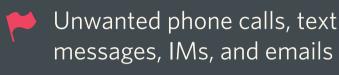
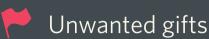


Stalking is behavior directed at a person that causes them to feel fear or other emotional distress and threatens their safety or the safety of their family.

STALKING CAN INCLUDE:





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?



Let friends, family, campus authorities, employers, and

TELL SOMEONE

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.

(3) Think About It

Sources:

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