



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.

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

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.



If You're Being Stalked

You may:

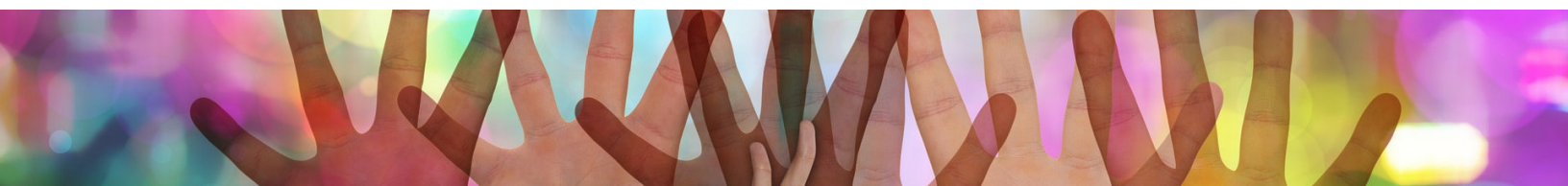
- Feel fear of what the stalker may/will do.
- Feel vulnerable, unsafe, and not know who to trust.
- Feel anxious, irritable, impatient, or on edge.
- Feel depressed, hopeless, overwhelmed, tearful, or angry.
- Feel stressed, having trouble concentrating, sleeping, or remembering things.
- Have eating 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.



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.

These are common reactions to being stalked.



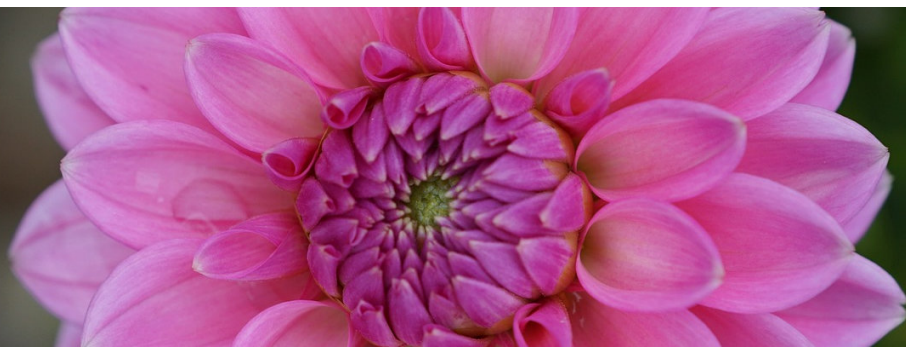
Things You Can Do

Approximately 15% of women and 6% of men in the United States have experienced stalking. (CDC, 2014)

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.

If you are in immediate danger, call 911.

- **Trust your instincts.** Don't downplay the danger. If you feel you are unsafe, you probably are.
- **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.
- **Decide** in advance what to do if the stalker shows up at your home, work, school, or somewhere else.
- Contact a crisis hotline, **Victim Connect Resource Center**, call or text 1-855-4VICTIM (855-484-2846) 888-511-3522, [chat online](#), or contact a domestic violence or rape crisis program. They can help you devise a safety plan.
- **Tell** people how they can help you and contact the police.
- Consider getting a **restraining order**.
- **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 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.



See Something, Say Something, Do Something!

**Let's Talk, We Can
Help.**



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Center**, call or text 1-855-4VICTIM
(855-484-2846) 888-511-3522 or
[chat online](#).

**The California Partnership to
End Domestic Violence**

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