



SAFE SPACE

Violence Prevention and Action Center

JCU Counseling Center, 2567 Belvoir Blvd.

Hours: 8:30am - 5:00pm Monday - Friday

Phone: 216-397-2175

24 Hour Hotline: 216-397-CALL (2255)

www.jcu.edu/vpac/

Additional Campus Services

- Campus Safety Services
(24 hour emergency resources).....216-397-1234
- Campus Ministry..... 216-397-4717
- Dean of Students Office216-397-3010
- Residence Life216-397-4408
- Student Health Center.....216-397-4349
- University Counseling Center.....216-397-4283

Local and National Services

- Cleveland Rape Crisis Center
24 hour Hotline..... 216-619-6192
- Cleveland Domestic Violence Center
24 hour Hotline.....216-391-HELP (4357)
- National Sexual Assault
Hotline..... (800) 656-HOPE (4673)
- National Teen Dating Abuse
Helpline(866) 331-9474

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**Is someone giving
you the creeps?**



Safe SPACE

Violence Prevention and Action Center
John Carroll University





What is Stalking?

A pattern of two or more unwanted actions directed at a specific person that would cause them to feel afraid, mentally distressed or harassed. Stalking is a crime and can be carried out in various forms.

How do I know if I am being stalked?

Is someone . . .

- Tracking you through technology
- Repeatedly calling/texting
- Showing up where you are
- Following you
- Sending unwanted gifts, notes, emails, etc.
- Ignoring your requests to be left alone
- Hanging up repeatedly
- Damaging your property
- Threatening you or those close to you

What to do if you are being stalked:

- Take the stalking and threats seriously
- Report incidents to campus safety services or police
- Tell friends, family, RAs, etc.
- Do not communicate with the stalker
- Develop a safety plan
- Start a log for each incident record:
 - Date
 - Time
 - Location
 - Witnesses
 - Description
 - To whom it was reported

- Keep any evidence such as texts, emails, gifts, etc.
- Know that it is common to feel depressed, anxious, stressed, confused and/or angry if you are being stalked
- Contact a supportive service such as Safe Space, Counseling Center, etc. for assistance with:
 - Safety planning
 - Beginning a log
 - Protection orders
 - Class or housing reassignments
 - Advocacy and crisis intervention

Myth versus Fact:

Myth: Stalkers are normally strangers

Fact: Victims are stalked by someone they know 75% of the time

Myth: Stalkers will give up if you ignore them

Fact: On average a victim will be stalked for 1.8 years

Myth: Technology such as GPS are not often used

Fact: 25% of victims are tracked or harassed electronically

Myth: You cannot be stalked by someone who you are dating

Fact: 30% of stalking victims are stalked by someone they are currently dating or have formerly dated