Stalking Resource Packet

UNCW CARE: Collaboration for Assault Response & Education
910-962-CARE (2273)
www.uncw.edu/care
# Table of Contents

- Introduction from CARE's Advocate  Page 3
- What is Stalking?  Page 4
- Stalking Statistics  Page 5
- The Use of Technology to Stalk  Page 6
- UNCW’s Gender-Based/Sexual Misconduct Policy  Page 8
- NC State Laws for Stalking  Page 9
- What Can I do?  Page 11
- Options for Protective Orders  Page 12
- Stalking Safety Plan  Page 13
- Stalking Log  Page 16
- How to help a friend  Page 17
- Resources  Page 18
Hello! My name is Katie Vance and I am the CARE Advocate at UNC Wilmington. CARE is UNCW’s program for the prevention of and response to interpersonal violence and the campus resource for healthy relationships.

When someone is experiencing stalking, it can be difficult to continue to do the things you love to do. You may feel stressed, vulnerable, or even anxious. You may have trouble sleeping or concentrating at work or school. Remember that you are not alone. Every year in the U.S., 3.4 million people are stalked and youth between the ages of 18-24 experience the highest rates. Most people assume that stalkers are strangers, creeping in our bushes, but actually most people are stalked by someone they know.

As the Victim Advocate, it is my job to help people understand the complexities of stalking and to be an ally to them through the entirety of the situation. I work with you, at your pace, to understand the dynamics of the stalking and to find ways to keep you safe both on and off campus. I understand that stalking is complicated, and I will support you, without judgment, no matter what you choose to do.

While I can help you to examine options and assist you with utilizing the resources available on campus and in the community, ultimately I want to support you in making decisions that work for you. At the CARE office we work hard to make sure you are provided with the best support possible. We are able to be reached 24/7 at our Crisis Line (910) 512-4821. Please don’t hesitate to utilize our services.

Sincerely,

Katie Vance

CARE Advocate
DePaolo Hall, 2nd Floor
962-7514

Gender-Based/Sexual Misconduct Policy
UNCW takes issues related to interpersonal violence very seriously. Sexual misconduct (including attempted sexual assault), relationship abuse and stalking are prohibited at UNCW under the Code of Student Conduct. Incidents of sexual misconduct, relationship abuse, and stalking must be reported by all faculty and staff with three confidential exceptions; CARE, Counseling Center, and Student Health. For more information on the Gender Based/Sexual Misconduct Policy go to http://uncw.edu/sexualmisconduct
What is Stalking?

Stalking is a course of conduct directed at a specific person that would cause a reasonable person to fear for their safety or the safety of someone else OR suffer substantial emotional distress. Stalking is defined as two or more acts of following, monitoring, surveiling, threatening, or communication to or about the victim or interfering with their property. This includes direct, indirect, or 3rd party actions.

What Stalkers Do:

- Continue to contact you even though you have told them to stop.
- Follow you and show up wherever you are.
- Send unwanted gifts, letters, cards, messages, or e-mails.
- Damage your home, car, or other property.
- Monitor your phone calls or computer use.
- Use technology, like hidden cameras or global positioning systems (GPS), to track where you go.
- Drive by or hang out at your home, school, or work.
- Threaten to hurt you, your family, friends, or pets.
- Posting information or spreading rumors about you on Facebook or other forms of social media, in a public place, or by word of mouth.
- Other actions that control, track, or frighten you.

Do You Feel:

- FEARFUL of what the stalker will do?
- VULNERABLE, unsafe, and do not know who to trust?
- NERVOUS, irritable, impatient or on edge?

The Fear Element:

- What causes fear to someone is often subjective. Stalking victims may be fearful of threats or actions that from an outside perspective may seem insignificant. For example, finding a rose on one's car may seem non-threatening and even romantic, but for a stalking victim, it may be a message that his/her stalker has found them.¹

¹ The Use of Technology to Stalk, The National Center for Victims of Crime Stalking Resource Center, www.victimsofcrime.org/src
Stalking Statistics
You’re not alone...

- 6.6 million people are stalked in one year in the United States.¹

- 1 in 6 women and 1 in 19 men have experienced stalking victimization at some point during their lifetime in which they felt very fearful or believed that they or someone close to them would be harmed.¹

- The majority of stalking victims are stalked by someone they know. 66% of female victims and 41% of male victims of stalking are stalked by a current or former intimate partner.¹

- More than half of female victims and more than 1/3 of male victims of stalking indicated they were stalked before the age of 25. ¹

- Approximately 1 in 4 stalking victims reported some form of cyber stalking such as e-mail (83%) or instant messaging (35%).²

- About 1/3 of stalkers have stalked before ³

---

³ The Use of Technology to Stalk, The National Center for Victims of Crime Stalking Resource Center, www.victimsofcrime.org/src
**The Use of Technology to Stalk**

The term *cyber stalking* has been used to describe a variety of behaviors that involve (a) repeated threats and or/harassment, (b) by the use of e-mail or other computer based communication, (c) that would make a reasonable person afraid or concerned for his or her safety. 1 It is important to remember that technology does not cause stalking: it merely facilitates the behaviors related to stalking. Research on cyber stalking has identified many forms of computer and telecommunication based harassment including:

| **Cell Phones** | Stalkers are using cell phones in a variety of ways: 1. Calling often and leaving messages; 2. Texting; 3. Sending photos and video; 4. Tracking via GPS; 5. Monitoring cell phone using software or apps; 6. Accessing information from their target's cell phone; and 7. Accessing personal information stored in a phone's memory or SIM Card.  

Stalkers are able to install hidden apps on cell phones that are used to stalk their victims. There are a few signs that can indicate your phone has been compromised: 1. The screen lights up for no reason; 2. You notice background noise in your calls; 3. You receive text messages from strange numbers; 4. The flash on the camera goes off for no reason; 5. Location settings are turned on with your prior authorization; 6. Battery drains abnormally fast. 2  

If you have questions about your mobile phone account and how to stay safe, contact your wireless carrier. For a list of contact numbers go to http://nnedv.org/resources/safetynetdocs/148-cell-phones/544-phone-account-contacts.html |
| **Spoofing** | Spoofing is the deliberate falsification or misrepresentation of the telephone number and/or name displayed on Caller ID to disguise the identity of the caller. This means that the stalker has the ability to change the number that shows up on caller id. For example, someone could receive a phone call and on the phone it says "Mom" but it is really the stalker masking his or her identity. 3 |
| **Facebook** | **Facebook:** *There are many positive and negative aspects to Facebook. This information is aimed at helping everyone know how to use Facebook in a way that ensures they stay connected with friends and family, but control their safety and privacy to help prevent misuse by abusers, stalkers, and perpetrators to stalk and harass:*  
  - Select your audience through your privacy settings. Keep in mind that privacy settings get wiped out every time Facebook has a major update.  
  - Unfriend or block anyone that is harassing or stalking you. Use your judgment when considering the timing of these options.  
  - Be cautious when accepting new friends. Don't accept any friend requests from someone that you don't know.  
  - Report inappropriate or harassing people, posts, or pictures to Facebook.  
  - Although Facebook gives you options to expand your privacy, some information will always be available if someone comes across your timeline. This includes your name, profile photo, cover photo, networks you belong to, gender, |
| Other Social Media | Stalkers use social networking sites and the information contained on them to harass and track their victims. Stalkers will: 1. Post about the victim on their own site, 2. Impersonate the victim online, 3. Send messages to the victim, 4. Upload or tag photos of the victim, or 5. Gather information from the victim's (or victim’s friends’) profile or posts. It is important to document the stalker’s activities on the victim’s social networking site or the information that the stalker posts about the victim on his or her own site. Remember to include the date of the posts in any pictures or screenshots. It is important to consider privacy when using social networking sites. Continue to monitor and update privacy settings every couple of months. |
| Computers and Spyware | Spyware is software which allows stalkers to view and record what their victims do on their computer. Although spyware can be loaded directly onto a computer, a stalker does not need physical access to install spyware on the victim’s computer. Spyware can be installed remotely in a number of ways including as an attachment to an e-mail or embedded in an e-greeting. Once loaded on the computer, it is extremely difficult to detect. A trained computer forensic examiner should be able to detect and document spyware for law enforcement. |
| GPS | Global Positioning System (GPS) is a program that provides users with positioning, navigating, and timing (PNT) services. As of 2005, the vast majority of cell phones in the US have GPS technology per the Federal Communications Commission (FCC) regulations. Stalkers take advantage of this technology to help them track victims. There are a variety of services and apps that allow cell phones to be tracked. If the offender has access to the victim’s phone, he or she may activate one of these without the victim’s knowledge. Alternately, the stalker may purchase a separate phone, activate one of these services, and hide the phone in the victim’s car to track driving patterns. The offender may also purchase a phone under a family plan to track calls going out and coming in. |


UNCW’s Code of Student Conduct:
Gender-Based/Sexual Misconduct Policy

UNCW takes issues of sexual misconduct, relationship abuse, and stalking very seriously. If a student wishes to make a report of a violation, they can submit a complaint to the Office of the Dean of Students (ODOS) or to the Title IX Coordinator/Designee. All non-confidential university employees (staff, faculty and RAs) who receive notice of alleged sexual misconduct, relationship abuse, or stalking behavior must notify the Title IX Coordinator. There are three resources that can remain confidential: the CARE Office, the Counseling Center, and the Student Health Center.

• Title IX ensures gender equity on campus and protects students from hostile environments that can result from experiences of gender-based interpersonal violence.

• The Title IX Coordinator/Designee will reach out (generally via email) to the student who has experienced the interpersonal violence to suggest a meeting. A CARE Advocate and/or other support person can attend that meeting, and subsequent meetings, if the student chooses to participate.

• Victims have the right to access resources, options and appropriate remedies, as available. The Title IX Coordinator/Designee is responsible for ensuring the university’s compliance with all Title IX requirements as well as promoting safety on campus related to these issues. If the situation entails a risk to campus safety and security, the university may need to investigate situations and adjudicate the accused student(s) while acting in the role of the complainant.

• All students are entitled to a prompt, fair and impartial investigation and resolution of complaints.

• Possible sanctions for violating the policy include a range from written reprimand up to and including suspension or expulsion. UNCW considers these violations to be serious, thus typically the most severe sanctions are imposed.

• For further information about the policy and the procedures, or to file a Title IX report, refer to: www.uncw.edu/sexualmisconduct
**North Carolina State Laws for Stalking**

A defendant is guilty of stalking if the defendant willfully on more than one occasion harasses another person without legal purpose or willfully engages in a course of conduct directed at a specific person without legal purpose and the defendant knows or should know that the harassment or the course of conduct would cause a reasonable person to do any of the following:

1. Fear for the person’s safety or the safety of the person’s immediate family or close personal associates.
2. Suffer substantial emotional distress by placing that person in fear of death, bodily injury, or continued harassment.

North Carolina also has specific laws related to **CYBERSTALKING**. According to the statute on cyber stalking, it is unlawful for a person to:

- Use in e-mail or electronic communication any words or language threatening to inflict bodily harm to any person or to that person’s child, sibling, spouse, or dependent, or physical injury to the property of any person, or for the purpose of extorting money or other things of value from that person.

- E-mail or electronically communicate to another repeatedly, whether or not conversation ensues, for the purpose of abusing, annoying, threatening, terrifying, harassing, or embarrassing any person.

- E-mail or electronically communicate to another and to knowingly make any false statement concerning death, injury, illness, disfigurement, indecent conduct, or criminal conduct of the person electronically mailed or of any member of the person’s family or household with the intent to abuse, annoy, threaten, terrify, harass or embarrass.

- Knowingly permit an electronic communication device under the person’s control to be used for any purpose prohibited by this section.

**Specific laws regarding stalking and cyber stalking can be found at:**

What Can I Do?

Stalking is unpredictable and dangerous. No two stalking situations are alike. There are no guarantees that what works for one person will work for another, yet you can take steps to increase your safety.

- Take threats seriously. Trust your instincts and don’t downplay the danger. If you feel unsafe, you probably are.
- If you are in immediate danger, call 911.
- Seek assistance with a Victim Advocate in the CARE office at 962-CARE. A Victim Advocate can assist with developing a safety plan, exploring options, accompanying you to file a police report, or assistance with obtaining a protective order or no contact order.
- Once you have made it clear that you don't want contact, cut all contact with the stalker. Any degree of contact can be reinforcing to them and can increase their efforts at reconnecting with you.
- Tell your family, friends, and neighbors that you are being stalked. Tell them as much information as you can about the person stalking you. Be as specific as possible: include names, physical descriptions and type of vehicle(s) he/she drives. If possible, show them a picture of the person who is stalking you.
- Save all voicemails (save to a digital recorder or computer if possible) and emails. Take a screenshot of a text messages to save as well.
- Change your daily routine and routes to and from work, home, and between classes. Tell your friends and co-workers of the changes you have made.
- Carry a cell phone with you at all times.
- Maintain a stalking log (included in this packet) that includes details regarding the date, time, content and length of unwanted calls, e-mails, instant messages, and direct contact by the person stalking you.
- Consider changing your phone number and email address.
- Block your stalker on social media and change your passwords on all sites, including your e-mail.
- Keep windows or doors locked.
- Request assistance from law enforcement professionals in conducting a security survey of your home, apartment complex, or residence hall.
- File a police report for every contact made by the person stalking you.
- Obtain a Domestic Violence Protective Order (50 – B) or Civil No Contact Order (50-C) or an on-campus No Contact Order.
Options for Protective Orders / No Contact Orders

Office of the Dean of Students: no contact order
- This is issued through the university and both parties must be students at the university.
- If the no contact order is violated, the student may face sanctions for a violation of the Code of Student Conduct.

DVPO- Domestic Violence Protective Order (50B)
- A criminal order
- To obtain a Domestic Violence Protective Order, you and the defendant must be married or divorced, persons of the opposite sex who live together or have lived together, have a child in common, are parent and child or grandparents and grandchild, are current or former household members, or are persons of the opposite sex who are or were in a dating relationship.
- If the person violates this order, they will be arrested immediately.
- To obtain a year-long protective order, you will be assigned a date to appear before a district court judge within a week or two of applying for the order (these hearings are held on Fridays). Upon completing the application, a judge may grant an Ex Parte to provide immediate relief and make the Protective Order effective as soon as the defendant is served the paperwork.
  - You should request that the judge restrict the defendant’s access to UNCW campus (with only necessary exceptions if the defendant is a student).

Civil No Contact Order (50C)
- A civil order
- To obtain a No Contact Order, the defendant must have committed non-consensual sexual conduct or have followed you on more than one occasion or otherwise tormented, terrorized, or terrified you, placing you in reasonable fear for your safety.
- If violated, a court date will be set for possible punishment.
- To obtain a no contact order, you will appear before a district court judge within a couple weeks of turning in the application. An Ex Parte can be issued that provides immediate relief and puts the no contact order in place until that court date.

❖ If you receive a Domestic Violence Protective Order or a Civil No Contact Order, you should carry a copy with you at all times as well as provide copies to the UNCW Police Department and the Office of the Dean of Students. CARE is able to assist with making and distributing copies to UNCW departments.

The process of filing for a protective order or a no contact order is not an easy decision to make because there are possible positive and negative effects that need to be taken into consideration. To discuss your options, please contact the Victim Advocate with the CARE office at 962-CARE.
STALKING SAFETY PLAN

The following steps represent my plan for increasing my safety and preparing in advance for the possibility for further violence. Although I do not have control over my stalker’s behavior, I do have a choice about how to respond to him/her and how to best get myself and any other family to safety.

My Important Telephone Numbers:

<table>
<thead>
<tr>
<th>Police</th>
<th>Campus Police</th>
</tr>
</thead>
<tbody>
<tr>
<td>911</td>
<td>962-2222</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CARE Crisis Line</th>
<th>Domestic Violence Shelter and Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>512-4821</td>
<td>343-0703</td>
</tr>
</tbody>
</table>

Friends I can call are _______________________________________________________________

RA, ARC, RC ________________________________________________________________

Step 1: Safety in my own residence. If my partner leaves or is forced to leave or I have to seek a new location, I may find myself alone with different safety concerns. There are many things that victims can do to increase safety at home. It may be impossible to do everything at once, but safety measures can be added step by step.

Safety measures I can use include:

A. I can change the locks on my doors and windows as soon as possible. Local law enforcement can perform a security check or a walk-through free of charge to help secure the residence.

B. I can install security systems including; additional locks, window bar poles to wedge against doors, an electronic system, etc. Window locks can be purchased at low cost at hardware or home improvement stores. Inexpensive door alarms that make a piercing beeping noise can be purchased at stores that sell electronic equipment.

C. I can carry a cell phone when walking outside around my home to my vehicle, when getting my mail, walking my dog or answering the door.

D. I can inform ______ (neighbor), ______ (clergy), and _________(friend) of my situation.

E. If I live on campus I can alert my RA to the situation to alert the front desk not to let him or her in.

F. If I live on campus, there will be times when my roommate is gone. If I feel unsafe during those times, I can have people stay with me. I will ask_________________________.

Name: __________________________________
Date: ___________________________________
Review dates: ___________________________
________________________________________
________________________________________
Step 2: Safety on Campus.
Safety measures I can use include:

A. The safest way for me to get to class is ____________________________________________.

B. These are places on campus where I often run into my stalker. I will try to avoid these places as much as possible.
___________________________________________________________

C. If I feel threatened or unsafe when I am on campus, I can go to these public areas where I feel safe _____________________________________________________________________________

D. I will carry my cell phone and important telephone numbers with me at all times.

Step 3: Safety on the job and in class. Each person must decide for themselves if and when to tell others about the violence. Friends, teachers, and co-workers can offer support and help protect you.

I might do any or all of the following:

A. I can inform the following people about my situation

Supervisor (Ask to help screen phone calls at work):

Professors:

Other:

B. When I leave work I can walk with ______________________. When I leave class I can walk with ________________.

C. I can work with CARE to have my information removed from the UNCW directory.

D. I can try to work it out with my employer or professor to alternate the time I arrive and depart from work or class.

E. I can use different grocery stores and shopping malls to conduct my business and shop at hours that are different than those that I used.

Step 7: Safety and Technology. Stalkers may use technology as a means of controlling or monitoring their victim. Here are some steps that I can take to protect myself.

A. I will set up a new private email address. The email address will not contain my name or birth date or other words that would identify me.

B. I will not store my passwords if my web browser is capable of doing that. I will change my passwords often.
C. I will change the privacy settings on Facebook and other social media sites to restrict access (especially from my ex-partner and his/her friends).

D. I will save and keep track of any abusive, threatening, or harassing comments, posts, texts.

E. I will not answer calls from unknown, blocked, or private numbers (discuss spoofing).

F. I will block my stalker from being able to text or call me on my cell phone.

Step 8: Safety and my emotional health. The experience of being battered and verbally degraded by partners is usually exhausting and emotionally draining. The process of building a new life for myself takes much courage and incredible energy.

To conserve my emotional energy and resources and to avoid hard emotional times, I can do some of the following:

A. I can exercise, take up a sport or participate in a self-defense class (RAD Class) to improve my self-esteem and confidence in interacting with others.

B. I can continue or establish new social relationships or participate in activities outside or home or work. I can go back to school or build on my education. I will not allow myself to become isolated.

C. I will spend time with people who make me feel safe, supported, and good about myself.

________________________________
Date of Plan

________________________________
Client Name

________________________________
Advocate Name
## Stalking Log

Name of Stalker: __________

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Description of Incident</th>
<th>Location</th>
<th>Witnesses Names/Ph. #</th>
<th>Police Called (Report #)</th>
<th>Officer Name (Badge #)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
How to Help a Friend

**DO:**

- **LISTEN** – It is a powerful moment when someone chooses to tell you their story. This is your time to let your friend talk. Actively listen; use your body to show you are listening, make eye contact, nodding and smiling/frowning. Be patient and allow them as much time as they need. Do not be afraid of silence; silent moments can actually be helpful.

- **BELIEVE** – It is not your job to investigate a case. It is your job to be a friend and believe what they are telling you. Statistics tell us that in almost every case, a victim is telling the truth. If you choose not to believe them, they may never tell anyone else out of fear of not being believed and therefore, not receive any services they need. Assure your friend that it is not their fault, no matter what happened.

- **INFORM** – Provide your friend with resources and information. Let them know that most staff, faculty and RAs on UNCW’s campus are mandated to report sexual misconduct, relationship abuse and stalking. Offer to accompany them to speak with confidential staff at the CARE office, Student Health Center or Counseling Center to discuss options without initiating a report. You can also offer to accompany them to the Police Department or Office of the Dean of Students so that they can start the reporting process, if they want. Accompanying a friend can make a real difference in whether or not your friend seeks out support; sometimes taking that first step alone can be scary.

- **EMPOWER** – At the core of any type of interpersonal violence is power and control. Victims of abuse, stalking, and assault have had their power and control repeatedly taken from them. As a friend, you can help them regain that sense of power by allowing them to make their own decisions about what they want to do. This can be hard since we might want our friend to report to police or tell their RA. However, they might not be ready to do that and it needs to be their decision.

- **RESPECT** – Assure your friend that you understand and respect their decisions and will respect their privacy. In order to help your friend, you need to acknowledge how scary it is to tell someone this information and how dangerous it could be for that person if you were to tell other people. It’s normal for you to want to talk about the situation and get support for yourself, but do so in a confidential manner with a CARE Advocate or Counselor from the Counseling Center in order to maintain your friend’s privacy.

**DON’T:**

- Panic or show too much emotion
- Blame them or ask blaming questions (i.e. Why were you there?)
- Assume that you know best for them
- Tell your friend what to do
- Make any promises that you can’t keep
Resources

**UNCW Resources**

ARE Office: (910) 962-CARE (2273)

**After Hours Emergency:** (910) 512-4821

Relationship education and supportive services including crisis response and advocacy related to relationship abuse, sexual assault, stalking and harassment.

**Title IX Coordinator:** (910) 962-3876

Oversight of Title IX reports, investigations and adjudication.

Title IX reports can be submitted to: www.uncw.edu/sexualmisconduct

**University Police:** (910) 962-2222

Response to any campus safety and security issues, self-defense classes and support throughout off-campus investigative and judicial procedures.

**Office of the Dean of Students:** (910) 962-3119

Support services and information about campus conduct procedures.

**Counseling Center:** (910) 962-3746

Confidential individual and support group counseling for issues related to the healing process.

**Student Health Center:** (910) 962-3280

Confidential medical care, including free STI testing and free preventative medication for STIs and pregnancy. 

**Community Resources**

The Open Gate Domestic Violence Shelter & Services, Inc.: (910) 343-0703

Wilmington Police: (910) 343-3600

New Hanover Sheriff’s Office: (910) 798-4200

District Attorney’s Office: (910) 341-1401

Rape Crisis Center: (910) 392-7460

Stalking Resource Center: www.victimsforcrime.org/our-programs/stalking-resource-center

“COURAGE DOESN’T ALWAYS ROAR. SOMETIMES COURAGE IS THE QUIET VOICE AT THE END OF THE DAY SAYING, ‘I WILL TRY AGAIN TOMORROW.’”

-MARY ANNE RADMACHER