What is stalking?
“A course of conduct directed at a specific person that would cause a reasonable person to feel fear.”

What does it look like?
You are being stalked when someone repeatedly watches, follows, or harasses you, making you feel afraid or unsafe. A stalker can be someone you know, a past partner, or a stranger.

Here are some examples of what stalkers may do:
- Show up at your home or workplace unannounced or uninvited
- Send you unwanted text messages, letters, emails, and voicemails
- Leave unwanted items, gifts, or flowers
- Constantly call you and hang up
- Use social networking sites and technology to track you
- Spread rumors about you via the internet or word of mouth
- Call your employer or professor
- Wait at places you hang out

What can YOU do?
➢ If you believe that you are being stalked and feel concerned or afraid, please contact Campus Safety at x4211 and ask to speak to an officer. They can help you to explore your options and explain ways that you can document the person’s behaviors. They can also ask that person to stop contacting you and/or help you to obtain a protective order.
➢ Come to the Counseling Center. We can also help you to explore some of the possibilities of how to take action and find support. We provide FREE and CONFIDENTIAL services for Whittier students. Please call us at (562) 907-4239

For more information, check out the following online resources:
www.victimsofcrime.org/src
http://www.stalkingawarenessmonth.org/awareness
http://www.loveisrespect.org/is-this-abuse/types-of-abuse/what-is-stalking?gclid=CNjd-b-lvrUCFY6e4AodOlgAtw

Stats about stalking:
- 6.6 million people are stalked in one year in the U.S.
- 1 in 6 women and 1 in 19 men have experienced stalking victimization at some point during their lifetime in which they felt very fearful or believed that they or someone close to them would be harmed or killed
- About 1 in 5 female victims and 1 in 14 male victims experienced stalking between the ages of 11 and 17