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

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.

Sources: