

### 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, texts, phone calls
- Repeated and/or persistent messaging on social media sites such as facebook
- Persistent physical approaches and/or requests for meetings/dates
- Notes, items left on car
- Observing, following and "coincidentally" showing up wherever victim is located
- 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 an order of protection with metro or contacting Campus Security and/or Student Affairs and Residence Life.

**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 Definitions and Resource site for help.

[http://www.belmont.edu/ocs/crime\\_definitions\\_and\\_resource\\_information.html](http://www.belmont.edu/ocs/crime_definitions_and_resource_information.html)