

# WHAT IS STALKING?

## DEFINITIONS, FACTS, & RESOURCES

The Sexual Assault & Violence Prevention (SAVP) Office at Vassar College aims to prevent and respond to sexual assault, relationship abuse, stalking, and sexual harassment through prevention education, collaboration, outreach, and advocacy. SAVP is committed to taking a survivor-centered approach, which means that if a student is victimized, they are given their options and make the decisions about what services they would like to access and whether or not they would like to report the incident.

### STALKING

Stalking is defined as a pattern of behavior directed at a specific person that would put a reasonable person in fear. Stalking is not one isolated incident, it can be one behavior happening regularly, or many different types of threatening behaviors that happen over time. Stalking is targeted and intentional.

Stalking behaviors may be difficult to identify. Initially, some can seem kind, friendly, or romantic (i.e. sending cards, candy, or flowers). However, if one person has indicated that they want no contact, these actions can seem controlling or scary. It is especially important to consider the pattern of behavior, including the type of action, frequency, and consistency, and if the behavior does not stop when the stalker is told to cease contact.

If you think you are experiencing stalking behaviors:

- It is not your fault.
- You are not alone.
- Making a safety plan can help you feel safer.
- Consider keeping a log of stalking related incidents for your records or for reports to the Title IX Office or law enforcement.
- Know that you do not have to make a decision to report stalking before accessing counseling, medical, or advocacy services.

### STALKING BEHAVIORS CAN INCLUDE:

- Following someone or showing up unexpectedly by your room, your class, or your workplace.
- Persistent unwanted gifts, texts, messages on social media, letters, calls, or emails.
- Damaging property.
- Monitoring phone or computer use.
- Using technology to track location.
- Threats to hurt you, your family, friends, and/or pets.
- Posting false information or spreading rumors about you.

Being stalked may cause anxiety, stress, nightmares, insomnia, or depression. It can make someone feel fearful, unsafe, or vulnerable. These reactions are normal and there are resources and options that can help.

\*Material adapted from The National Center for Victims of Crime & Love is Respect.

# ARE YOU SAFE?

If you are concerned about your own or someone else's safety, call **911** or **Vassar Safety & Security at (845) 437-7333**.

If you are safe and are looking for information about on/off campus resources or reporting options, you can call a **Vassar Sexual Assault Response Team (SART) Advocate at (845) 437-7333** or visit [savp.vassar.edu/resources](http://savp.vassar.edu/resources) for a full list of resources and options.

## CONFIDENTIALITY

At Vassar, some individuals and campus resources can offer confidentiality while others have specific obligations to respond when they receive a report of a crime or a campus policy violation. If you are unsure of someone's duties and ability to maintain your privacy, ask them before you talk to them.

**Confidential support resources do not have to let anyone know that you came forward for support or help, unless there is imminent danger to someone's life.**

- Vassar Counseling Services: (845) 437-5700
- Vassar Counseling Services 24-hour Counselor: (845) 437-7333 **(24/7)**
- Vassar Health Services: (845) 437-5800
- Center for Victim Safety & Support in Poughkeepsie
  - Rape Crisis/Crime Victims: (845) 452-7272 **(24/7)**
  - Domestic Violence: (845) 485-5550 **(24/7)**
- SAFE Exam at Vassar Brothers Medical Center: (845) 454-8500 **(24/7)**
- SAFE Exam at Mid-Hudson Regional Hospital: (845) 483-5000 **(24/7)**
- On- or off-campus clergy

**Private resources do not have to let anyone know that you came forward for support or help, unless there is imminent danger or community safety concerns. They also fill out an anonymous report (without any identifying information) that is kept confidentially with the SAVP Office.**

- SAVP Director & Victim/Survivor Advocate: (845) 437-7863
- SAVP Violence Prevention Educator: (845) 437-7975
- SART Advocates: (845) 437-7333 **(24/7)**
- Director of Health Education: (845) 437-7769
- Student Fellows and House Student Advisors

**Responsible Employees are required to notify the Title IX Office of disclosures of sexual assault, sexual harassment, relationship abuse, and/or stalking. A survivor may decide whether and when to respond to subsequent outreach from the Title IX Office.**

- All other non-student employees (e.g. President, Administrators, Faculty, Coaches, Staff, etc.) are considered responsible employees.
- Title IX Coordinator: (845) 437-7924
- Dean of Students: (845) 437-5315
- Residential Life Administrators & Staff: (845) 437-5860 **(24/7)**
- Safety & Security: (845) 437-7333

All services are available for individuals of any race, ethnicity, color, sex, gender identity, sexual orientation, religion, class, ability, citizenship and immigration status, and age.

## ADDITIONAL INFORMATION

Full descriptions of Vassar policies, on/off campus resources, and reporting options, can be found on the SAVP Office website at [savp.vassar.edu](http://savp.vassar.edu) and/or the Office of Equal Opportunity and Affirmative Action website at [eoaa.vassar.edu](http://eoaa.vassar.edu).