ARE YOU BEING STALKED?

Stalking is a series of actions that make you feel afraid, distressed, or in danger.

Stalking can be online or in-person, is serious and often violent, and can escalate over time.

ARE YOU ...

- Always looking over your shoulder?
- Worried that the person knows your schedule and will show up?
- Struggling to focus on school, extracurriculars, or other important activities?
- Nervous about checking your messages or phone because it might be them again?
- Changing your routine?
- Scared of what that person might do next?

YOU MAY BE A VICTIM OF STALKING.

18-24 YEAR OLDS EXPERIENCE THE HIGHEST RATES OF STALKING AMONG ADULTS.

CONTACT



305-348-2277

WEBSITE

VEP.FIU.EDU

LOCATION

MMC: SHC 270 BBC: WUC 320

FOLLOW US!

@fiushw

For additional assistance, contact these national hotlines:

Victim Connect

victimconnect.org/ 855-4-VICTIM (855-484-2846)

National Sexual Assault Hotline

RAINN.org 800.656.HOPE (4673)

National Domestic Violence Hotline

thehotline.org 1-800-799-SAFE (7233)



UNDERSTANDING STALKING ON CAMPUS



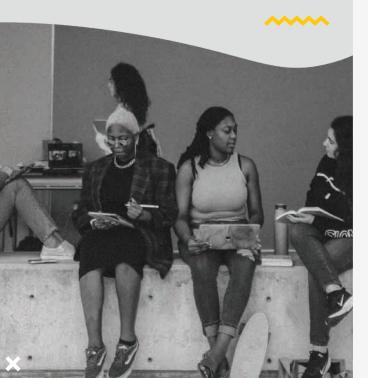


Most stalkers target people they know

Many stalkers commit this crime against people who they've dated/been romantically involved with, during and/or after the relationship. Stalkers may also be acquaintances, classmates, friends, family members, and/or strangers.

Stalking violates student conduct codes and is a crime in all 50 states, the District of Columbia, and U.S. territories.

Among undergraduate stalking victims, 59% of men and 86% of women are stalked by men, regardless of sexual orientation.



Most stalkers use multiple tactics to scare their victims. These behaviors may include (but are not limited to):

- Unwanted contact through repeated calls (including hang-ups), texts, e-mails, messages or social media.
- Following you.
- Sending *unwanted gifts* or letters.
- Tracking you using technology (like GPS, apps or hidden cameras).
- Showing up or waiting for you at places like class, your dorm, the library, or the gym.
- **Damaging** your property.
- Spreading rumors about you in person or online.
- **Posting, sharing or threatening** to post or share intimate photographs of you.
- Harassing your classmates, roommate(s), co-workers, family, or friends.
- Gathering information about you through social media or asking people about you.
- Sharing private information about you online and/or in-person.
- Hacking your accounts, changing your passwords, or impersonating you online.
- Threatening to hurt you or those close to you – family, friends, pets.
- Other actions that **control**, **track or frighten you**.



It can be helpful to think of strategies to help keep yourself and loved ones safe. You may want to:

- Connect with campus resources who can help you explore options and make a detailed safety plan, like your RA, Title IX office, crisis center, gender resource center, advocacy services, and/or campus security/police.
- Trust your instincts. If you think that you're in danger, you probably are.
- Call 9-1-1 if you're in imminent danger or have been threatened.

The stalking is not your fault and you cannot control the stalker's behaviors.

- Document everything that happens keep a record or log. See stalkingawareness.org/ what-to-do-if-you-are-being-stalked/ for a sample log.
- Tell people you trust about the situation.
 Consider asking family, friends, classmates, and/or roommate(s) to help with your safety plans.
- Consider getting a court order to keep the stalker away from you. Campus support services can help you contact a local domestic violence/sexual assault agency or family court for more information.