

3.4 million People are stalked each year in the United States.

Cyber stalking

Cyber stalking is the use of computers or other electronic technology to facilitate stalking. A booming “spy shop” industry has sprouted up to supply Hi-tech equipment such as computer hacking or monitoring software, hidden cameras, microphones, and GPS tracking units.



Psychological effects on stalking victims

Disruptions in daily life necessary to escape the stalker, including changes in employment, residence and phone numbers, may take a toll on the victim's well-being and lead to a sense of isolation.

About 1 in 12 women and 1 in 45 men are stalked in their lifetimes.

INTRODUCTION

The college experience is multi-faceted; it includes both academics and the development of social relationships. While the majority of such relationships are positive, enriching and fulfilling, a few can turn sour. Bad relationships can sometimes become harassing, threatening and may involve unwanted pursuit types of behavior or even criminal stalking. While most pursuit situations do not lead to violence, such behaviors should be taken seriously. At the very least, unwanted types of pursuit behavior can be emotionally consuming and psychologically exhausting. Therefore, if you are being harassed, bothered, threatened or stalked, the sooner the problem is dealt with by the proper authorities, the easier and faster it will be resolved.

Stalking is a serious problem for which there are no easy answers or solutions. This brochure provides you with various antistalking strategies; however, the decision to implement any of the strategies is yours.



STALKING What to Do

ETSU POLICE

(423) 439-4480 or 911

Email: bucprevention@etsu.edu

Psychology and Behaviors of a Stalker

People characterized as stalkers may have a mistaken belief that another person loves them (erotomania), or that they need rescuing. Stalking can sometimes consist of an accumulation of a series of actions which in themselves can be legal, such as calling on the phone, sending gifts, or sending emails. Stalkers may use threats and violence to frighten their victims. They may also engage in vandalism, property damage, and make physical attacks that are mostly meant to frighten. Less common are sexual assaults.

TYPICAL STALKING BEHAVIORS

- Repeated telephone calls to home or office, including hang-ups
- Unsolicited letter writing
- Unsolicited e-mail messages
- Unsolicited electronic pages
- Unsolicited sending or leaving gifts
- Notes on car or at residence
- Surveillance behaviors, both on foot and in a car
- Driving past your residence (keeping you under surveillance)
- Unexpected appearances at places you frequent, such as stores, classrooms, etc.
- Contacting your friends, family or coworkers
- Searching public and private records to gain personal information
- Vandalism (residence, car, personal possessions)
- Entering your residence to move things or to steal personal items

Types of Stalkers

Rejected stalkers pursue their victims in order to reverse, correct, or avenge a rejection (e.g. divorce, separation, termination).

Resentful stalkers pursue a vendetta because of a sense of grievance against the victims – motivated mainly by the desire to frighten and distress the victim.

Intimacy seekers want to establish an intimate, loving relationship with their victim. To many of them, the victim is a long-sought-after soul mate, and they were 'meant' to be together.

Incompetent suitors, despite poor social or courting skills, have a fixation, or in some cases, a sense of entitlement to an intimate relationship with those who have attracted their amorous interest. Their victims are most often already in a dating relationship with someone else.

Predatory stalkers spy on the victim in order to prepare and plan an attack – often sexual – on the victim.

Unprovoked/Malicious/Obsessive Stalking is often carried out for no reason other than to cause harm to the victim.



HELPFUL STRATEGIES

It is impossible to design a "one strategy fits all" approach for every situation. Because each case is unique, each case requires careful assessment, proper management and constant re-assessment. The following suggestions can make the campus a safer place for you.

Responding

- If the offender is known, cease all contact.
- If the offender is known, consider obtaining a protection order.
- If the offender is unknown, do not respond to any attempts by the offender to make contact.

Documentation

- Maintain log/journal/record of all incidents/events.
- Keep all correspondence (letters, notes, emails, voice mails).

Making Reports

- Immediately report all incidents to campus authorities.
- Keep authorities informed as to all new "events."

Retain Support

- Inform family, friends, co-workers, etc.
- Do not run or walk alone. (Use the CSO evening escort services, travel in a group).
- Utilize all available resources (campus authorities, counseling services, etc.)

Changing Behaviors and Routines

- Make an extra effort to always be alert and to always be aware of your surroundings.
- Vary your daily routine. For example, change your route to and from home, work, school, etc.
- Consider carrying a cell phone - utilize speed or voice dialing.
- Consider carrying pepper spray.
- Have your keys in hand and check inside the car before entering.

Protecting Privacy

- You may want to place caller I.D. on your phone.
- Secure your residence – replace locks, install window and sliding glass locks, install large