



Stalking

Protection in Oberhausen

Information

Addresses

Telephone numbers

There is nothing private about stalking!

Remember that stalking is not simply something that happens to you. There are people and institutions that can help. Do not let shame hold you back and do not put up with physical and psychological violence that may go on for years.

Read the brochure to find out how to get protection from the police, where to get support and counselling and what your rights are.

For your convenience, we have summarised the contact details of the respective institutions in the address directory on pages 14 and 15.

This brochure is ...

available at:

**Gleichstellungsstelle
im Bereich Chancengleichheit**
Schwartzstraße 73 | 46045 Oberhausen
☎ (0208) 82 52 050
✉ gleichstellungsstelle@oberhausen.de

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Oberhausen

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→ What is stalking?

According to the definition of the police crime prevention programme of the federal states and the federal government, »stalking« refers to the intentional and repeated pursuit and harassment of a person, which is likely to threaten their safety and seriously impair their way of life.

The term »stalking« is derived from English and means hunting, rushing, stalking or creeping up on someone in the language of hunters.

A stalker can be an acquaintance (e.g. partner, friend, colleague, neighbour) as well as a completely unknown person, woman or man.

Often the stalker is the ex-partner-who refuses to accept the separation. He or she now wants attention and has the goal of restoring the relationship. If this is rejected, his/her behaviour can escalate into hatred and psychological terror. He/she terrorises his/her victim by, for example, lying in wait for him/her, following him/her, watching him/her, calling him/her or constantly sending him/her text messages, e-mails, letters or gifts or trying to contact him/her via social networks.

The stalker is constantly present in the victim's life!

→ Forms of stalking

Stalking

- Following, harassing and threatening a person
- Lurking outside the home, the workplace, in the supermarket, etc.
- Repeated calls at all times of the day- and night, privately and during working hours
- Leaving messages on answering machines
- Mass mailing of letters, e-mails and messages via social media or unsolicited gifts
- Ordering goods and advertisements in the name of the person concerned
- Damage to property up to and including burglary (flat, car, etc.)
- Gathering information about the victim in the family- and circle of friends, at the workplace
- Insulting and defaming the victim in the family- and circle of friends, at the workplace

These acts can also take place via third parties.

Cyberstalking

- Sending threatening, defamatory e-mails
- Placing internet advertisements on relevant sites with the victim's telephone number
- Posting homepages, blogs or social-media-pages etc. with content that defames the victim
- Assuming a foreign identity on the Internet in order to gain the victim's trust and obtain his or her personal data
- Assuming the name (identity) of the victim on the Internet and sending defamatory e-mails (presence in social networks on the Internet, such as Facebook)
- Controlling, observing and following using the smartphone

In stalking, there is always the danger that the actions can escalate into physical and sexual attacks.

→ Consequences of stalking

Consequences

The physical and psychological effects are often significant for victims and often lead to severe trauma.

Possible consequences

- They become increasingly fearful for their safety and/or the safety of their children or loved ones
- They feel harassed and coerced
- They feel restricted in their freedom of movement
- They feel persecuted, rushed and constantly observed
- They feel alone and that their fears are not taken seriously by other people
- They withdraw from family and friends and are isolated from them
- They have insomnia and other physical complaints such as sweating, nausea or rapid heartbeat
- They find it harder and harder to manage their daily lives
- They are worried about losing their job
- They lose their zest for life increasingly
- They suffer from post-traumatic stress disorder

The victims often also suffer **economic damage**. Technical security measures, new telephone numbers, alarm systems, security locks and a change of flat cost a lot of money. The situation is particularly tragic if the job is changed or lost because of stalking.

Here, for example, you can seek help from the Weisser Ring (see page 12).

→ What can you do?

The most important goal is to make the stalker lose interest in you.

Make it perfectly clear to the stalker that you **do not** want any contact. Make a note of the date, time and witnesses. Record all boundary crossings/ stalking-practices (with evidence if possible) in a **logbook of stalking**. Do **not** allow any further contact and do **not** engage in any »final, conclusive conversation«! Do **not** pay any attention to the stalker! Under **no** circumstances should you respond to letters, messages, e-mails or phone calls!

Every reaction from you – such as explanations, apologies, last attempts to talk things out or even the announcement of legal steps – is seen by the stalker as proof that you are still interested in him or her. In this way he or she learns that he or she only has to try long and hard enough to get you to pay attention to him or her again.

Other helpful measures

Being in the public eye can protect you. Inform everyone in your circle of friends and acquaintances (e.g. your family, neighbourhood, work colleagues, circle of friends) that you have become the victim of a stalker.

Contact a counselling centre. There you can get advice on how to protect yourself or get further help.

Document everything! Save everything that the stalker sends and communicates to you or that he/she does. This could be evidence for a possible court case later on. Try to involve witnesses. These can prove important for the further proceedings. Also ask your entire circle to note down any actions of the stalker.

In case of an acute threat (e.g. if the stalker follows you or invades your home), alert the police by dialling **110**. Use technical means to protect yourself and collect evidence, e.g.:

- Apply for a trap and trace with your telephone provider
- Use a new e-mail-address
- Apply for a secret phone number or a second phone line

- Use your smartphone security settings, check your social media behaviour, block the person on your smartphone
- In the course of legal advice, it can be explored whether the lawyer should write to the stalker to make it clear that the client no longer wants contact and forbids the stalking-practices

→ Your legal options

1. File a complaint

You can file a complaint to the police. We know from experience that police intervention against the stalker can have a positive effect and that the harassment often stops after a complaint has been filed.

Since 31 March 2007, persistent stalking has been a punishable offence (section 238 of the Criminal Code) if the persistent stalking seriously impairs the victim's way of life. Within the framework of a new version of the law in 2017, offences are now covered that are suitable to persuade the victims to change their way of life. It is no longer necessary for the victim to make additional lifestyle changes in order for the offender's behaviour to be punished.

2. Protection order

In addition, you can apply to the local court for a temporary order under the Protection against Violence Act.

What measures can be taken under the Protection against Violence Act?

- Prohibition to approach you at a certain distance
- Prohibition to go to certain places where you (habitually) stay (e.g. home, workplace, kindergarten, school or leisure facilities)
- Prohibition to contact you (e.g. in person, by e-mail, by fax or via social media)

In all cases, the court may order a fine or imprisonment. If the offender then violates the measures, a fine or imprisonment may be imposed upon application. The family court at the local court is responsible for issuing measures under the Protection against Violence Act.

The court can only take action if an application is made. You can file an application yourself or have a lawyer represent you. If you file the application yourself, you can do so in person at the legal application office of the local court or in writing. For the application, you need your identity card and, where applicable, the documentation given to you by the police or the police file number.

Describe the incidents as precisely and in as much detail as possible so that the judicial officer or lawyer can apply for all necessary measures on your behalf. The court can order different measures alongside each other, depending on the conduct you are subjected to.

→ **Rechtsantragstelle | Amtsgericht Oberhausen**
(Legal Application Office | Local Court Oberhausen)
Ground floor | Room 6
Friedensplatz 1
46045 Oberhausen
☎ (0208) 85 86 313
📠 (0208) 85 86 218

Opening hours

Monday – Friday 8.00 am – 12.00 noon
and also on Thursdays 2 pm – 3 pm

There are always court costs for legal proceedings and lawyer's fees if you instruct a lawyer to represent your interests. You should therefore check in advance whether you are entitled to legal aid or whether your legal expenses insurance will cover the costs. Legal aid often does not cover lawyers' fees, i.e. even if you are entitled to legal aid, you will have to pay the lawyers' fees yourself. If the stalker has no money and you are not entitled to legal aid, you will also have to pay the court costs.

→ Police victim protection

Once you have reported the stalker to the police, you can make use of the police's victim protection service.

How does the police victim protection provide advice in cases of stalking?

Police victim protection often helps people who have suffered for a long time and who want the stalking to »just stop«. The victims are first made aware of how important it is to get out of the role of victim and to »take control of the situation«.

During the conversation, an attempt is made to clarify the stalking-history of the person concerned and, if necessary, to work out aspects relevant under criminal law for a criminal complaint. It is discussed with the affected person which steps can lead to a stalker putting an end to his or her practices. It should be noted that the stalker is usually known to those affected. Cases in which the stalker is an unknown person are the exception.

In many cases, the victims are advised to contact the Weisser Ring for further practical help and, if necessary, an appointment can be made at short notice with the Trauma Outpatient Clinic in Essen or the Women's Counselling Centre in Oberhausen.

→ Women's Counselling Centre

How can the Women's Counselling Centre help with stalking?

The staff at the Women's Counselling Centre specialise in working with women who have experienced physical and/or psychological violence. Here you can get information on how to behave- and protect yourself and the steps you can take if you are being stalked.

Telephone and personal counselling

The counsellors take time to get to know your concerns and needs by telephone or in individual counselling sessions. In the trauma-sensitive counselling sessions, you have the opportunity to discuss your experiences of violence in a confidential environment and to learn stabilising methods. Counselling is an impartial, free of charge, confidential and voluntary service.

Telephone consultation hours

Monday 9.00 am – 12.00 pm
Wednesday 2 pm – 5 pm
Thursday 9.00 am – 12.00 pm
Friday 1 pm – 3 pm

We offer counselling on the phone at these times, make appointments for counselling sessions and resolve any queries. Please leave a message on our answering machine if you call outside these hours.

→ Frauenberatungsstelle Oberhausen

(Women's Counselling Centre Oberhausen)
Helmholtzstraße 48
46045 Oberhausen
☎ (0208) 20 97 07
☎ (0208) 20 37 28
✉ info@fbst-ob.de
🌐 www.frauenhelfenfrauen-oberhausen.de

→ Women's shelter

How can the women's shelter help with stalking?

If you do not feel safe at home, you should consider moving out. In such crisis situations, the women's shelter offers you safe accommodation and support.

What exactly is a women's shelter?

The women's shelter is a protected living space for women of all origins, ages and nationalities. You can also bring your children to the women's shelter. Every woman looks after herself and her children as she would normally do. The staff at the Women's shelter will advise and support you in all decisions that need to be made.

How can you get to the women's shelter?

In the interest of your protection, the address of the women's shelter is kept confidential. Men are not allowed at the shelter. The telephone is manned around the clock and you will be given a meeting point where you will be picked up. If all the slots are occupied, you will be given the telephone numbers of neighbouring women's shelters. The police can help you contact the women's shelter and find a slot. They will also ensure that you can pack the necessary personal belongings for yourself and the children in peace and reach the women's shelter or another place of your choice without further jeopardising your safety.

What should you bring to the women's shelter?

Identity cards | Passports | Health insurance cards for yourself and your children | Birth- and marriage certificate | Bank account documents EC-cards | Money | Tenancy agreement | Employment contract | Notices from employment- or social welfare office | Pension insurance | Custody decisions | Required medication | Medical certificates | Hygiene items | Clothing | Children's school supplies and toys | Personal letters or records

→ Frauenhaus Oberhausen

(Women's shelter Oberhausen)
☎ (0208) 80 45 12
☎ (0208) 2 57 57
✉ info@fhf-ob.de
🌐 www.frauenhelfenfrauen-oberhausen.de
🌐 www.frauen-info-netz.de

→ Weisser Ring

What is the Weisser Ring?

The Weisser Ring helps victims of crime and their relatives in many ways: across all crime areas - from handbag theft to housebreaking or assault to domestic violence or stalking.

How can the Weisser Ring help with stalking?

There are many different possibilities to get help and they are tailored to the needs of the individual victim. Sometimes the stalking- victim needs support with problems in daily life or simply wants to talk about the incidents and the fears associated with them, sometimes they need special help such as being accompanied to authorities or courts. The Weisser Ring can support the stalking-victim especially by providing the following assistance:

- Human assistance and personal support by victim helpers after or during the stalking
- Accompanying the stalking-victim to the police (e.g. when filing charges), to the public prosecutor's office (e.g. during interrogations) and to court (e.g. during criminal court hearings)
- Assistance in finding a suitable lawyer specialised in victim law or stalking
- If applicable, assumption of the costs for an initial consultation with a lawyer via a so-called legal advice cheque
- If applicable, assumption of further lawyer's fees if no third party such as the state treasury (through counselling assistance, legal aid-/procedural costs assistance, subordination) or legal expenses insurance will assume the lawyer's fees
- Assistance in finding suitable psychological measures if the stalking-victim has been traumatised or has other psychological problems resulting from the stalking (including trauma outpatient clinics, psychotherapists and psychologists in private practice, etc.)
- If applicable, assumption of the costs for initial psychotraumatological counselling as part of a help cheque
- Financial support for emergency situations caused by the crime
- Referral to help from other organisations

How do I contact the Weisser Ring as a stalking victim?

Since the Weisser Ring is organised in branch offices throughout Germany, you can contact the Oberhausen branch office directly.

→ Weisser Ring | Branch Office Oberhausen

☎ (0208) 60 44 95

📠 (0208) 62 87 251

You can also contact the victims' hotline of the Weisser Ring. The helpers there will give you an initial overview, advise you and refer you to the relevant branch office or other organisation if necessary.

→ Opfertelefon 116 006

(Victim hotline)

nationwide, toll-free number, daily from 7 am - 10 pm

The NO STALK App – Evidence for every entry

Only with tangible evidence you can successfully take action against your tormentors with the police and judicial authorities. The NO STALK App of the Weisser Ring, which was developed especially for this purpose, supports you in this. It is an effective tool for collecting and securing evidence directly and promptly on your smartphone, e.g. as photos, videos, text messages or screenshots of WhatsApp-histories.

Secure and certified

The documented stalking-incidents are encrypted in the smartphone and immediately transferred to a secure data centre in Germany. The data of the incidents does not get stored on the smartphone. This means that even if you lose your phone, the documentation is secure. Only you can decrypt the collected evidence via the website www.nostalk.de with your personal code and provide it to the judicial authorities. TÜV Süd has successfully tested and certified the app in terms of function, data -protection and security.

A**Amtsgericht Oberhausen**

Legal Application Office | Room 6
Friedensplatz 1
46045 Oberhausen
☎ (0208) 85 86 313
☎ (0208) 85 86 218

Opening hours
Mon – Fri 8 am – 12 pm
And also on Thursdays
2 pm - 3 pm

F**Frauenberatungsstelle**

Helmholtzstraße 48
46045 Oberhausen
☎ (0208) 20 97 07
☎ (0208) 20 37 28
✉ info@fbst-ob.de
🌐 www.frauenhelfenfrauen-
oberhausen.de

Frauenhaus

☎ (0208) 80 45 12
☎ (0208) 25 757
✉ info@fhf-ob.de
🌐 www.frauenhelfenfrauen-
oberhausen.de
🌐 www.frauen-info-netz.de

G**Gleichstellungsstelle
im Bereich Chancengleichheit**

Schwartzstraße 73
46045 Oberhausen
☎ (0208) 82 52 050
☎ (0208) 82 55 030
✉ gleichstellungsstelle@
oberhausen.de

K**Kommissariat
Kriminalprävention/Opferschutz**

Marktstraße 47-49
46045 Oberhausen
☎ (0208) 82 64 511
☎ (0208) 82 64 529
✉ Kriminalpraevention.Oberhausen@
polizei.nrw.de

Kommunales Integrationszentrum (KI)

Mülheimer Straße 200
46045 Oberhausen
☎ (0208) 30 57 60 18
☎ (0208) 30 57 60 25

M**MannoG – Mann ohne Gewalt**

Dickkamp Straße 12
45879 Gelsenkirchen
☎ (0209) 94 76 27 20
☎ (0209) 94 76 27 11
✉ MannoG@die-bruecke-dortmund.de
🌐 www.die-bruecke-dortmund.de

P**Polizei Oberhausen**

Friedensplatz 2 - 5
46045 Oberhausen
☎ (0208) 82 60
🌐 www.polizei-nrw.de

pro familia

Bismarckstraße 3
46047 Oberhausen
☎ (0208) 86 77 71
☎ (0208) 97 02 999
✉ oberhausen@profamilia.de
🌐 www.profamilia.de

**Psychologische Beratungsstelle
für Kinder, Jugendliche, junge
Erwachsene und Eltern der Stadt
Oberhausen**

Schwarzwaldstraße 25
46119 Oberhausen
☎ (0208) 61 05 90
☎ (0208) 61 05 928
✉ psych.beratung@oberhausen.de

R**Regionalteams
Educational youth welfare****Oberhausen-Mitte/Styrum**

Danziger Straße 11 - 13
46045 Oberhausen
☎ (0208) 82 52 243
☎ (0208) 82 55 371

Oberhausen-Ost

Alte Heid 13
46047 Oberhausen
☎ (0208) 82 53 970
☎ (0208) 82 53 980

Oberhausen-Alstaden/Lirich

Concordiahaus | Anbau
Concordiastraße 30
46045 Oberhausen
☎ (0208) 82 52 386
☎ (0208) 82 59 391

Oberhausen-Sterkrade

Steinbrinkstraße 188
46145 Oberhausen
☎ (0208) 82 56 136
☎ (0208) 82 56 135

Oberhausen-Osterfeld

Bottroper Straße 183
46117 Oberhausen
☎ (0208) 82 58 110
☎ (0208) 82 58 139

T**Traumaambulanzen
LVR-Klinikum Essen**

University Clinics and Institute
Duisburg-Essen

Holsterhauser Platz 6

45147 Essen
☎ (0201) 72 27 521
for adults

Wickenburgstraße 21
45143 Essen
☎ (0201) 87 07 450
for children and adolescents
🌐 www.rk-essen.lvr.de

W**WEISSER RING**

Branch Office Oberhausen
PO Box 140108
46131 Oberhausen
☎ (0208) 60 44 95
☎ (0208) 62 87 251
✉ WR-Oberhausen@gmx.de

This brochure is available at the
Gleichstellungsstelle der Stadt Oberhausen
Schwartzstraße 73 | 46045 Oberhausen
☎ (0208) 82 52 050

NO STALK App



www.nostalk.de

 **HILFE TELEFON**
+ GEWALT GEGEN FRAUEN

08000 116 016

www.hilfetelefon.de