

# WHAT — IS — STALKING?



Stalking is behavior directed at a person that causes them to feel fear or other emotional distress and threatens their safety or the safety of their family.

## STALKING CAN INCLUDE:

- Unwanted phone calls, text messages, IMs, and emails
- Unwanted gifts
- Spying on someone
- Spreading rumors
- Following someone



## IMPORTANT STALKING FACTS



- College students are at higher risk for stalking than the general public.
- Nearly 70% of stalking victims know their stalker.
- Unwanted phone calls and messages are the most common types of stalking behavior.
- Stalking is a crime in all 50 states.

## WHAT CAN YOU DO IF YOU ARE BEING STALKED?



### TELL SOMEONE

Let friends, family, campus authorities, employers, and the police know about your situation.

### KEEP A RECORD

Document each incident to demonstrate that it fits into a pattern of behavior for safety planning, police reports, and to obtain a protective order.

### SET CLEAR BOUNDARIES

When you tell a stalker not to contact you, be short and firm, leaving no room for misunderstanding.

### DEVELOP A SAFETY PLAN

A safety plan analyzes risk factors and develops ways to reduce the risk of harm. Victim advocates and law enforcement officers can help victims create plans that fit their situation.

**Monitor Your Social Media and avoid posting statuses and photos that could reveal your location to your stalker.**

 **Think About It**

#### Sources:

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