

24 Hour Helpline:
 612-626-9111

RESOURCES

The Aurora Center

117 Appleby Hall
 Business: 612-626-2929
 24-hr HelpLine: 612-626-9111
www.umn.edu/aurora

University of Minnesota

Police

Business Line: 612-624-3550
 Emergency: 911

Free Escort Service

University of Minnesota
 612-624-WALK

Hennepin County

Harassment Office

Hennepin County Government Center
 300 6th Street S
 Minneapolis, MN 55487
 612-348-2040

Ramsey County

Domestic Abuse and Harassment Office

25 West Seventh Street
 St. Paul, MN 55102
 651-266-5130

A Thin Line

Digital Disrespect: Internet and Phones
<http://www.athinonline.org/>

OnGuardOnline

<http://www.onguardonline.gov/>

Stalking

Know It. Name It. **Stop It.**

WHAT IS STALKING?

As defined by University of MN Policy, stalking is: "A course of conduct directed at a specific person that is unwanted, unwelcome, or unreciprocated and that would cause a reasonable person **to feel fear.**"

The majority of stalkers know their victim. There are many different behaviors that can be considered stalking and often include the following:

- Following/tracking you
- Looking through your windows
- Leaving notes or gifts at your door
- Calling family, friends, coworkers about you
- Rummaging through trash
- Threatening physical violence or suicide
- Unwanted emails, calls, texts, letters or social media messages
- Damage to property

Get the Facts*

- 1 in 6 women and 1 in 19 men in the U.S. have experienced stalking at some point in their lives.
- More than half of female victims and more than one-third of male victims were stalked before the age of 25.
- The most common forms of stalking include unwanted phone calls, being approached, and being watched/followed.

*Stalking Resource Center Fact sheet August 2012

Harassment Restraining Order

Harassment is defined as a single incident of physical or sexual assault, or repeated incidents of intrusive or unwanted acts that have a substantial adverse affect on the safety, security, or privacy of another.

Under this definition, stalking may be a viable reason to obtain a Harassment Restraining Order, provided there are repeat offences.

MINNESOTA STATUTE 609.748

Stalking Crimes

Stalking is conduct in which an actor causes the victim to feel frightened, threatened, oppressed, persecuted, or intimidated, causing a response from the victim. **No proof of intent is required.** A person who harasses another by committing any of the following acts is guilty of a gross misdemeanor:

- Directly or indirectly manifests a purpose of intent to injure the person, property, or rights of another by the commission of an unlawful act;
- Stalks follows, monitors, or pursues another, whether in person or through technological or other means;
- Returns to the property of another if the actor is without claim of right to the property or consent of one with authority to consent;
- Repeatedly makes telephone calls, pages, text messages or induces a survivor to make telephone calls to the actor, whether or not conversation ensues;
- Makes or causes the telephone of another repeatedly or continuously to ring;
- Repeatedly mails or delivers or causes the delivery by any means, including electronically, of letters, telegrams, messages, packages, or other objects.

Cyberstalking

Cyberstalking is a relatively new form of stalking that involves using the internet to stalk or harass an individual. States have edited stalking laws to include electronic forms of stalking. A common form of online harassment involves defamation or cyberbullying. Here are a few simple tips to maintain security online:

- Restrict computer access with a username and password.
- Install a firewall.
- Have two email addresses: one for contact with family and friends and one for all other communication.
- Change browser security settings.
- Be wary of email attachments.
- Have updated anti-virus software.
- Avoid posting pictures on social networking sites.
- Keep personal information private when setting up online accounts.

WHAT CAN I DO?

Disengage: Stop all communication, immediately. Stalkers often interpret any form of communication or kindness as an open invitation.

File A Restraining Order: This can be a temporary or permanent order and will prevent your stalker from any type of communication or physical contact or proximity to you.

Keep a Detailed Log: Legal action in stalking cases may sometimes be a long process. A detailed record of events will help you recall forgotten events. Be sure to include:

- Date and Time of Incident
- Descriptions and Observations
- Police Report Number and Officer Name (if report made)
- Witness names and numbers

Save the Evidence: Do not respond, but keep any letters, emails, or messages. These forms of communication are in violation of a restraining order, if you have one.

Utilize Blinds and Curtains: This is often overlooked and can be quite efficient and effective in deterring your stalker.

Change Account Information: Remove personal information from the University Directory by going to the Onestop website. Hide your profile and personal information on social networking sites. Change credit card information, if necessary.

WHAT MIGHT I FEEL?

The goal of stalkers is to achieve a sense of control over their victim. Thus, often-times victims feel like they have no control. Other common feelings may include:

- Fear
- Confusion
- Desperation
- Frustration
- Helplessness
- Exhaustion
- Intimidation
- Lack of Control
- Anxiety

Pay Attention to Your Instincts: Listen to your gut reaction. You know yourself the best.

Request Police Reports: This shows that you are serious about your safety and provides evidence about events. Make sure reports are accurate.

Change Your Patterns: Take different routes to and from classes or your apartment/house. Study in different locations.

Get Away: If you continue to feel unsafe, stay at a friend's house or at a hotel. You deserve peace of mind and to be healthy.

Call 1-888-5 OPT OUT (1-888-567-8688) to stop credit card offers and protect personal information that might be enclosed.