

## 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/](http://victimconnect.org/)

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

### **National Sexual Assault Hotline**

[RAINN.org](http://RAINN.org)

800.656.HOPE (4673)

### **National Domestic Violence Hotline**

[thehotline.org](http://thehotline.org)

1-800-799-SAFE (7233)

**SPARC** STALKING  
PREVENTION,  
AWARENESS,  
AND RESOURCE  
CENTER

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# UNDERSTANDING STALKING ON CAMPUS



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

Learn more at [StalkingAwareness.org](http://StalkingAwareness.org)

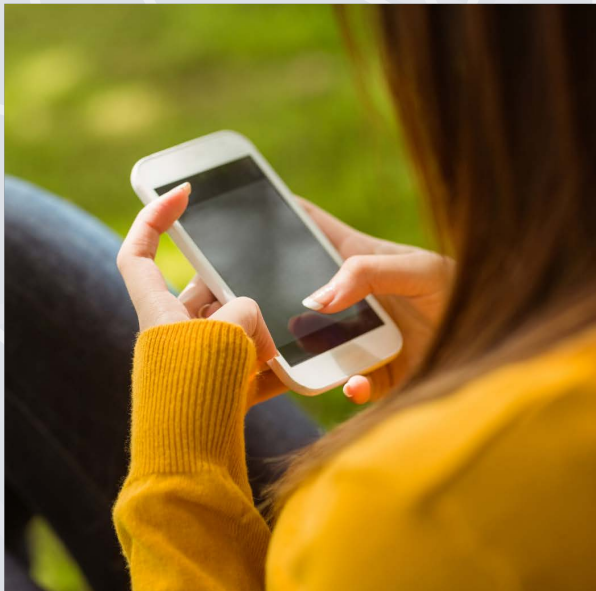
## WHO ARE STALKERS?

### 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/](https://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](https://stalkingawareness.org).