

What to do if you think you are being stalked?

1. Listen to your intuition. Be cautious, not paranoid. If you feel something about a situation or encounter with someone is not right, stay alert.
2. Trying to be nice can lead a potentially obsessive person to hear what they want instead of your intended message. If you are not interested, say so.
3. Do not ignore early indications that annoying attention might escalate into dangerous harassment and pursuit.
4. Do not respond to a stalker. Do not agree to hear them out. Do not accept gifts. Do not respond to telephone calls or e-mails. You are giving the stalker the attention they want.
5. Do not try to reason with a stalker. This is contact that, in a sick way, fulfills the stalker's needs and will perpetuate the behavior.
6. Be prepared to work with the police in building a case against the stalker.
7. Keep a journal of the stalker's activities. Record the date, time, location, and witnesses present. Also record how the behavior affected your activities and how it affected you emotionally.
8. **Inform everyone - your employer, coworkers, office security, apartment security, neighbors, friends, and family members - about the stalker and events taking place.** Everyone needs to know in order to help. Other people can be essential to catching the stalker, acting as witnesses to authorities, and giving you emotional support. Tell them not to release information about you - including address, e-mail, home and/or cell phone numbers - to anyone.
9. Make use of all available safety precautions. While on campus use free security escorts offered by the Auraria Police Department. Familiarize yourself with the blue light emergency phones on campus. You can use them to contact police if you need assistance. Plan your routes on campus so that you are aware of the closest phone at every segment of your path. Do not walk alone.
10. Consider alternating your route to work and the times you come and leave work. Inform your department chair of your concerns and outreach to The Phoenix Center at Auraria for support.
11. Report stalking behavior to the police. What you have to report may not be stalking, but how will you really know unless you speak to the police.
12. If you have a picture of the stalker, show it to neighbors, family, security, police, etc., and ask them to call law enforcement if they see them.
13. If you don't have a picture, get a good description of the perpetrator, or consider keeping an inexpensive pocket camera handy in case they come near you again. Do not pursue the stalker in order to get a photo.