

How to Deal with Stalking?

A documentary by Kai Christiansen

In Germany, nearly 12% of all citizens have first hand experience of stalking. But how can one protect oneself against it? The film "How to Deal with Stalking?" provides advice and tips for victims on how to behave most sensibly in such a situation. Experts and victims from Germany and France describe their experiences with self help groups, aid organisations, police and the judiciary. In the film "How to Deal with Stalking?" we accompany pediatric nurse Angelica in her struggle with a man whom she has met via the Internet. After a short fling they split up and the man turned into a stalker. He pursues and harasses her. He has also posted nude photographs of her in the Internet which she is not able to delete. An employee of the "Weißer Ring", a victim support organisation, provides addresses of attorneys and a psychologist. The police take up investigations.

In the vicinity of Paris, Marie-Hélène describes how she had to go into hiding for a year from her husband and how she has learnt with the help of the support organisation AJC (Association AJC – contra la violence morale dans la vie privée) that the perpetrator, not herself, is demented.

Marie-Hélène describes how she was able to liberate herself little by little.

Nearly 80% of all stalking incidents occur after a separation and overwhelming majority of the perpetrators are male. But there are other constellations, like in the case of Birgit from Berlin. For more than 10 years now, she is being pursued by a former (female) colleague.

An expert in this field, Professor Dr. Dressing from Mannheim, provides insights into the current level of research, and Dr. Marie-France Hirigoyen, psycho-analyst and best selling author from Paris, reports of her experiences with stalkers and victims.