



Intimate Partner Stalking: The Facts

Cristal N. Hernandez, M.A.

What is Intimate Partner Stalking (IPS)?

Intimate partner stalking (IPS) is defined as a “course of conduct directed at a specific person that involves repeated visual or physical proximity, nonconsensual communication, or verbal, written, or implied threats, or a combination thereof, that would cause a reasonable person fear” by a current or former spouse, cohabitant, boyfriend, girlfriend, or dating partner.[1] In other words, when stalking co-occurs with intimate partner violence, it is often referred to as intimate partner stalking. Stalking can be a way to exert power and control during and/or after an abusive relationship and can be an indicator of other forms of intimate partner violence. For example, stalking often coincides with physical violence, psychological aggression, coercive control, and sexual assault, and is a leading risk factor for intimate partner homicide.[2,3]

Have You Heard? [4,5]

- **Over 40% of female stalking victims and over 30% of male stalking victims in the U.S. are stalked by current or former intimate partners.**
- **For both female and male stalking victims, the most common perpetrators are intimate partners or acquaintances.**
- **Nearly 1 in 3 women and 1 in 6 men will experience stalking during their lifetime.**

What Are the Consequences?

IPS has been linked to various negative short and long-term outcomes among victims, including anxiety, depression, and insomnia, although its consequences extend well beyond these psychological harms.[1,2,6] For example, stalking victimization often affects a survivor's ability to maintain their current lifestyle, including daily routines, housing, and employment. [1,2] Overall, IPS victims experience ongoing, elevated levels of distress and fear, anticipating physical or sexual violence from the stalker, threats and harassment against children or other loved ones, and threats to financial and economic security.[5]

How to Support Survivors

Despite its significance as a public health and safety issue, IPS remains an understudied area of research. Furthermore, effective practices for criminal justice responses and intervention are not clearly understood.[1,4] To expand support services, it is important to not only recognize this as a unique form of victimization, but to listen to survivors and seek recommendations from those who have been affected directly. They are the experts and have first-hand knowledge on how responders, victim service providers and criminal justice officials alike, can work together to enhance victim safety and improve system responses.[7]

Resources

Texas

- **SAFE from Stalking --** <https://www.safeaustin.org/safe-from-stalking-a-comprehensive-guide-to-protecting-yourself/>
- **Texas Council on Family Violence --** <https://tcfv.org/wp-content/uploads/07.-TCFV-One-Page-Stalking-2023.pdf>
- **Texas Law Help --** <https://texaslawhelp.org/article/stalking-and-the-law-in-texas>

National

- **Domestic Violence Crisis Center --** <https://www.dvcct.org/stalking/>
- **National Domestic Violence Hotline --** <https://www.thehotline.org/resources/stalking-safety-planning/>
- **The Stalking Prevention, Awareness, and Resource Center --** <https://www.stalkingawareness.org/wp-content/uploads/2018/11/Stalking-IPV-Fact-Sheet.pdf>

References

- [1]Backes, B. L., Fedina, L., & Holmes, J. L. (2020). The criminal justice system response to intimate partner stalking: A systematic review of quantitative and qualitative research. *Journal of Family Violence*, 35(7), 665-678.
- [2]Logan, T. K., Shannon, L., & Cole, J. (2007). Stalking victimization in the context of intimate partner violence. *Violence and victims*, 22(6), 669-683.
- [3]Bendlin, M., & Sheridan, L. (2021). Risk factors for severe violence in intimate partner stalking situations: An analysis of police records. *Journal of Interpersonal violence*, 36(17-18), 7895-7916.
- [4]Smith, S. G., Basile, K. C., & Kresnow, M. J. (2022). The national intimate partner and sexual violence survey: 2016/2017 report on stalking—updated release.
- [5]Wengloski, C., & Cleary, H. (2024). Help-seeking from victim services, personal networks, and reporting to police: Stalking victim behaviors from the 2019 NCVS Supplemental Victimization Survey. *Journal of Interpersonal Violence*. <https://doi.org/10.1177/08862605241268773>
- [6]Logan, T. K., & Walker, R. (2021). The impact of stalking-related fear and gender on personal safety outcomes. *Journal of interpersonal violence*, 36(13-14), NP7465-NP7487.
- [7]Stalking Prevention, Awareness & Resource Center. (2025). "Stalking Survivors Speak: What Survivors Want You to Know." SPARC. <https://www.youtube.com/watch?v=iTihqmKc2Ig>

Texas State University System Board of Regents

Alan L. Tinsley
Chairman
Madisonville

Stephen Lee
Vice Chairman
Bastrop

Charlie Amato
Regent
San Antonio

Duke Austin
Regent
Houston

Sheila Faske
Regent
Rose City

Don Flores
Regent
El Paso

Russell Gordy
Regent
Houston

Tom Long
Regent
Frisco

William F. Scott
Regent
Nederland

Olivia Discon
Student Regent
Huntsville

Resources

- Aging and Disability Resource Center 855-937-2372
- Cyber Civil Rights Initiative 844-878-2274
- Mothers Against Drunk Driving 877-623-3435
- National Child Abuse Hotline 800-422-4453
- National Domestic Violence Hotline 800-799-7233
- National Human Trafficking Hotline 888-373-7888
- National Sexual Assault Hotline 800-656-4673
- National Suicide Prevention Lifeline 988
- Texas Abuse Hotline 800-252-5400
- Texas Council on Family Violence <https://tcfv.org/survivor-resources/>
- Texas Association Against Sexual Assault <https://taasa.org/get-help/>
- Victim Connect Resource Center 855-484-2846