

What is stalking?

Stalking is **a series of behaviors and actions toward a person that make him/her feel afraid or in danger**. Stalking is a serious action that may escalate over time and can become violent.

What does stalking look like?

- **Following or spying** on a person, including waiting outside one's home, school, or work.
- Attempting unwanted communication, including **phone calls, text/picture messages, emails, and social networking sites**.
- **Monitoring** phone or internet use.
- Leaving **unwanted items** for one to find.
- **Damaging property** or items one cares for.
- Using technology as a means of **tracking**, such as hidden cameras or global positioning systems (GPS).
- **Threatening** someone and/or his or her family, friends, or pets.
- **Using public records** or other means of investigation to locate personal information.
- Any other **actions that control**, track, or frighten the person.

Useful Resources

JMU Counseling & Student Development Center

(540) 568-6552

www.jmu.edu/counselingctr

JMU Office of Public Safety

(540) 568-6911

JMU Office of Judicial Affairs

(540) 568-6218

JMU Student Wellness and Outreach

(540) 568-2831

Harrisonburg Police

(540) 568-4436

Commonwealth's Attorney Office

Victim/Witness Program

(540) 564-3350

Stalking Resource Center

The National Center for Victims of Crime

1-800-394-2255 (1-800-FYI-CALL)

www.ncvc.org/src

The CSDC offers individual counseling or consultation to those students in need of support.

Varner House

www.jmu.edu/counselingctr/Services/SAS.html

For more information or a list of references, please visit us at the website listed above.



Stalking

1	2	wednesday	Thursday	Friday	
	left threatening note on car		3 e-mails	not paid security at work	
8		9	10	11	12
		followed from work to school	4 e-mails	3 hang ups	called repeatedly left messages
5	16	17	18	19	
	6 hang ups	showed up at work			
2	23	24	25	26	
	broke car window	sent flowers		4 hang ups	



Sexual Assault Response Services

Stalking Rates

- **30%** of women and **17%** of men in the United States report being stalked.
- **25%** of college students report having been stalked at some point during their college career.
- Most stalking victims are between the ages of **18 and 29**.
- Individuals from **all** races, ethnicities and socioeconomic backgrounds are affected by stalking.

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

Note: These statistics only include individuals who have reported their incidents.

How can stalking make me feel?

- Possible emotional reactions include feelings of fear, vulnerability, anxiety, irritability, sadness, hopelessness, being overwhelmed, confusion, frustration, isolation, and anger.
- Having flashbacks or disturbing thoughts, feelings, or memories regarding the incident(s).
- Possible behavioral reactions include difficulty sleeping, focusing, or remembering.
- Problems associated with eating, including loss of appetite, forgetting to eat, or overeating.
- Disruptions in social and/or other networks.

What are some characteristics of stalkers?

- Stalkers are more likely to be **former intimate partners** of their victims than any other form of relationship.
- Men stalk women; men stalk men; women stalk men; and women stalk women.
- A stalker can be from **any** socioeconomic background, race, ethnicity, religion, or sexual orientation.

There is no stereotypical stalker or stalking situation!

What about Cyberstalking?

Cyberstalking is **one of the most common methods stalkers use** to track their victims, to locate private/personal information of their victim and to contact their victim. Cyberstalking may be more dangerous because the stalker may have higher access to information. It is also easier for the stalker to conceal his/her identity and use methods of deceit.

At JMU, any claim will be taken seriously and handled respectfully and appropriately.

What does Virginia say about stalking?

Stalking is considered a crime and is prohibited. If a perpetrator of stalking is found guilty, a protective order will be made by the court in addition to the perpetrator's sentence.

What are my options?

- You may report the incident(s) to the Campus Police, Harrisonburg Police or Judicial Affairs. You may also receive support services from the Counseling & Student Development Center or the Office of Residence Life.
- **Refrain from responding directly to all attempts of communication from the stalker.** Communication, or any attention at all, encourages the stalker.
- **Take all threats seriously.**
- Trust your **instincts**.
- Keep all pictures of damages to property, phone logs, emails, and letters— they are **evidence**.
- Create a **safety plan** for yourself and consider a **court protective order**.
- Use **long, complicated passwords** for internet websites, e-mails, online banking, and other portals that may contain personal information.
- Choose security questions and answers that only you would know.
- Use **extreme caution** when exchanging information via the Internet.