

Definition of Stalking:

Behavior wherein an individual willfully and repeatedly engages in a knowing course of harassing conduct directed at another person which reasonably and seriously alarms, torments, or terrorizes that person.

Elements of Stalking:

- Information gathering from friends, university, ie: finding out work, class schedules
- REPEATED e-mail, mail, beeper codes, phone calls
- Persistent physical approaches and/or requests for meetings/dates
- Notes, items left on car
- Observing, following and "coincidentally" showing up wherever victim is
- Waiting outside home or place of employment
- False reports to authorities, spreading rumors, giving misinformation or secrets to friends/family

Am I Being Stalked:

- If you have ever asked yourself this question, the answer is probably YES.
- If you find yourself adjusting your schedule to avoid seeing that person or don't go places you used to go due to the stalking behavior, the answer is probably YES.

What Can I Do If I'm Being Stalked:

- Give the stalker the HARD NO. STOP ALL CONTACT WITH THE STALKER. Attempt to do this in front of a witness and/or in a safe place. Be prepared for the reaction from the hard no.
- Save all evidence. Save letters, cards, notes, voice mail, print out e-mail.
- Keep a journal of all events. Write detailed descriptions including dates, times, locations, witnesses.
- Tell everyone around you about the stalking, employers, coworkers, students, neighbors, roommates, family so they can be aware and assist with any needs.
- Make police reports after every incident, keep case # of original report and add to it.
- Consider filing a restraining order with metro or contacting Campus Security and/or Student Affairs.

Remember – There are many services on and off campus available to help you. Call one of the on-campus or off-campus numbers listed on the Crime Victim's Assistance Program site for help.