

#### S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES



Brought to you by The Haven Project at the Center for Health and Well-Being

January 2024



## Stalking on College Campuses





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In 10 undergraduate women 31 in 33 undergraduate men **ITTTTTTT**ARE VICTIMS OF STALKING:

**Stalking** is a pattern of behavior directed at a specific person that would cause a reasonable person to fear for the person's safety or the safety of others: or suffer substantial emotional distress.

-SPARC

#### Stalking Behaviors

- Unwanted contact: phone calls, texts, and social media
- Post information or spread rumors about you on the internet
- Find information about you: using public records, online searches, or by contacting friends, family, or coworkers
- Follows you and shows up wherever you are
- Drives by or hangs out at your home, class, or work
- Sends unwanted gifts, letters, cards, or emails
- Making threats against someone (or person's family/friends)

### THE MOST COMMON 3 STALKING BEHAVIORS EXPERIENCED BY COLLEGE VICTIMS INCLUDE:

Unwanted voice or text messages





44% Unwanted e-mails or social media messages

37%

Being approached/stalker showing up where unwanted



# 33% Former Intimate Partner 31% Acquaintance 25% Friend 18% Classmate 14% Current Intimate Partner

The majority of LGBTQ+ victims are stalked by someone they know.

Young adults ages 18-24 experience the highest rates of stalking among adults.4

#### CO-OCCURING' VICTIMIZATIONS

Undergraduate students stalked by an intimate partner also experienced:



SP\*RC

40% Coercive Control

32% Sexual Assault

11% Physical Assault

#### **Stalking Safety Tips:**

- Let people know what's going on.
- Trust your instincts. If you feel uncomfortable, reach out for help.
- Carry a cell phone with you, keep emergency phone numbers handy.
- Vary your routes and daily routines.
- Consider taking a self-defense class.
- Try not to travel alone.
- Be aware of identifying information that you post on the internet.
- Identify escape routes of places you normally visit/stay.
- Pack a bag with important items you would need if in an emergency situation.
- Create a stalking log.
- Save evidence of stalking (online harassment, messages, gifts, etc.).
- Consider getting a protective order against the person stalking you.

If you or someone you know has experienced sexual and/or domestic/relationship violence, help is available. You're not alone.

#### Campus and Community Resources

Advocacy/24 hour crisis hotline	
*Alice Paul House (Indiana)	724-349-4444
Counseling	
*The Counseling Center	724-357-2621
<b>Education</b>	
The Haven Project	724-357-3947
Reporting	
University Police	724-357-2141

The Office of Community Standards....724-357-1264

Compliance Officer/Title IX Coordinator.....724-357-3402

\*confidential services



Students with disabilities, Native American/Alaskan Native students, biracial/multiracial students, and younger students are at HIGHER RISK for stalking victimization than the general student population.

#### IUP Haven Project

Suites on Maple-East, G59C Phone: (724) 357-3947

#### Haven Social Media

Instagram: @IUPHaven Facebook: IUP Haven Project

**Website:** www.iup.edu/haven **Email:** haven-project@iup.edu