STALKING:

KNOW IT. NAME IT. STOP

WHAT IS STALKING?

Stalking is engaging in a course of conduct directed at a specific person that would cause a reasonable person to (A) fear for his or her safety or the safety of others; or (B) suffer substantial emotional distress. *

*For more information, please visit http://www.pccc.edu/titleix

SOME THINGS STALKERS MIGHT 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 other property.
- Monitor your phone calls or computer use.
- Use technology, like hidden cameras or global positioning systems (GPS), to track where you go.
- Drive by or hang out at your home, school, or work.
- Threaten to hurt you, your family, friends, or pets.
- Find out about you by using public records or on-line search services, hiring investigators, going through your garbage, or contacting friends, family, neighbors, or co-workers.
- Other actions that control, track, or frighten you.

Source: National Stalking Resource Center

SOME THINGS TO CONSIDER:

⇒ Use strong passwords and change them frequently.
⇒ Check your phone’s settings. Bluetooth and GPS can be used to track you.
⇒ Know where your phone is at all times. Malware, spyware and tracking apps can be installed in just a few minutes.
⇒ Maintain a log of stalking-related incidents and behavior, especially if you choose to engage with the criminal or civil justice systems.
STATISTICS

- 7.5 Million people are stalked in one year in the United States.
- 78% of stalkers use more than one means of approach
- Intimate partner stalkers frequently approach their targets, and their behaviors escalate quickly.
- An estimated 15 percent of women and 6 percent of men have been a victim of stalking during their lifetimes
- Approaching the victim or showing up in places when the victim didn't want them to be there; making unwanted telephone calls; leaving the victim unwanted messages (text or voice); and watching or following the victim from a distance, or spying on the victim with a listening device, camera, or global positioning system were the most commonly reported stalker tactics by both female and male victims of stalking.

Sources: National Stalking Resource Center

TECHNOLOGY AND STALKING

- **Social Media**— Stalkers often utilize social media sites to gain knowledge about the daily habits of their victims.
- **Caller ID Spoofing**— Changing Caller ID to show any desired number on a recipient's Caller ID display.
- **Computers and Internet**— If stalkers have access to a victim's computer, they can track them by looking at the history or websites visited on the computer. Spyware software on computers (sometimes sent through e-mail) can send stalkers a copy of every keystroke made, including passwords, Web sites visited, and e-mails sent by victims. Stalkers can also use the Internet to contact or post things about the victim.

Source: VictimsOfCrimes.org

<table>
<thead>
<tr>
<th>National Domestic Violence Hotline</th>
<th>Passaic County Sheriff’s Department</th>
<th>The Center for Violence Prevention</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-800-779-7233</td>
<td>973-389-5900</td>
<td>973-684-8093</td>
</tr>
<tr>
<td>National Sexual Assault Hotline</td>
<td>Passaic County Women’s Center</td>
<td>The Office of Student Affairs</td>
</tr>
<tr>
<td>1-800-656-HOPE (4673)</td>
<td>973-881-0725</td>
<td>973-684-6309</td>
</tr>
<tr>
<td>Anti-Violence Project LGBTQ</td>
<td>Paterson Police Department</td>
<td>Center for Student Success</td>
</tr>
<tr>
<td>24hrs English/Spanish</td>
<td>973-881-0725</td>
<td>973-684-5524</td>
</tr>
<tr>
<td>212-714-1141</td>
<td>PCCC Public Safety</td>
<td></td>
</tr>
<tr>
<td>NJ Coalition Against Sexual Assault</td>
<td>609-631-4450</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>KNOW YOUR RESOURCES</td>
<td>ON &amp; OFF CAMPUS!</td>
<td></td>
</tr>
</tbody>
</table>

This project was supported by Grant No. 2015-WA-AX-0020 Awarded by The Office on Violence Against Women, U.S Dept. of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department Of Justice, Office On Violence Against Women.