IF YOU’RE BEING STALKED

YOU MIGHT:

- Feel **fear** of what the stalker will do.
- Feel **vulnerable**, unsafe, and not know who to trust.
- Feel **anxious**, irritable, impatient, or on edge.
- Feel **depressed**, hopeless, overwhelmed, tearful, or angry.
- Feel **stressed**, including having trouble concentrating, sleeping, or remembering things.
- Have **eating problems**, such as appetite loss, forgetting to eat, or overeating.
- Have **flashbacks**, disturbing thoughts, feelings, or memories.
- Feel **confused, frustrated, or isolated** because other people don’t understand why you are afraid.

These are common reactions to being stalked.

IF SOMEONE YOU KNOW IS BEING STALKED, YOU CAN HELP.

Listen. Show support. Don’t blame the victim. Remember that every situation is different, and allow the person being stalked to make choices about the situation. Take steps to ensure your own safety.

Let’s talk. We can help.

SEE SOMETHING, SAY SOMETHING, DO SOMETHING!

To learn more about stalking, visit the Stalking Resource Center Website
www.victimsofcrime.org/src
or www.StalkingBehavior.com

If you are in immediate danger,
Call 911
or if on campus, call

Department of Public Safety
Levinson Hall
(661) 395-4554

Office of Student Life
Levinson Hall
(661) 395-4614
ARE YOU BEING STALKED?

Stalking is a series of actions that make you feel afraid or in danger. Stalking is serious, often violent, and can escalate over time.

Stalking is a crime.

A Stalker can be someone you know well or not at all. Most have dated or been involved with the people they stalk. Most stalking cases involve men stalking women, but men do stalk men, women do stalk women, and women do stalk men.

Some things Stalkers do:

- Repeatedly call you, including hang-ups.
- Follow you and show up wherever you are.
- Send unwanted gifts, letters, texts, or e-mails.
- Damage your home, car, or computer use.
- Use technology, like hidden cameras or global positioning systems, to track you.
- Drive by or hang out at your house, school, or work.
- Threaten to hurt you, your family, friends, or pets.
- Find out about you by using public records or online search services, hiring investigators, going through your garbage, or contacting friends, family, neighbors.

You are not to blame for a stalker’s behavior.

THINGS YOU CAN DO

Stalking is unpredictable and dangerous. No two stalking situations are alike. There are no guarantees what works for one person will work for another, yet you can take steps to increase your safety.

1. If you are in immediate danger, call 911.

2. Trust your instincts. Don’t downplay the danger. If you feel you are unsafe, you probably are.

3. 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.

4. Contact a crisis hotline, Family Justice Center Alliance, at 888-511-3522 or contact a domestic violence or rape crisis program. They can help you devise a safety plan, including things like changing your routine, arranging a place to stay, and having a friend or relative go places with you.

5. Decide in advance what to do if the stalker shows up at your home, work, school, or somewhere else.

6. Tell people how they can help you.

7. Don’t communicate with the stalker or respond to attempts to contact you.

8. Keep evidence of the stalking. When the stalker follows you or contacts you, write down the time, date, and place. Keep e-mails, phone messages, letters, or notes. Photograph anything of yours the stalker damages and injuries the stalker causes. Ask witnesses to write down what they saw.

9. Contact the Police. Every state has stalking laws. The stalker may also have broken other laws by doing things like assaulting you, stealing, or destroying your property.

10. Consider getting a court order that instructs the stalker to stay away from you.

11. Tell family, friends, roommates, and co-workers about the stalking and seek their support. Tell security staff at your job or Department of Public Safety at 661-395-4554.

6.6 million people are stalked each year in the United States.