



## **The Use of Technology to Stalk**

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. Stalkers often use technology to assist them in stalking their victims, which is commonly referred to as “cyberstalking” or “technology-aided stalking.”

With easy access to computers and smartphones, stalkers often use the internet and social networking to track their targets’ locations and activities and gather detailed personal information. Stalkers can use technology to bombard their targets with instant messages and texts, photograph them with hidden cameras, install surveillance software on their computers, and use GPS to track them.

If you are experiencing stalking, develop a safety plan, keep a detailed log of the incidents, and consider filing a report with law enforcement or seeking a stalking injunction for protection. To learn more about stalking and what you can do to protect yourself, please call an advocate 24/7 at (407) 823-1200.

### **What can I do?**

- Call or meet with an advocate to find out your options.
- DO NOT share your passwords to social media and other online accounts.
- Limit the personal and location information you share through social media and online.
- Seek support from family, friends, and/or mental health professionals.
- Make a “no contact statement,” which is one clear warning that the communication is unwanted. Tell the offender to stop all communications with you. Then, no matter what the response, DO NOT COMMUNICATE with the offender again.
- File a complaint with the stalker’s and your own social network service providers, internet service providers, phone companies, etc.
- Collect all evidence and document all forms of contact made by the stalker (e-mails, texts, postings, pictures, etc.).
- Consider filing a report with law enforcement.
- Consider seeking a stalking injunction for protection.
- DO NOT agree to meet the offender face-to-face to talk or work it out. You could put yourself in extreme danger.

### **UCF Victim Services**

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