

Reference Reading List

deBecker, G. (1997). *The gift of fear: Survival signs that protect us from violence*. New York: Little, Brown & Company.

Fisher, B. S., Cullen, F. T., & Turner, M. G. (2000). *The sexual victimization of college women* (NCJ 182369). Washington, DC: U.S. Department of Justice, National Institute of Justice.

Gross, L. (1999). *Surviving a stalker: Everything you need to know to keep yourself safe*. New York: Marlowe & Co.

National Center for Victims of Crime. (2003). *Stalking resource center*. National Center for Victims of Crime web site: <http://www.ncvc.org/src/>

Orion, D. (1997). *I know you really love me: A psychiatrist's journal of erotomania, stalking, and obsessive love*. New York: Macmillan.

Penn State Pulse. (2002). Women and relationship violence survey. The Pennsylvania State University, Student Affairs Research and Assessment web site: <http://www.sa.psu.edu/SARA/pulse/94-Relationship.pdf>

The Pennsylvania State University. (2003). *Stalking on campus: What you can do* [Brochure]. University Park, PA: Center for Women Students, U.S. Department of Justice Violence against Women on Campus Grant.

Tjaden, P., & Thoennes, N. (1998). *Stalking in America: Findings from the National Violence Against Women (NVAW) survey* (NCJ 169592). Washington DC: U.S. Department of Justice, National Institute of Justice.

This project was produced in 2003 by the Penn State Center for Women Students and supported by Grant Number 2000-WA-VX-003 awarded by the Violence Against Women Office, Office of Justice Programs, U.S. Department of Justice. Points of view in this document and among the various web sites mentioned are those of the respective authors and do not necessarily represent the official position or policies of the U.S. Department of Justice or Penn State University.

This publication is available in alternative media on request. Penn State is committed to affirmative action, equal opportunity, and the diversity of its workforce. U.Ed. STA 03-127

STALKING

Stalking on Campus: What You Can Do

HELP

SAFETY

SUPPORT



Division of Student Affairs

Anyone can be stalked or be a stalker. Stalking is a crime that is often ignored and sometimes viewed more as a joke than a problem. Reality check: stalking is a problem that can often lead to threats — and even worse — violence against victims.



What Is Stalking?

According to Pennsylvania law, stalking is defined as: "engaging in a course of conduct or repeatedly committing acts toward another person, including following the person without proper authority, under circumstances which demonstrate either of the following: an intent to place the person in reasonable fear of bodily injury, or an intent to cause substantial emotional distress to the person." Stalking may also be characterized as the "willful, malicious and repeated following or harassing of another person." Generally, this is constituted by a pattern of specific and intrusive behaviors of one person (the stalker), which are unwanted by a target (the victim) and lead to fear for the safety and security of the targeted individual.

- Stalking is a crime in Pennsylvania, which may result in criminal prosecution.

- Penn State students engaging in such acts of violence will be subject to disciplinary action via the Office of Judicial Affairs (135 Boucke), which may constitute anything up to and including expulsion from the University.

- *Stalkers can be men or women, but the majority of cases (75-80%) involve men stalking women.*

- *Over 200,000 Americans are currently being stalked – 1.4 million per year*

- *1 in 12 women will become a victim of stalking behaviors at least once during her lifetime (Source: National Center for Victims of Crime, 1995).*

- *12% of women surveyed at Penn State indicated that they had been stalked and that stalking is a serious problem on campus.*

- *Since coming to college, 26% of women surveyed at Penn State reported having been followed and having received unwanted personal e-mail notes.*

- *47% of women surveyed at Penn State say they had been pursued by someone they had previously tried to discourage.*

- *20% of women surveyed at Penn State expressed having been frightened by an unwelcome person showing up at their residence, classroom, or workplace.*

(Source: Penn State Pulse, 2002)

- Penn State employees who are perpetrators of such crimes may be subject to disciplinary sanctions for violations of this policy. Sanctions will be imposed in accordance with applicable University policies, including, but not limited to, termination.



How Do I Know If I'm Being Stalked?

There are several behaviors associated with stalking. Any or all of the following may be characteristic of stalking behavior:

- Persistent phone calls, e-mails and cyberstalking, letters, or any other communications that are undesired and place another person in fear.

- Direct verbal or physical threats (e.g., a person saying s/he is going to come after you or someone forcefully grabbing another's arm).

- Waiting or showing up uninvited at or near one's residence, workplace, or classroom.

- Gathering information about an individual from friends, family, and/or co-workers (e.g., your stalker asks your best friend what your favorite flowers are or where are your favorite places to hang out).

- Unwanted following or surveillance of an individual's activities.

- Manipulative behaviors such as threats of harm to oneself (e.g., threat of the stalker to commit suicide if the victim does not comply with the stalker's wishes).

- Sending unwanted gifts, cards, or items.

- Defamation — lying to others about the victim (e.g., rumors of infidelity, etc.).

Typically, it is important to look for patterns of behavior or note changes in the intensity of behaviors.

Next Page... Safety Suggestions



Safety Suggestions For Victims

• Be alert for suspicious persons, and immediately get to a safe, well-lit, public place if you suspect you are being followed. Call for help (9-1-1).

• Have another person or campus security walk you to your desired destination if you feel unsafe. The PSU Escort Service is available dusk to dawn, 365 days a year. Call 865-WALK.

• Vary the routes you take and the time you spend when walking.

• When driving, go directly to a police station if you are being followed. Never drive home or to a friend's residence.

• Keep a cell phone with you at all times. If you do not have a cell phone or need a phone with a different number, contact the Center for Women Students (CWS) office (first floor Boucke Building: 863-2027) or the Centre County Women's Resource Center Hotline (1-877-234-5050) and ask about the phone loan policy. Phone only dials directly to 9-1-1.

• Add Caller ID to your phone service.

• Identify visitors before opening any doors. Do not allow unwanted visitors into your room/apartment.

• Maintain unlisted Penn State directory information (e.g., student directory, web directory, etc.) by completing and signing a Request to Withhold Directory Information form from the Registrar's Office (first floor — Shields Building: 865-6357). For further details on the web, refer to <http://www.psu.edu/registrar/conf.html#BB>



What Do I Do Next?

Remember, as a stalking victim, you are not alone. Don't lose hope, there is help! Here are some things that may help you

• Documentation of every stalking incident is crucial.

You Are Not Alone -- CWS Is Ready To Help

Stalking Resource Folders



Folders may be obtained from the Center for Women Students (CWS) and are complete with logs and calendars to help you detail occurrences. Stalking laws and safety suggestions are also included.

- Become informed.
- Seek additional information on stalking and harassment. Information may be obtained from the following agencies and their respective web sites:

Center for Women Students (CWS)
<http://www.sa.psu.edu/cws/images/stalking.html>

Centre County Women's Resource Center
<http://www.ccwrc.org/>

National Center for Victims of Crime:
<http://www.ncvc.org/>
(go to Search; enter "Stalking")

Learn more about privacy rights, stalking, and harassment at <http://www.privacyrights.org/>
<http://www1.sa.psu.edu/uhs/pdf/stalkingprotocol.pdf>

• If you suspect you are being stalked by a student, you are encouraged to file a complaint with Judicial Affairs and police and to seek supportive services.

• If you suspect you are being stalked by a faculty or staff member, you are encouraged to file a complaint with the Affirmative Action Office (328 Boucke Building) and police as well as to seek supportive services.

• Tell a friend

Telling friends and family about what you are experiencing will provide you with much needed support.

Informing those around you to keep your information confidential may avoid accidental sharing of information with the stalker.



What You May Be Feeling

As a result of the stalking, you may experience various physical, emotional, and financial effects. Some of these may include, but are not limited to, the following:

- Emotional and physical exhaustion.
- Feelings of vulnerability, continuous anxiety, and lack of control.
- Changes in eating and sleeping habits.
- Feelings of depression, hopelessness, and lack of interest in things you once enjoyed.
- Afraid to go to class, hang out in routine places, or socialize with the same people.



What Penn State Can Do For You

- Assist with locating off-campus shelter.
- Assist with on-campus room reassignments.
- Issue an Administrative Directive that may place various restrictions on the perpetrator's legal ability to contact or be within a specified distance from the victim.
- Help with obtaining a Protection from Abuse (PFA) order if there was a previous relationship between the perpetrator and the victim.
- Loan the victim an emergency cell phone that connects directly to 9-1-1 (contact the Center for Women Students, first floor Boucke Building).
- Assist with creating a safety plan.
- Provide counseling, including crisis services, through Counseling and Psychological Services.
- More information is available at <http://www.sa.psu.edu/cws>

Realize that what is happening to you is not acceptable, not your fault, and not caused by anything you have done.

Resource Directory -- Where To Get Help

Referral Information and Advocacy

Center for Women Students
First Floor Boucke Building
863-2027

Police and Legal Information

Police Emergency Number
9-1-1

University Police
Eisenhower Parking Deck
863-1111

Judicial Affairs
135 Boucke Building
863-0342

State College Police
243 S. Allen Street
234-7150

Ferguson Township Police
3147 Research Drive
238-4651

Patton Township Police
100 Patton Plaza
234-0271

Victim/Witness Advocate
Eisenhower Parking Deck
865-1864

District Attorney
Centre County Courthouse
Bellefonte
355-6735

Emotional Support

Counseling and Psychological Services
221 Ritenour Building
863-0395

Centre County Women's Resource Center (24 hours)
Hotline: 1-877-234-5050
Day time: 234-5050

Safety

Escort Service
865-WALK

National Hotlines

National Domestic Violence Hotline
1-800-799-SAFE

Rape, Abuse, Incest National Network Hotline
1-800-656-HOPE

National Center for Victims of Crime (Service Referral line) 1-800-FYI-CALL

Medical Services

Centre Community Hospital
Emergency Department
234-6110

University Health Services
Women's Health
862-2633
Urgent Care
863-0774