



Stalking

Stalking is a course of conduct directed at a specific person that would cause a reasonable person to feel fear. You are being stalked if a person repeatedly watches, follows, or harasses you, making you feel afraid or unsafe. A stalker can be a current or past partner, friend, acquaintance, or stranger.

If you've ever had to do any of the following in response to someone bothering you, you may have experienced stalking: altered your use of social media sites, changed your phone number, moved, purchased personal safety devices, quit your job, or changed your daily routine.

What Can I Do?

- **Contact an advocate.** We'll provide options and support to increase safety and awareness.
- **Develop a safety plan.** An advocate can help with this.
- **Issue a no contact statement.** Save a copy, and don't initiate further contact.
- **Keep a detailed stalking incident log.** An advocate can help with this.
- **Save/screenshot harassing voicemails, text messages, social media posts, etc.**
- **Collect physical evidence.** Save all communications from the stalker including letters, envelopes, notes, gifts, etc. Do not return or tamper with them – give them to police.
- **Alert those you trust,** including neighbors, co-workers, friends, and family.
- **Don't isolate yourself.** Often, a stalker's most successful weapon is secrecy.
- **Record personal information about the stalker if possible,** such as height, weight, hair and eye color, make and model of car, license plate number, where he/she lives and works, etc.
- **Identify a safe haven** the stalker doesn't know about.
- **Seek an injunction for protection.** An advocate can help with this.
- **Vary your daily activities,** such as your route to work/school, where you park, or what time you leave. **Routines make stalking easy.**
- **Call 911** if you feel threatened in any way. Consider reporting to law enforcement.

What Should I Avoid?

- Don't plead to be left alone – begging may increase the stalker's sense of power.
- Don't go to the stalker's aid when he/she claims there is a crisis – this is a common ploy.
- Don't hide keys outside or leave notes for friends/relatives referencing your whereabouts.
- Don't share location or personal information online.

Never Underestimate the Potential Danger of a Stalker!

UCF Victim Services

Emergency: 911 ♦ 24/7 Advocacy & Support: (407) 823-1200
victimservices.ucf.edu ♦ askanadvocate@ucf.edu