January is Stalking Awareness Month
3.4 million people over the age of 18 are stalked in the US every year, including thousands of students on college campuses. Stalking victims could be friends, roommates, sisters, brothers, girlfriends, and boyfriends.

You can walk away from a statistic, but you can’t walk away from a friend.

Stalking is a series of behaviors directed at a specific person that would cause a reasonable person to feel fear.
3 out of 4 stalking victims are stalked by someone they know and 30% are stalked by a former or current intimate partner. Women and men are both stalked, but women are three times more likely to be stalked.

People aged 18-24 are more likely to experience stalking than any other age group.

Approximately 1 in 3 stalkers have a history of stalking.
WHAT DO STALKERS DO?

- Continue to contact you after you have told them to stop
- Call or text you constantly after you have told them to stop
- Come to your home, workplace, classes, friends' homes, etc, in order to see you without your permission
- Threaten you with violence, continued contact, or that they will hurt themselves or someone else
- Send you messages (handwritten letters, notes, or cards, text messages, emails, Facebook posts, etc) after you have asked them to stop
- Send you unwanted gifts
- Use their behavior to manipulate you
  (for example, threatening to commit suicide if you leave them)
- Damage or threaten to damage your home or property
- Use technology or contact people you know to find out information about you
USE OF TECHNOLOGY IN STALKING

- Phone calls and text messages

- Stalkers can use check-ins or personal information from Facebook, Twitter, Instagram, Foursquare, Tumblr, and Internet forums

- Giving out identifying information on the Internet (names, addresses, phone numbers, your daily routines, checking in, saying who you are with or if you are alone, etc)
IF YOU ARE BEING STALKED, YOU MIGHT:

- feel fear or anxiety about what the stalker will do
- feel vulnerable or unsafe
- feel irritable or on edge
- feel depressed, overwhelmed, angry, or stressed
- have problems with eating or sleeping
- feel confused, frustrated, or isolated if people don’t understand why you feel afraid

These types of reactions are very common. There are campus and community resources that can help you start a stalking log, file an ex parte order of protection and further plan for your safety. Even if you are not sure what is going on, staff at the RSVP Center are happy to listen and provide options for you.
IF YOUR FRIEND IS BEING STALKED, YOU CAN HELP.

- Be supportive of their feelings and decisions
- Listen without judgment
- Never blame them for the situation
- Don’t pressure them to do anything.

The way you would handle the situation is not necessarily the way someone would want to.

The campus and community resources listed can be helpful to you, too! Even if your friend does not want to come in, we can help you help them. What a great Green Dot!
RESOURCES

RSVP CENTER
(RELATIONSHIP & SEXUAL VIOLENCE PREVENTION)
G210 MU Student Center (lower level)
8 am-5pm | Monday-Friday
573-882-6638

TRUE NORTH
573-875-1369
Provides services to survivors of relationship violence, stalking, sexual assault.

STUDENT LEGAL SERVICES
Free legal consultation for students.
2500 MU Student Center
573-882-9700

COUNSELING CENTER
Free counseling sessions for students.
102 Parker Hall
573-882-6701

For assistance in obtaining additional resources, please visit the RSVP Center or check out RSVP.missouri.edu