

ARE YOU BEING STALKED?

Stalking is a series of actions that make you feel afraid, distressed, or in danger.

Stalking can be online or in-person, is serious and often violent, and can escalate over time.

Are you...

- Always looking over your shoulder?
- Worried that the person knows your schedule and will show up?
- Struggling to focus on school, extra-curriculars, or other important activities?
- Nervous about checking your messages or phone because it might be them again?
- Changing your routine?
- Scared of what that person might do next?

You may be a victim of stalking.

"It's not easy to describe the fear you have when you see the stalker, or signs of the stalker, everywhere you go. I have given up all hopes of ever having a safe life.

For the rest of my life, I will be looking over my shoulder, expecting to see him there."

—Stalking Survivor

RESOURCES

For additional assistance, contact these national hotlines:

Victim Connect

victimconnect.org/

855-4-VICTIM (855-484-2846)

National Sexual Assault Hotline

RAINN.org

800.656.HOPE (4673)

National Domestic Violence Hotline

thehotline.org

1-800-799-SAFE (7233)

SPARC STALKING PREVENTION, AWARENESS, AND RESOURCE CENTER

This project was supported by Grant No. 2017-TA-AX-K074 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.

UNDERSTANDING STALKING ON CAMPUS



18-24 year olds experience the highest rates of stalking among adults.

Learn more at StalkingAwareness.org

WHO ARE STALKERS?

Most stalkers target people they know.

Many stalkers commit this crime against people who they've dated/been romantically involved with, during and/or after the relationship. Stalkers may also be acquaintances, classmates, friends, family members, and/or strangers.

Stalking violates student conduct codes and is a crime in all 50 states, the District of Columbia, and U.S. territories.

Among undergraduate stalking victims, 59% of men and 86% of women are stalked by men, regardless of sexual orientation.



WHAT DO STALKERS DO?

Most stalkers use multiple tactics to scare their victims. These behaviors may include (but are not limited to):

- **Unwanted contact** through repeated calls (including hang-ups), texts, e-mails, messages or social media.
- **Following** you.
- Sending **unwanted gifts** or letters.
- **Tracking you** using technology (like GPS, apps or hidden cameras).
- **Showing up** or **waiting** for you at places like class, your dorm, the library, or the gym.
- **Damaging** your property.
- **Spreading rumors** about you – in person or online.
- **Posting, sharing or threatening** to post or share intimate photographs of you.
- **Harassing** your classmates, roommate(s), co-workers, family, or friends.
- **Gathering information** about you through social media or asking people about you.
- **Sharing private information** about you online and/or in-person.
- **Hacking your accounts**, changing your passwords, or impersonating you online.
- **Threatening** to hurt you or those close to you – family, friends, pets.
- Other actions that **control, track or frighten you**.

WHAT CAN YOU DO TO BE SAFE?

It can be helpful to think of strategies to help keep yourself and loved ones safe. You may want to:

- Connect with **campus resources** who can help you explore options and make a detailed safety plan, like your RA, Title IX office, crisis center, gender resource center, advocacy services, and/or campus security/police.
- **Trust your instincts**. If you think that you're in danger, you probably are.
- Call **9-1-1** if you're in imminent danger or have been threatened.

The stalking is not your fault and you cannot control the stalker's behaviors.

- **Document** everything that happens – keep a record or log. See stalkingawareness.org/what-to-do-if-you-are-being-stalked/ for a sample log.
- **Tell people you trust** about the situation. Consider asking family, friends, classmates, and/or roommate(s) to help with your safety plans.
- Consider getting a **court order** to keep the stalker away from you. Campus support services can help you contact a local domestic violence/sexual assault agency or family court for more information.
- Learn more **safety strategies** at stalkingawareness.org.