

## What You Can Do?

- Let friends or family members know when you are afraid or need help.
- Find out about your legal rights to protection from stalking.
- When you go out, tell someone where you are going and when you'll be back.
- Keep a cell phone handy.
- Document Everything! No matter how small or isolated an incident may seem, document what happened including the date and place. Take photos, video and save evidence such as notes or emails. If you have witnesses, great. Save notes, letters, or other items that are sent to you and keep a record of all other contact from the person who is stalking you. This includes:
  - text messages
  - emails
  - voicemails

Take photographs of the texts and print out any emails you receive in case they are deleted. Stalking can be difficult to prove and many times, there is little the police can do to help without some proof. The more evidence you have, the easier it will be to have the person arrested, charged or to obtain a restraining order against them. But don't wait for the situation to escalate.

- Contact the police any time you feel uncomfortable or afraid based on someone else's actions toward you or your family.

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## Resources at Gateway

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(203) 285-2412  
JWenderoth@gatewayct.edu  
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Counseling and Student Success Center  
(203) 285-2090  
Room N213

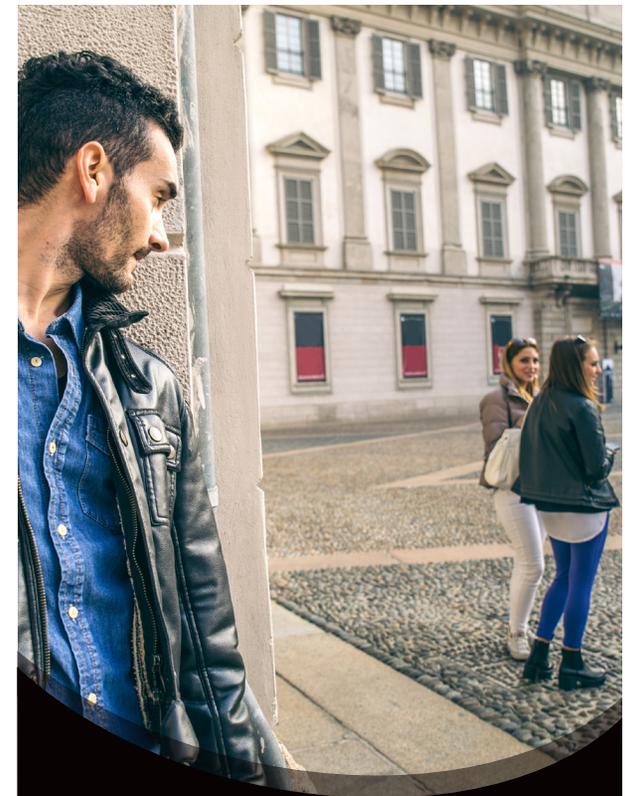
## Resources Outside of Gateway

Victim Connect Helpline  
9:00am-6:00pm Helpline:  
(855) 484-2846  
[www.victimsofcrime.org/  
our-programsstalking-resource-center](http://www.victimsofcrime.org/our-programsstalking-resource-center)



Gender Equity Center  
20 Church Street  
New Haven, CT 06510  
GatewayCT.edu

REV.082516



# Stalking

**IT IS A CRIME**



**GatewayCT.edu**

## What Is Stalking?

Stalking is a pattern of behavior that makes you feel afraid, nervous, harassed, or in danger. It is when someone repeatedly contacts you, follows you, sends you things, talks to you when you don't want them to, or threatens you.

- Stalking behaviors can include:
- Knowing your schedule.
- Showing up at places you go.
- Sending mail, e-mail, and pictures.
- Calling or texting repeatedly.
- Contacting you or posting about you on social networking sites.
- Monitoring your phone, computer use or social media accounts.
- Damaging your property.
- Sending gifts.
- Stealing things that belong to you.
- Using technology, like hidden cameras or global positioning systems (GPS), to track where you go.
- Driving by or hanging out at your home, school, or work.
- Threatening you, your family, friends, or pets.
- Seeking information about you via public records, online search services, private investigators, or by going through your garbage, personal property.

## Information

You can be stalked by someone you know casually, a stranger, or a past or current friend, boyfriend or girlfriend. Getting notes and gifts at your home, in your locker, or other places might seem sweet and harmless to other people, but if you don't want the gifts, phone calls, messages, letters, or e-mails, it doesn't feel sweet or harmless. It can be scary and frustrating.

Sometimes people stalk their boyfriends or girlfriends while they're dating. They check up on them, text or call them all the time and expect instant responses, follow them, and generally keep track of them even when they haven't made plans to be together. These stalking behaviors can be part of an abusive relationship. If this is happening to you or someone you know, there are people you can talk to about it.

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## The Facts

- 6.6 million people are stalked a year in the U.S.
- 1 in 6 women have experienced stalking in their lifetime.
- 1 in 19 men have experienced stalking in their lifetime.
- ¾ of stalking victims, are stalked by someone they know.
- 76% of stalking victims are women.
- 78% of stalkers use more than one means to obtain info about you.
- 66% of female homicide victims were stalked prior to their death.
- 81% of females stalked by an intimate partner are physically assaulted by their stalking and 31% are sexually assaulted.
- 1/3 of stalkers have stalked before.
- 66% of female of stalking victims are stalked by a current or former intimate partner.
- 41% of male of stalking victims are stalked by a current or former intimate partner.
- More than half of female victims and more than 1/3 of male victims of stalking indicated that they were stalked before the age of 25.
- 1 in 5 female victims and 1 in 14 male victims experienced stalking between the ages of 11 and 17.