

### Why do RAT perpetrators repeatedly stalk exited or exiting women?

1. To keep victimized women terrified and intimidated so she feels there is no escape.
2. To maintain or re-establish power and control over her in an effort to stop her from exiting, to get her back, or keep her silent.
3. To trigger her into overwhelming perpetual crisis causing exhaustion thus making her vulnerable to burnout and re-victimization.
4. To trigger her into dissociative states so she becomes vulnerable to family/group re-victimization, and
5. To attempt to maintain or gain access to a child, if present, for on-going pedophilic, inter-generational/group RAT victimization.

### INTERVENTIONS

**Social Responsibilities:** (a) Society needs to be educated about ritual abuse-torture and stalking, (b) Society needs to enact specific laws for the crime of ritual abuse-torture, (c) Society needs to believe and listen to victimized persons, (d) Society needs to respond more effectively to help reinforce protective services and give support for personal safety interventions.

### Personal basic safety interventions:

1. Resist the urge to have just one more contact with the perpetrator-stalker—this only provides the encouragement that they will be successful in getting you back.
2. Become orphaned-by-choice—avoid all contacts as the risks include on-going ritual abuse-torture victimization to your-Self or to children.
3. Make every day safer—change your locks--do not share your new keys with anyone; put a peep-hole in and safety lock on your door—use them; get an unlisted phone number—share it with caution; put your phone on an answering

- machine—let it monitor calls; lock your car doors—park in non-isolated, well lit places, keep a spare key under the car hood.
4. Ignore 'bad' person inner messages—this is a lie—be assertive—tell someone.
  5. Don't isolate your-Self—develop a support system that believes, describe what is happening to you, circulate the stalker's picture if you have one, inform the police, a lawyer, ask the police to open a file and get the file number for further reports.
  6. Journal—record the time, day, month, and year of the stalking incident(s), who the stalker(s) was, a description if unknown, detail what, where stalking happened, were others present, what took place before and after, whether medical/other services were used, or the police called—record their names.
  7. Do not destroy evidence—keep all e-mails/written/phone messages, keep clothing—do not wash—air dry to maintain DNA evidence, etc.
  8. Believe in your-Self—you are a person with human rights—the right to be free and not victimized—become informed about the dangers of being stalked—trust your instincts to help you try to stay safe.

### **Website References and Resources:**

1. [http://www.metrac.org/new/stat\\_sta.htm](http://www.metrac.org/new/stat_sta.htm)
2. <http://www.owjn.org/issues/w-abuse/statscan05.htm>
3. <http://www.owjn.org/issues/stalking/qa.htm>
4. <http://www.canadian-health-network.ca/servlet/ContentServer?cid=1069439905766&pag...>

Footnote: 1. Sarson, J. & MacDonald, L. (2004, March 8). Ritual Abuse-Torture. In D. Raphael (NGO and Facilitator), *The Many Faces of Torture*. Side-panel presentation, 48<sup>th</sup> Session of the Commission on the Status of Women, UN Headquarters, NY.

## **RITUAL ABUSE-TORTURE**

**&**

## **BASIC FACTS**

## **ON BEING STALKED**

Jeanne Sarson, MEd, BScN, RN &  
Linda MacDonald, MEd, BN, RN

**PERSONS AGAINST RITUAL ABUSE-  
TORTURE**

E-mail: [flight@ns.sympatico.ca](mailto:flight@ns.sympatico.ca)  
Website: [www.ritualabusetorture.org](http://www.ritualabusetorture.org)

## RITUAL ABUSE-TORTURE (RAT) IS:

*An emerging human rights violation and a newly acknowledged form of torture that is inflicted by "non-state actors" onto the captive enslaved child or woman.<sup>1</sup>*

Victimized persons commonly report the following acts were inflicted onto them by ritual abuse-torture families/groups in childhood and can continue to be inflicted when the person remains a captive enslaved woman:

1. Abuse of all forms.
2. Human-animal violence, i.e. bestiality.
3. Torture of all forms.
4. Rampageous pedophilia.
5. Necrophilism.
6. Violent family/group gatherings known as "rituals and ceremonies".
7. Horrification.
8. Enforced Self-harming, i.e., Self-cutting.
9. Exploitation: human trafficking, child/adult pornography, drug dealing, or other illegal acts.
10. Terrorization is a constant state of being for a victimized child or captive enslaved woman enduring ritual abuse-torture. This intense paralyzing fear is maintained by perpetrators in other ways such as stalking.

## WHAT IS STALKING or CRIMINAL HARRASSMENT?

Research and criminal investigations on stalking state victimized persons report:

1. Being repeatedly followed by foot, by car, or having the stalker lurking nearby or showing up at places frequented by the victimized person without a valid reason.
2. Having their workplace or home watched via drive-bys or parked vehicles.
3. Receiving threats verbally, by phone messages, or in writing.
4. Being subjected to repetitive unwanted contact.

5. Enduring 'cyberstalking' via internet.
6. Fearing for their safety or the safety of others—i.e., one's children or pets.
7. Having their family/friends harassed.
8. Having the stalker move into their neighborhood or next door.
9. Having their photos taken unknowingly.

► Stalkers are generally known to the victimized person—a family member, partner, or other acquaintance.

► Stalking can lead to physical and sexualized assaults, and kidnapping.

► Women are the most common victims, thus...

## WOMEN EXITING/EXITED RITUAL ABUSE-TORTURE FAMILIES/GROUPS MAKE SIMILAR REPORTS

► The perpetrator(s)-stalker(s) is a known family/group member or an unfamiliar RAT group member.

► Women's reports have included:

- Being repeatedly followed by car and in person.
- Being driven off the road or side swiped.
- Receiving threatening phone messages.
- Being bombarded with night-time hang-up calls.
- Finding an intimidating "traitor" note left on a car windshield or on the door of their home.
- Being awakened at night by a ringing doorbell with no one there.
- Having e-mail services accessed.
- Having the perpetrator-stalker move into their neighborhood or apartment building to surround them and constantly watch them.
- Having their workplace watched, or enduring the perpetrator-stalker casually entering their

workplace, or doing volunteer or employed work in the same workplace.

▫ Being followed or passed in the grocery store and the perpetrator-stalker delivering a threatening look, sign, or whispering a verbal threat.

▫ Having the safety of others threatened, including helpers, or even the greater community by threats to commit acts of social terrorism if the perpetrator-stalker's demands are not followed.

▫ Having a helper's and their child's picture unknowingly taken to be used as tools to force victimized person into compliance with perpetrator-stalker's demands.

► Stalking has led to other crimes against exiting/exited women's person and/or property:

- Having their car broken into and ransacked
- Having their homes illegally entered with symbolic threatening messages left behind
- Being kidnapped and enduring physical and/or sexualized assaults
- Enduring physical and/or sexualized assaults in their homes or workplaces
- Having sexualized assaults videoed, threatening to distribute these if the perpetrator-stalker's demands are not met.

**STALKING IS ALSO USED AGAINST CHILDREN AND YOUTH TO KEEP THEM CAPTIVE, VICTIMIZED, TERRORIZED, CONTROLLED, AND SILENCED.**

## Who are the perpetrator(s)-stalker(s)?

Members of intergenerational RAT families—mothers, fathers, and other family members; like-minded guardians, friend, neighbors, clergy or laypersons, professionals, men or women who do volunteer, community, and mainstream church work—and all use their parental or positional power as a cover.