January is National Stalking Awareness Month. Stalking has affected 7.5 million Americans in a year. Stalking is a dangerous crime that can happen to anyone. Colleges are especially susceptible to this crime because of the age group, the high concentration of dating people, and the popularity of social media. Here is some information if you feel you may be the victim of stalking.

Stalking Safety Tips

- If possible, have a phone nearby at all times, preferably one to which the stalker has never had access. Memorize emergency numbers, and make sure that 911 and helpful family or friends are on speed dial.
- Treat all threats, direct and indirect, as legitimate and inform law enforcement immediately.
- Vary routines, including changing routes to work, school, the grocery store, and other places regularly frequented. Limit time spent alone and try to shop at different stores and visit different bank branches.
- When out of the house or work environment, try not to travel alone and try to stay in public areas.
- Get a new, unlisted phone number. Leave the old number active and connected to an answering machine or voicemail. Have a friend, advocate, or law enforcement screen the calls, and save any messages from the stalker. These messages, particularly those that are explicitly abusive or threatening, can be critical evidence for law enforcement to build a stalking case against the offender.
- Do not interact with the person stalking or harassing you. Responding to stalker's actions may reinforce their behavior.[1]
- Consider obtaining a protective order against the stalker. Some states offer stalking protective orders and other victims may be eligible for protective orders under their state's domestic violence statutes.
- Trust your instincts. If you're somewhere that doesn't feel safe, either find ways to make it safer, or leave.

## Stalking Incident and Behavior Log

If you are a victim of stalking, it can be critical to maintain a log of stalking-related incidents and behavior, especially if you choose to engage with the criminal or civil justice systems. Recording this information will help to document the behavior for protection order applications, divorce and child custody cases, or criminal prosecution. It can also help preserve your memory of individual incidents about which you might later report or testify. The stalking log should be used to record and document all stalking-related behavior, including harassing phone calls, text messages, letters, e-mail messages, acts of vandalism, and threats communicated through third parties. When reporting the incidents to law enforcement, always write down the officer's name and badge number for your own records. Even if the officers do not make an arrest, you can ask them to make a written report and request a copy for your records. Important note: Since this information could potentially be introduced as evidence or inadvertently shared with the stalker at a future time, do not include any information that you do not want the offender to see. Attach a photograph of the stalker, photocopies of restraining orders, police reports, and other relevant documents. Keep the log in a safe place and tell only someone you trust where you keep your log. Documenting stalking behavior can be a difficult and emotionally exhausting task. A local advocate in your community can provide support, information about the options available to you, and assistance with safety planning.

These are just a few tips if you find yourself in a situation where you feel you are being stalked. For more information, visit: Stalking Resource Center: <u>http://www.victimsofcrime.org/our-programs/stalking-resource-center/help-for-victims/stalking-safety-planning</u>

National Stalking Awareness Month page:

http://stalkingawarenessmonth.org/about?utm\_source=Weekly+Snapshot%3A+January+4%2C+20 17&utm\_campaign=WS+1%2F4%2F17&utm\_medium=email

As always, if you feel that you are in immediate danger call 911. If you feel you are not in immediate danger, call Campus Safety at 620-792-9217 or ext 217 Be Safe!

Lucas Stoelting Campus Safety Lead Officer

