.
- Putting up a flyer, handbill or the like defamatory about you in your neighborhood

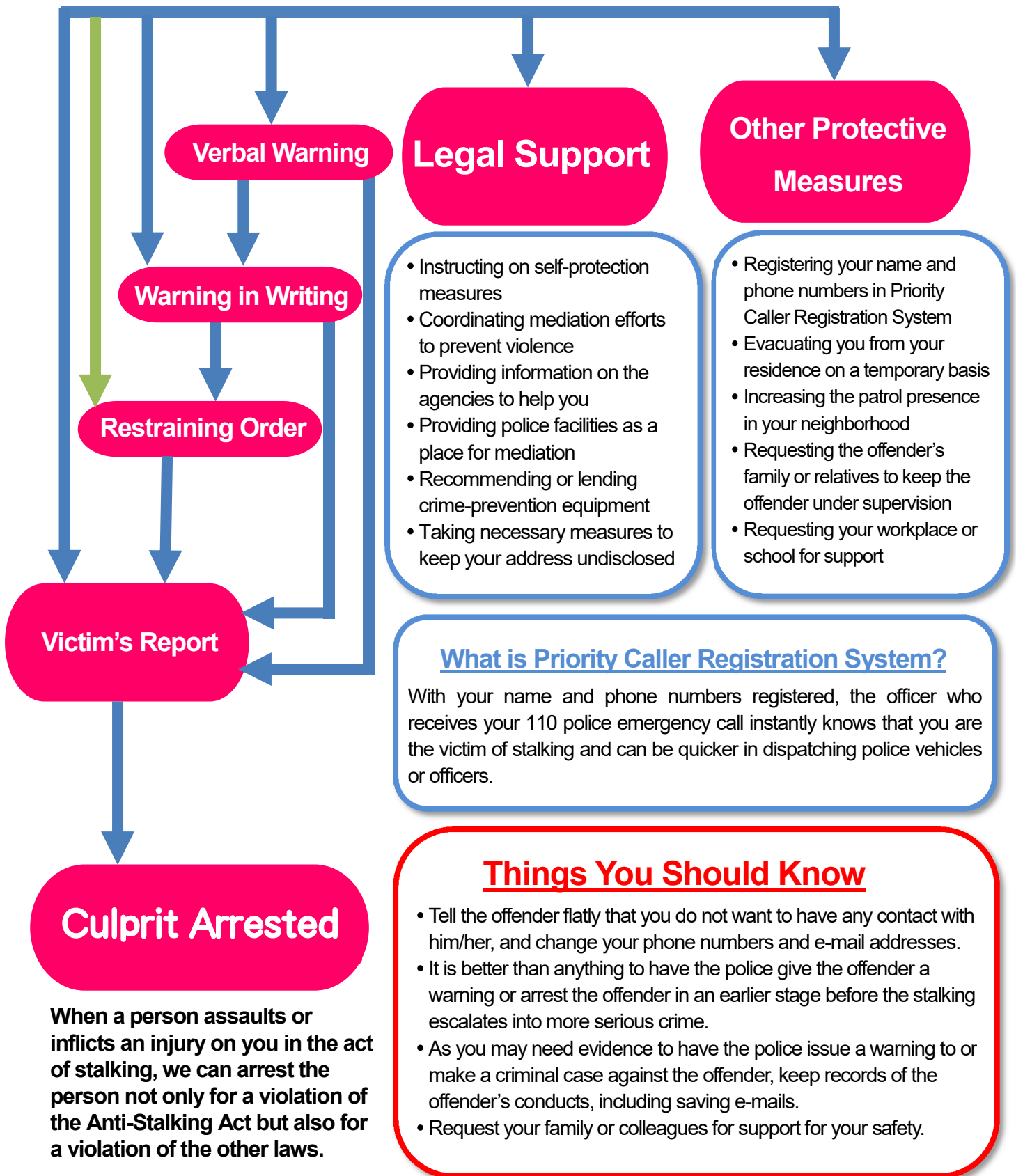
## Violating your sexual sense of shame

- Sending obscene photos or any media containing obscene data to your home or posting on an Internet bulletin board obscene content in such a way that it is easily recognized as being about you
- Attempting to humiliate you by using indecent language on the phone or in letters
- Creating a sexual sense of shame in you against your feelings and disturbing the peace of your mind (by doing or saying things indecent, if not legally obscene)

**Acquiring location information through GPS and installing GPS device etc.**

- Without your consent, getting your location information through GPS device or location information application.
- Without your consent, secretly planting a GPS device on your vehicle.
- Without your consent, giving you an item with a GPS device secretly installed.

# Support Available for You



**When a person assaults or inflicts an injury on you in the act of stalking, we can arrest the person not only for a violation of the Anti-Stalking Act but also for a violation of the other laws.**

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If you want advice from the police, contact the nearest police station or office.