Stalking is never the victim's fault and it is not caused by something the victim has done.

Stalking is NOT normal behavior

Examples Of Stalking Behavior May Include

• Leaving harassing or unwanted notes

• Monitoring your daily activities via social media, cell phone, or computer

• Constantly needing to know where you are, and continually texting, calling, emailing, and chatting.

• Memorizing your schedule

• Tracking you and checking on you using GPS, Instagram and mutual friends.

• Hacking your account, and/or creating fake accounts.

• Showing up wherever you are

• Following you

• Driving by or hanging out at your home, school, or work

• Sending unwanted gifts

• Threaten to hurt you, your family, friends, or pets

• Damage your home, car, or other property

• Any other actions that control, track, or frighten you

There are two main reasons students don't report stalking: they think the police won't take it seriously, or they are unaware that the unwanted behavior was a crime.

If you or someone you know is or was being stalked, we offer confidential Advocate Services for victim/ survivors on campus:

• Crisis intervention

• Education on reporting options

• Advocacy with law enforcement, Student Conduct and Ethical Development, housing and academic assistance

• Accompaniment to interviews with law enforcement, court, Student Conduct and Ethical Development, Title IX, and the hospital

• Assistance with restraining orders and Victim Compensation applications

• Referrals to campus and community services

For more information or to speak with the campus advocate, you may contact:
(909) 537-5040 Marina.Wood@csusb.edu

There are also confidential services off-campus.
Option House's office number: (909) 383-1602
National DV 24 hour hotline: (800) 799-7233
Chat with a DV advocate at www.thehotline.org

Other Important Contacts
University Police: 911 or 909-537-7777
Campus Escort Service: 909-537-5165
San Bernardino City Police: 909-383-5311
Student Health Center: 909-537-5241
Residence Life Office: 909-537-4155
Student Conduct & Ethical Dev.:
909-537-7172
Counseling & Psychological Services:
909-537-5040
National Domestic Violence Hotline:
800-799-7233

Stalking

Cal State University San Bernardino
Counseling and Psychological Services
Advocate Services
5500 University Parkway,
San Bernardino, CA 92407

HC-165

1.) Ask for Help

Stalking is scary, can escalate into violence, and should be taken very seriously. The campus advocate can help you create a safety plan, file a restraining order, and refer you to appropriate resources. Also, though it might feel embarrassing to tell bosses, coworkers, RA's, roommates, friends and family about the situation, the people around you can all play a part in your safety. Remember, you do not have to handle this situation alone.

2.) Document the Abuse

Even if it seems harmless now or you aren't ready to report, keep an incident log where you can record all communication with and from the stalker.
Be sure to keep all voice mails and screens-hot all emails, chats, comments, and texts as evidence. Take photos of destroyed property, unwanted gifts and/or personal injuries. You can download an incident log at
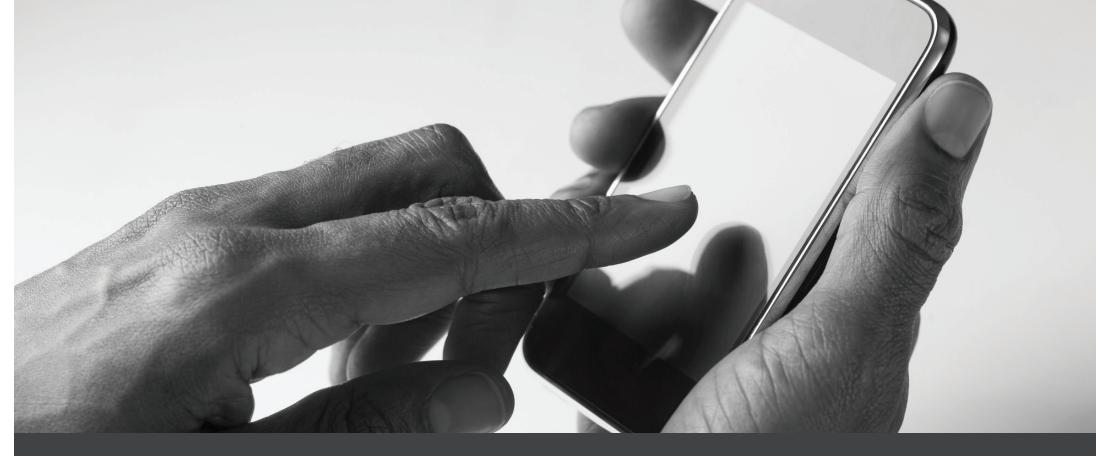www.mcasa.org/incident-log.

3.) Do Not Talk to a Stalker

There is no way to "reason," "talk sense into," or "clarify things" with a stalker. Say "NO" just once, document it in your incident log and never talk to him/her again. It's best to never have contact with a stalker—including through friends or family. Stalkers often see the slightest response as encouragement.

4.) File a Report

Should you decide to file a police report or a Title IX complaint, provide the details or a copy of your incident log that documents dates, times, and details of each contact initiated by the stalker and keep original copies of all documentation. You have the right to request that the police keep the case confidential so your name does not appear in reports. If you feel unsafe, please call 911 for assistance.

5.) Obtain a Restraining or No Contact Order

In California, a restraining order can require a stalker to refrain from contacting you or coming near your work, school, or home. At CSUSB, a no contact order requires they do not communicate with you in any way, including through social media or mutual friends.. The Campus Advocate, Title IX, and University Police can assist you through this process to ensure your safety.

Safety Tips for Technology

For Your Cell Phone

- Password lock your phone
- Turn off GPS and location finder
- Change your phone number/get an unlisted phone number and keep the number confidential.
- If you suspect your phone is being tracked perform a factory reset
- Download an App Notifier so you will know if someone tries to download tracking Apps
- Report threatening calls to the police.
- Enter an unknown number into a reverse directory Online.
- Have your service provider block the stalker's number.
- Use code words when sending texts or messages and change names of people in your phone so the stalker can't tell who you are talking to or messaging.
- Have your cell phone with you at all times. If you are being followed, call 911 and go to a busy place.

For Your Computer

- Turn off tracking and location functions on Twitter, Instagram, Facebook, and other social media sites.
- Adjust your settings so no one can "check you in" or "tag" you without approval.
- Don't post your location, class or social schedules, your phone number, your address, or any other personal information.
- Use anti-virus and anti-spyware software. Update both often to make sure your firewall is installed and running.
- Use strong passwords & change them often.
- Create more than one email account.
- Delete your Internet history.
- Use a computer somewhere that your stalker doesn't know about.
- Never share your password.

Being stalked can cause extreme emotional & physical stress reactions such as...

Fear, anger, hostility, irritability, decreased energy, exhaustion, indecision, difficulty concentrating, depression, withdrawal, from friends, family, or activities, changes in sleep/eating patterns, and powerlessness

In California, stalking is a crime and is legally defined as "Any person who willfully, maliciously, and repeatedly follows or harasses another person and who makes a credible threat with the intent to place that person in reasonable fear for his or her safety, or the safety of his or her immediate family (Penal Code 646.9)."