

**If you are experiencing
Stalking, you are not alone.
There is help available to you.**

If you are in immediate danger, call 911.

CAMPUS RESOURCES

The Wellness Center*

(Counseling and Health Services)

603-358-2200 | Afterhours: 603-358-2436

Campus Safety

603-358-2228

Title IX Coordinator

Located at 48 Butler Ct.
603-358-2010

COMMUNITY RESOURCES

MCVP Crisis and Prevention Center*

24-Hour Confidential Hotline:

1-888-511-6287 or 603-352-3782

Keene Police Department

911 | 24-Hour Dispatch: 603-357-9813

NATIONAL RESOURCES

Safe Horizon Stalking Hotline*

1-800-621-4673

National Domestic Violence Hotline*

1-800-799-7233

The Network La Red*

(LGBTQIA+ relationship violence hotline)

1-800-832-1901

Love is Respect*

1-866-331-9474

Victim Connect*

855-4-Victim (855-484-2846)

Cyber Civil Rights Initiative Helpline*

844-878-CCRI (2274)

** Indicates a confidential resource*

SOURCES & ADDITIONAL INFORMATION

**Hotlines and Live Chat Available
to Connect You to Local Resources:**

VictimConnect

www.victimconnect.org

RAINN

www.rainn.org

National Domestic Violence Hotline

www.thehotline.org

Documentation Log:

**Stalking Prevention, Awareness, and
Resource Center (SPARC)**

www.stalkingawareness.org/what-to-do-if-you-are-being-stalked

Safety Planning Around Technology:

Safety Net

www.techsafety.org/resources-survivors
www.techsafetyapp.org



The Wellness Center

3rd Floor, Elliot Center
603-358-2200

ksc-wellnesscenter@keene.edu

This project was supported by Grant No. 2019-WA-AX-0021
awarded by the Office on Violence Against Women, U.S.
Department of Justice.

The opinions, findings, conclusions, and recommendations
expressed in this publication/program/exhibition are those of
the author(s) and do not necessarily reflect the views of the
Department of Justice, Office on Violence Against Women.

Keene
STATE COLLEGE



Stalking

**Information, Supports,
and Resources**



WHAT IS STALKING?

Stalking is defined as engaging in a course of conduct directed at a specific person that would cause a reasonable person to fear for their safety or the safety of others or suffer substantial emotional distress.

A course of conduct means two or more acts in which the stalker directly, indirectly, or through a third party follows, monitors, observes, surveils, threatens, or communicates to or about a person, or interferes with a person's property.

“
Stalking is never your fault; it is a tactic the abuser is using to intimidate and frighten you so they can (re)gain power and control over you.

National Domestic Violence Hotline



Stalking includes incidences in which electronic media such as the internet, social media, texts, cell phones, GPS, and other similar forms of contact are used (sometimes referred to as cyber-stalking). Keene State prohibits all forms of stalking, not just stalking that occurs within a relationship.

WHAT MIGHT STALKING LOOK LIKE?

Stalking can be physical and/or digital, and could include tactics such as:

- Making repeated and unwanted calls or texts
- Following or spying on you
- Showing up wherever you are without a legitimate reason to be there
- Driving by or waiting around at places (home, work, school, etc) you frequent
- Leaving/sending unwanted items, presents, or flowers for you to find
- Taking pictures of you
- Monitoring your phone calls, email, social media, or other computer use
- Threatening to hurt you, your family, friends, or pets
- Contacting friends, family, neighbors, or co-workers about you

This list is not inclusive of every behavior that a person engaging in stalking might use, as stalking tactics will be targeted towards what will impact the intended victim the most. Threats of violence may be implicit or explicit. Stalking is never your fault; it is a tactic the abuser is using to intimidate and frighten you so they can (re)gain power and control.

IF YOU ARE BEING STALKED...

- 1. Trust your instincts.** People being stalked often feel pressured by friends or family to downplay the stalker's behavior, but stalking poses a real threat of harm. Your safety is paramount.
- 2. Contact the Title IX Office on campus at 603-358-2010.** The Title IX Coordinator can walk you through campus reporting options, resources, and supports such as College-issued No Contact Orders.
- 3. Get connected with a local victim service provider,** such as MCVP Crisis and Prevention Center in Keene, who can assist you in exploring your options, such as filing protective orders through the district court, as well as discussing safety planning.

Contact MCVP's 24-hour, confidential crisis line at: 1-888-511-6287 or 603-352-3782.
- 4. Call the police if you feel you are in any immediate danger.** Explain why the actions of the person stalking you are causing you fear. Ask about protective orders.
- 5. Keep a record or log of each contact with the person who is stalking you.**
You can use the Incident and Behavior Log on stalkingawareness.org as an example. Be sure to also save any emails, text messages, photos, and social media posts as evidence of the stalking behavior.

According to The Stalking Prevention, Awareness, and Resource Center 2018 Fact Sheet, an estimated

6-7.5 MILLION PEOPLE are stalked in a one year period in the United States. About half of all victims of stalking indicated they were stalked before the age of 25.