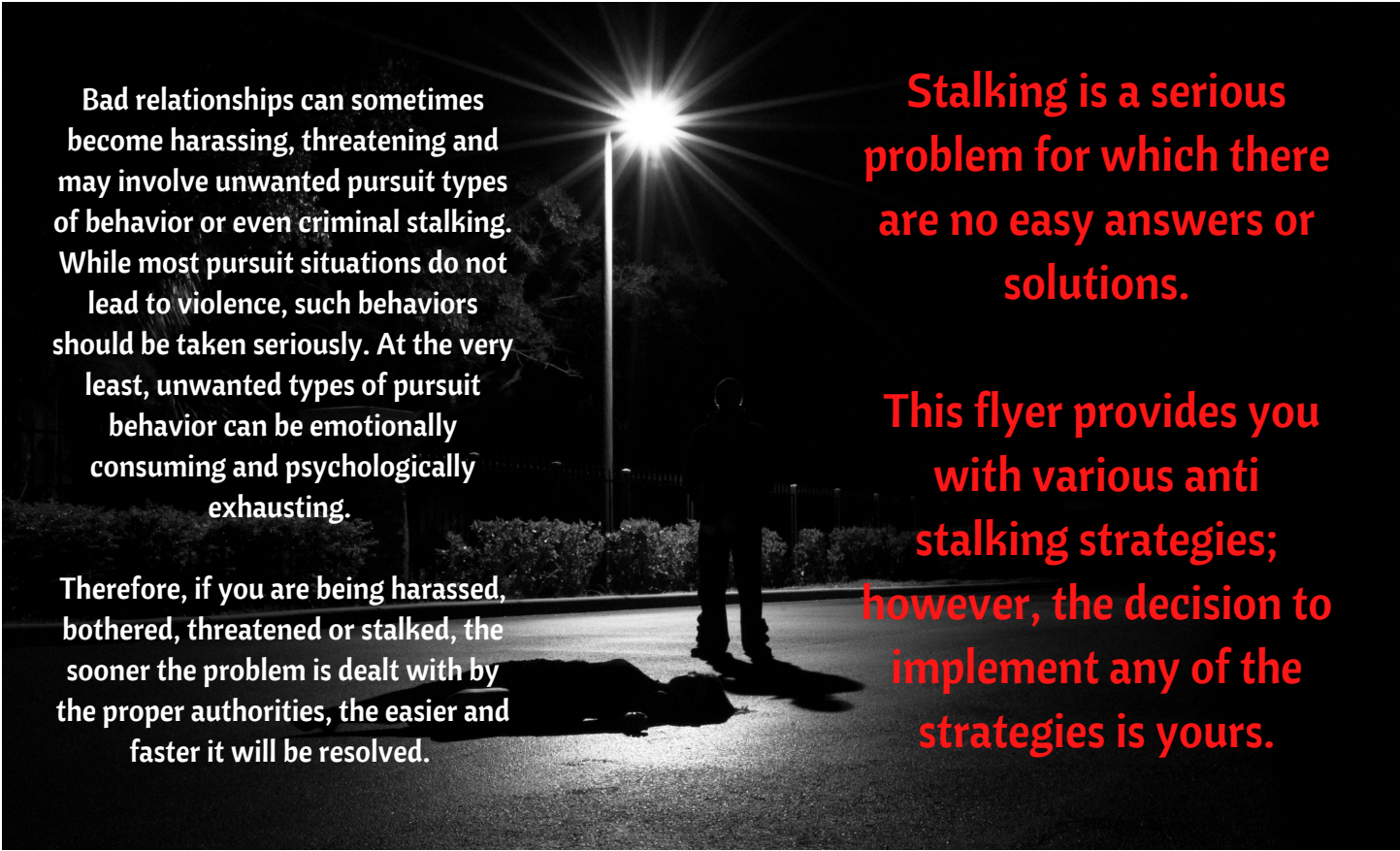


Stalking

While the majority of relationships are positive, enriching and fulfilling,
A few can turn Sour.



Bad relationships can sometimes become harassing, threatening and may involve unwanted pursuit types of behavior or even criminal stalking. While most pursuit situations do not lead to violence, such behaviors should be taken seriously. At the very least, unwanted types of pursuit behavior can be emotionally consuming and psychologically exhausting.

Therefore, if you are being harassed, bothered, threatened or stalked, the sooner the problem is dealt with by the proper authorities, the easier and faster it will be resolved.

Stalking is a serious problem for which there are no easy answers or solutions.

This flyer provides you with various anti stalking strategies; however, the decision to implement any of the strategies is yours.

TYPICAL STALKING BEHAVIORS

- Repeated telephone calls to home or office, including hang-ups
- Unsolicited letter writing
- Unsolicited e-mail messages
- Unsolicited electronic pages
- Unsolicited sending or leaving gifts
- Notes on car or at residence
- Surveillance behaviors, both on foot and in a car
- Driving past your residence (keeping you under surveillance)
- Unexpected appearances at places you frequent, such as stores, classrooms, etc.
- Contacting your friends, family or coworkers
- Searching public and private records to gain personal information
- Vandalism (residence, car, personal possessions)

Entering your residence to move things or to steal personal items.

ONLINE TIPS

- Always select a gender-neutral username for your email address or for chat, etc. Don't pick something cute, such as hotcoed@someisp.com or use your first name if it is obviously female.
- Don't fill out profiles! When you sign up for your email account, whether it's through your ISP or a free one, fill out as little information about yourself as possible.
- Do block or ignore unwanted users. When you are in a chat room, always check out what options are available to you and take advantage of the "Block all users except those on my buddy list" or adding unwanted usernames to an Ignore list in chat.
- Watch what you say online. When you do participate online, be careful -- only type what you would say to someone's face. If you wouldn't say it to a stranger standing next to you in an elevator, do not say it online.

HELPFUL STRATEGIES

It is impossible to design a “one strategy fits all” approach for every situation. Because each case is unique, each case requires careful assessment, proper management and constant re-assessment. The following suggestions can make a safer place for you.

Responding

- If the offender is known, cease all contact.
- If the offender is known, consider obtaining a protection order.
- If the offender is unknown, do not respond to any attempts by the offender to make contact.

Documentation

- Maintain a log/journal/record of all incidents/events.
- Keep all correspondence (letters, notes, emails, voice mails).

Making Reports

- Immediately report all incidents to campus authorities.
- Keep authorities informed as to all new “events.” Retain Support
- Inform family, friends, co-workers, etc.
- Do not run or walk alone.
- Utilize all available resources for example counseling services, etc.

Changing Behaviors and Routines

- Make an extra effort to always be alert and to always be aware of your surroundings
- Vary your daily routine. For example, change your route to and from home, work, school, etc.
- Consider carrying a cell phone – utilize speed or voice dialing.
- Consider carrying pepper spray.
- Have your keys in hand and check inside the car before entering.

Protecting Privacy

- You may want to place caller I.D. on your phone. Secure your residence – replace locks, install window and sliding glass locks, install large peepholes.

