



Stalking

Stalking is engaging in a course of conduct (repeatedly maintaining a visual or physical proximity to a person without legitimate purpose or repeatedly conveying oral or written threats, threats implied by conduct, or a combination thereof, directed at or toward a person) directed at a specific person that would cause a reasonable person to (a) fear for his/her safety or the safety of others, or (b) suffer significant emotional distress.

What does stalking look like?

- Does someone follow you and show up wherever you are?
- Does someone send unwanted gifts, letters, cards, or e-mails?
- Has someone damaged your home, car, or other property?
- Does someone monitor your phone calls or computer use?
- Does someone use technology, like hidden cameras or global positioning systems (GPS), to track where you go?
- Does someone drive by or hang out at your home, school, or work when you do not want them to?
- Does someone threaten to hurt you, your family, friends, or pets?
- Does someone find out about you by using public records or online search services, hiring investigators, going through your garbage, or contacting friends, family, neighbors, or co-workers?
- Is someone posting information or spreading rumors about you on the Internet, in a public place, or by word of mouth?
- Is someone acting in a way that controls, tracks, or frightens you?

Stalking Statistics¹

- 4.2% of college students experience stalking
- 7.5 million people are stalked every year in the United States.
- Over 85% of stalking victims are stalked by someone they know.
- 61% of female victims and 44% of male victims of stalking are stalked by a current or former intimate partner.
- 25% of female victims and 32% of male victims of stalking are stalked by an acquaintance.
- About 1 in 5 of stalking victims are stalked by a stranger.
- Persons aged 18-24 experience the highest rate of stalking.
- 11% of stalking victims have been stalked for 5 years or more.
- 46% of stalking victims experience at least one unwanted contact per week.

¹ <http://victimsofcrime.org>; <https://www.nsvrc.org>



What can you do if you are being stalked?

- If you are in **immediate danger**, call **911**.
- Trust your **instincts**. Don't downplay the danger. Ask a professional or someone you trust for help.
- Take **threats** seriously. Danger generally is higher when the stalker talks about suicide or murder, or when a victim tries to leave or end the relationship.
- Contact a crisis hotline, victim services agency, any of the **services listed below**. They can help you devise a safety plan, give you information about local laws, weigh options such as seeking a protection order, and refer you to other services.
- Develop a **safety plan**, including things like changing your routine, arranging a place to stay, and having a friend or relative go places with you. Also, decide in advance what to do if the stalker shows up at your home, work, school, or somewhere else. Tell people how they can help you.
- **Don't communicate** with the stalker or respond to attempts to contact you.
- Keep **evidence** of the stalking. When the stalker follows you or contacts you, write down the time, date, and place. Keep emails, text messages, phone messages, letters, or notes. Photograph anything of yours the stalker damages and any injuries the stalker causes. Ask witnesses to write down what they saw.
- Consider getting a **no contact** or a **temporary restraining order** that tells the stalker to stay away from you.
- Tell **family, friends, roommates, and co-workers** about the stalking and seek their support.
- Tell staff at your job or school. Ask them to help watch out for your safety.

Resources for stalking

CU Public Safety (262) 524-7300
Waukesha Police Department (262) 524-3831.

Stalking Resource Center:

(202) 467-8700
src@ncvc.org
<http://victimsofcrime.org/our-programs/stalking-resource-center>

Victim Connect:

If you need immediate assistance, the Victim Connect Helpline provides information and referrals for victims of all crime and can be reached at 855-4-VICTIM (855-484-2846)

Confidential reporting:

On-Campus

Chaplain: (262) 524-7336
Health Center RN's: (262) 524-7233
Walter Young Counselors: (262) 524-7335

Off-Campus

Waukesha Women's Center: (262) 542-3828 24-hour hotline
Sexual Assault Treatment Center: (414) 219-5555 Crisis line
Cornerstone Counseling Services - (262) 789-1191