



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by The Haven Project, Center For Health and Well-Being January 19, 2016

STALKING: KNOW IT. NAME IT. STOP IT.

JANUARY 2016 StalkingAwarenessMonth.org

Stalking is a serious crime experienced by 7.5 million people each year in the United States. **It's not a joke. It's not romantic. And most importantly, it's not ok!**

Continue reading for more information on stalking and resources for victims.

Are you being stalked?

The most common types of stalking are unwanted phone calls, emails, gifts, showing up uninvited, following you, posting information or spreading rumors about you on the internet, in a public place, or by word of mouth, or using technology to track where you go.

If you are experiencing any of these, you have the right to report it!

The National Domestic Violence Hotline reports that *social media surveillance* is increasing.

www.stalkingawarenessmonth.org

Way to minimize your risk of being stalked thru social media:

- 1. Privacy Settings**—pay attention to what settings you are using.
- 2. Friends**—be very careful whom you accept as a friend; if you don't know the person, think twice about becoming "friends" with them.
- 3. Information**—be careful what information you post about your social plans or what personal information you chose to share.



Recognize it.

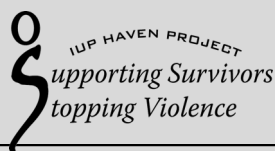
Although stalking is recognized as a crime in all 50 states and the District of Columbia, many behaviors exhibited by perpetrators (i.e. sending texts or standing outside of your residence hall) are not illegal. This can make it difficult for victims to recognize the crime. If you have questions about stalking or need support, you may contact your local crisis hotline.

- **Indiana:** Alice Paul House 724-349-4444
- **Punxsutawney:** Crossroads 814-938-3580

Follow the Haven Project on social media for more updates:

- Twitter:** @IUPAWARE
- Instagram:** IUPAWARE
- Facebook:** Aware Peers

Edited by: Milissa Kernahan,
AWARE Peer Educator
Updated 1-14-16



KNOW IT.

According to IUP's student conduct policy, stalking is "repeated conduct toward another person including (but not limited to) willfully following and/or contacting someone verbally, in writing, by telephone, electronic media, a third party, or by another means with the intent and/or effect of creating fear or emotional distress."

www.iup.edu/studentconduct/thefsource

Take Action.

If you think you're being stalked:

- **If you feel safe**, tell the offender in no uncertain terms that you do not want the person to contact you at all in the future. After issuing this statement, take all further action through the authorities.
- **If you feel unsafe or want to report an incident**, you may notify the following **university authorities**:
 - Office of Student Conduct: 724-357-1264
 - University Police: 724-357-2141
 - Title IX Compliance Officer: 724-357-3402
- **Keep tangible evidence.** Keep a record to track all contact. For example, take screenshots of texts, pictures, and emails.
- **Seek support.** Remember, you're not alone. Help is available. Contact the **Haven Project** at 724-349-3947 or the **IUP Counseling Center** at 724-357-2621. You may also contact your local crisis hotline. [For more information about services for victims of violence, visit www.iup.edu/haven.](http://www.iup.edu/haven)

IF SOMEONE YOU KNOW IS EXPERIENCING STALKING, YOU CAN HELP.

SUPPORT YOUR FRIEND BY:

- Listening and showing support. The best thing you can say is, "I believe you. It's not your fault. Help is available."
- Not downplaying the significance of their experience. Comments like, "I'm sure s/he isn't trying to scare you," or "I can't believe s/he would do that," may make your friend feel that you are trivializing the problem.
- Identifying when it's time for you to step out and get help from someone more equipped to support your friend during this time. If you're unsure of what to do, you can contact the Haven Project (724-357-3947) for information.

Brought to you by The Haven Project
Center for Health & Well-Being | G-59 Suites on Maple-East
724- 357-3947 | haven-project@iup.edu | www.iup.edu/haven

Sources

http://www.cdc.gov/ViolencePrevention/pdf/NISVS_Report2010-a.pdf; <http://www.nij.gov/journals/266/stalking.htm>; http://victimsofcrime.org/docs/src/ybs_english_color.pdf