

# Understanding Stalking

Stalking is a series of actions that make you afraid, distressed or in danger.

## Common signs of stalking:

- Persistent unwanted contact. A stalker may engage in unwanted communication
- Inappropriate fixation or obsession
- Surveillance and monitoring
- Aggressive or intrusive behavior
- Unwanted gifts or messages



Most stalkers target people they know; many commit this crime against people they have dated or been romantically involved with. Stalkers may also be acquaintances, family members, and/or strangers.

## What can you do to be safe?

- Call **911** or Campus Police at **(817) 735-2600** if you are in imminent danger or being threatened
- If you believe you are in danger, **trust your instincts**
- Connect with **Title IX** or **other hotlines** to find information and support for victim services
- **Document** everything that happens. Keep a record or log like this [one](#) from SPARC
- **Tell people you trust** about the situation. Title IX can help you build a safety plan if needed
- Learn more **safety strategies** at [stalkingawareness.org](http://stalkingawareness.org)

## What does stalking look like?

- **Unwanted contact** through repeated calls, texts, emails, or messages
- **Following** you
- Sending **unwanted gifts** or letters
- **Tracking you** via technology
- **Showing up** or **waiting for you** at your home, work, or school
- **Damaging** your property
- **Spreading rumors** about you
- **Posting, sharing, or threatening** to post or share intimate photographs of you
- **Harassing** your coworkers, family, or friends
- **Hacking** your accounts
- **Threatening** to hurt you or someone you love
- And any other actions that **control, track, or frighten you**

**At HSC, 2.2% of students have reported being stalked within the last 12 months**

Nearly 1 in 3 women and 1 in 6 men will report being stalked in their lifetime