

## What is Stalking?

Seton Hall University defines stalking as engaging in a course of conduct directed at a specific person that would cause a reasonable person to fear for the person's personal safety or the safety of others or suffer substantial emotional distress.

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 go.
- Send unwanted gifts, letters, texts, or emails.
- Damage your home or belongings.
- Monitor your phone calls or computer use.
- Use technology, like hidden cameras or GPS systems to monitor where you go.
- Drive by or hang out near your home, school, or work.
- Threaten to hurt you, your family, friends, or pets.
- Contact your friends or family to find out information about you.
- Other actions that control, track, or frighten you.

For more information and to view our Sexual Misconduct Policy, please visit [www.shu.edu/titleix](http://www.shu.edu/titleix)

## A College Student's Guide to Safety Planning

### WHY DO I NEED A SAFETY PLAN?

- You have the right to feel safe on campus. Having a safety plan can help. Report any incidents of stalking to the Dean of Students' Office. They can help you devise a safety plan and also give you information about local laws, refer you to other services, and offer other accommodations such as a no-contact order.

### WHAT IS A SAFETY PLAN?

- A safety plan is a practical guide that helps lower your risk of being hurt by your abuser. It includes information specific to you and your life that will help keep you safe. A good safety plan helps you think through lifestyle changes that will help keep you as safe as possible on campus, in the residence halls, and other places that you go on a daily basis.

### HOW DO I MAKE A SAFETY PLAN?

- Develop a safety plan, including things like changing your routine, arranging a place to stay, and having a friend or relative go places with you. Also, decide in advance what to do if the stalker shows up at your home, work, school, or somewhere else. Tell people how they can help you. You can download a Guide to Safety Planning by visiting [www.shu.edu/titleix](http://www.shu.edu/titleix)

\*Adapted from [www.lovesrespect.org](http://www.lovesrespect.org)



For more information, visit [www.shu.edu/titleix](http://www.shu.edu/titleix)

# Stalking

## *Information and Resources*



Seton Hall University is committed to providing an atmosphere in which students can pursue their educational goals and achieve personal growth. Maintaining a safe environment for students, faculty and staff has long been recognized as an essential part of University life.

The University has established policies and procedures and offers comprehensive services to ensure the well-being of all members of the University community. All forms of discrimination, harassment (including sexual misconduct) and retaliation are prohibited on the campus. See Seton Hall University's Anti-Discrimination, Harassment (Including Sexual Misconduct) and Retaliation Policy at [www.shu.edu/titleix](http://www.shu.edu/titleix).

## Resources and Contacts

### On Campus

Public Safety and Security  
(973) 761-9300

Office of the Dean of Students  
(973) 761-9076

Counseling and Psychological Services (CAPS)  
(973) 761-9500

Health Services  
(973) 761-9175

Campus Ministry  
(973) 761-9545

### Off Campus

South Orange Police Department  
(973) 763-3000

Essex County Rape Care Center  
1-877-733-2273

Babyland Family Violence Prevention  
(973) 399-3400

Rape, Abuse, Incest National Network (RAINN)  
[www.rainn.org](http://www.rainn.org)

### Important Contacts

Lori Brown  
Director of Insurance & EEO Compliance,  
Title IX Coordinator  
Phone: (973) 313-6132

Karen Van Norman  
AVP & Dean of Students,  
Deputy Title IX Coordinator  
Phone: (973) 761-9076

Rachelle Paul  
Sr. Associate Athletics Director, SWA,  
Deputy Title IX Coordinator  
(973) 761- 9494

## Things You Can Do

Stalking is unpredictable and dangerous. No two stalking situations are alike. There are no guarantees that 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.

**Women are stalked at a rate two times higher than men.**

- 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.
- Report any incidents of stalking to the Dean of Students' Office. They can help you devise a safety plan, give you information about local laws, refer you to other services, and offer other accommodations such as a no-contact order.
- Develop a safety plan, including things like changing your routine, arranging a place to stay, and having a friend or relative go places with you. Also, decide in advance what to do if the stalker shows up at your home, work, school, or somewhere else. Tell people how they can help you. You can download a Guide to Safety Planning by visiting [www.shu.edu/titleix](http://www.shu.edu/titleix)

- 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 any injuries the stalker causes. Ask witnesses to write down what they saw.
- Contact the police. Every state has stalking laws. The stalker may also have broken other laws by doing things like assaulting you or stealing or destroying your property.
- Consider getting a court order that tells the stalker to stay away from you.
- Tell family, friends, roommates, and co-workers about the stalking and seek their support. Tell security staff at your job or school. Ask them to help watch out for your safety.

**7.5 million people are stalked each year in the United States.**

## If someone you know is being stalked, you can help.

- Listen. Show support. Don't blame the victim for the crime. Remember that every situation is different, and allow the person being stalked to make choices about how to handle it. Find someone you can talk to about the situation. Take steps to ensure your own safety.

\*Adapted from The National Center for Victims of Crime-Stalking