

# UNDERSTANDING STALKING ON CAMPUS

## 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, 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?
- 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 hope 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*

**Stalking victims often feel scared, angry, annoyed, isolated, and/or confused.**



## 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, family members and/or strangers.

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

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

**Stalking violates student conduct codes and is a crime in all 50 states, and beyond.**

# 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 or sharing or threatening** to post or share intimate photographs of you.
- **Harassing** your classmates, roommate(s), friends, co-workers, or family.



- **Gathering information** about you through social media or asking people about you.
- **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**.

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

# 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:

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

**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/](http://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](http://stalkingawareness.org).

# RESOURCES

For additional assistance, contact the following national hotlines:

**Victim Connect**  
[victimconnect.org/](http://victimconnect.org/)  
855-4-VICTIM (855-484-2846)

**National Sexual Assault Hotline**  
[RAINN.org](http://RAINN.org)  
1-800-656-HOPE (4673)

**National Domestic Violence Hotline**  
[thehotline.org](http://thehotline.org)  
1-800-799-SAFE (7233) <sup>This</sup>