

Staling

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

What is stalking?

In a relationship, stalking can occur during or after separation. A stalker may be someone from the victim's immediate environment, such as a friend, acquaintance, neighbour or colleague, but they may also be strangers.

Stalking refers to the excessive watching, contacting, following and harassing of a person. This is done against the will of the victim. Stalking may also take place online.

Stalkers may use Instagram, TikTok, Snapchat, email or GPS systems.

Who is affected?

Stalking happens in all parts of society and can affect **anyone**. In a relationship, stalking often occurs during separation. Many victims experience a severe impact in their daily life and may suffer from constant stress.

Important to know

Stalking is banned in Switzerland and offenders will be punished.

The following list provides some **recommendations for victims**:

- Set firm boundaries in good time in case of unwanted contact.
- Say to the stalker in clear terms that you do not want any contact.
- Do not respond to any further attempts at contact under any circumstances.
- Note down the date and time of any stalking incidents.
- Keep any gifts and photos safe.
- Take screenshots of messages.
- Inform friends, neighbours or your employer.

Where can I get help?

In the event of danger of a specific threat, the police can help (117).

Free counselling and support are available from the following centres:

Opferberatung Aargau, 062 835 47 90, www.opferberatung-ag.ch

Anlaufstelle gegen Häusliche Gewalt, 062 550 20 20, www.ahg-aargau.ch

Protection and accommodation:

At the women's shelter **Frauenhaus Aargau-Solothurn**, women with or without children can find protection, counselling and accommodation. It can be reached by telephone anytime, day or night (062 823 86 00).

ZwüscheHalt, 056 552 08 70 (Zurich), www.zwueschehalt.ch

ZwüscheHalt in Zurich, Bern and Lucerne offers accommodation and counselling for men affected by violence, with or without children. A financial contribution is required.

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

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