

Stalking Safety Tips:

- Don't try to reason with a stalker.
- Document all stalking related behavior. For example, keep copies of emails and text messages from the stalker.
- Treat all threats as legitimate and inform public safety or the police.
- Vary your routines and routes to work, school, and the store.
Try not to travel alone.

What To Do If You're Being Stalked:

If you or someone you know is being stalked contact:

Abby's House: 503-838-8219

Student Health & Counseling Center: 503-838-8396

Campus Public Safety:
503-838-8481

Student Conduct: 503-838-8930

Monmouth Police: 503-838-1109

Where Can I Find More Information?

- **The National Center for Victims of Crime:** www.ncvc.org
- **National Institute for Justice:** www.nij.gov
- **Safe Horizon:** www.safehorizon.org
- **Survivors, Inc.:** www.survivorservices.org
- **Stalking Awareness Month:** www.stalkingawarenessmonth.org

For more information contact:
abbyshouse@wou.edu
www.wou.edu/abbyshouse
503-838-8219
WUC 106



Center for Women and Families

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Stalking:

**Know It.
Name It.
Stop It.**

C | A | S | A

Campus Against Sexual Assault

Abby's House
Western Oregon University



What Is Stalking?

A pattern of repeated, unwanted contact that puts a person in fear for their safety.

Facts About Stalking:

- 3.4 million people over the age of 18 are stalked in the United States each year.
- 8% of women and 2% of men have been stalked at some time during their lives.
- 3 in 4 stalking victims are stalked by someone they know.
- 1 in 4 stalking victims are stalked through technological means.
- Approximately 1/3 of stalkers have stalked before.
- 76% of females who have been murdered by their intimate partners were stalked beforehand.
- Stalking is considered a crime in all 50 states.



How Do Stalkers Stalk?

- In person: Following you, making threats, dropping by your home, school, or work.
- Through others: Contacting those you know or posting information about you online.
- Through telephone: Calling repeatedly, or repeatedly calling and hanging up.
- Through mail: Sending unwanted letters, gifts, and email.
- Through cyber stalking: The stalker might use GPS, Spoof card, spyware, or social networking sites to track and find information about you without your permission.

Stalking On Campus:

- 80% of campus stalking victims know their stalkers.
- 3 in 10 college women report being injured emotionally or physically from being stalked.
- 56% of women stalked took some type of self-protective measure, often as drastic as relocating (11%).
- 26% of stalking victims lost time from work as a result of their victimization.