Stalking
Information & Resources

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.

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, emails, and/or messages on social media.
• Damage your home or belongings.
• Monitor your phone calls or computer use.
• Use technology, like hidden cameras or GPS systems, or social media 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.

Stalking Myths

Myth: Stalkers are strangers whom the victim has never met.
Fact: 3 in 4 stalking victims are stalked by someone they know.

Myth: Stalking is limited following someone in person.
Fact: 1 in 4 victims report being stalked through some form of technology, while 10% of victims report being monitored through global positioning systems (GPS), video or digital cameras, and or listening devices.

Checking In?

While tagging your location and checking in on social media can be fun, consider the following:
• Always ask a friend if you can tag/check them in on your account.
• Check your privacy settings to control who can see your current location on a tweet or status update.
• Check your privacy settings to control who can see any of your posts, especially the location based ones.
• It’s possible that if you tag a friend in a post, it could be visible to all of their friends as well.
• Consider waiting until after an event to post a photo or update.
**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.
- 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.
- 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.

**A College Student’s Guide to Safety Planning**

Why do I need a safety plan?
Everyone deserves a relationship that is healthy, safe and supportive. If you are in a relationship that is hurting you, it is important for you to know that the abuse is not your fault. It is also important for you to start thinking of ways to keep yourself safe from the abuse, whether you decide to end the relationship or not. While you can’t control your partner’s abusive behavior, you can take action to keep yourself as safe as possible.

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?
Take some time for yourself to develop a safety plan that works for you. You can pick up a safety planning workbook in the Dean of Student’s Office, from a Title IX Coordinator, or download it yourself by visiting www.shu.edu/titleix. You can fill out the workbook on your own or work through it with someone you trust.

*Adapted from www.loveisrespect.org

**Resources & Contacts**

### On Campus - Private

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

Karen Van Norman  
AVP & Dean of Students, Deputy Title IX Coordinator  
(973) 761-9076  
(973-761-9300 for afterhours support)

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

SHU Public Safety and Security  
(973) 761-9300

Georgian Court Security  
(732) 987-2611

### On Campus - Confidential

SHU Counseling and Psychological Services (CAPS)  
(973) 761-9800  
For afterhours psychological emergencies call: (973) 761-9800

SHU Health Services  
(973) 761-9175

SHU Campus Ministry  
(973) 761-9845

### Off Campus

Lakewood Police Department  
(732) 363-0200

Providence House Domestic Violence Services  
(732) 244-8259

St. Francis Counseling Center  
(609) 494-1854

Rape, Abuse, Incest National Network (RAINN)  
www.rainn.org

*Not Sure Where to Start?*

If you’re not sure where to start, download the MyPlan App for more guidance on how to seek support for yourself or a friend.  
www.myplanapp.org