

Stalking on Campus

Volunteer

If you are interested in helping to end sexual violence on campus, please contact the STOP Violence Program. There are many options available to you to volunteer.

You can:

- ▷ Join a student organization to promote awareness and violence prevention
- ▷ Complete Victim Advocate training with the Albany County SAFE Project
- ▷ Become a member of the STOP Violence Coalition on campus
- ▷ Schedule a presentation with the STOP Violence Program
- ▷ Take a training sponsored by the STOP Violence Program



Get the Facts

Persons aged 18-24 years experience the highest rate of stalking.

30% of stalking victims are stalked by a current or former intimate partner.

1 in 4 victims report being stalked through the use of some form of technology (such as email or instant messaging).

2/3 of stalkers pursue their victims at least once per week, many daily, using more than one method.

Weapons are used to harm or threaten victims in 1 out of 5 cases.

Intimate partner stalkers frequently approach their targets, and their behaviors escalate quickly.

More information available at: www.ncvc.org/SRC/Main.aspx



STOP Violence Program

Dean of Students Office
University of Wyoming
1000 E. University Avenue
Department 3135
Knight Hall Room 118
Laramie, Wyoming 82071
www.uwyo.edu/stop

(307) 766-3296

Office Hours: 8am-5pm

After Hours: (307) 766-STOP (7897)

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Safety Tips

What is Stalking?

Stalking is generally defined as the willful, malicious and repeated following and harassment of another person. Criminal stalking can be identified as any activity that would instill fear in a reasonable person. Stalkers may not attack or become physically violent; however, threats are often inferred. Meaning, even those victims who aren't physically harmed suffer fear, anxiety and the disruption of their daily lives.

Get Help

There is help available to you. Talk to someone who understands what you're going through and get the help you deserve. Regardless of how long the abuse has been going on, the STOP Violence program can provide the help you need. It is never too late to begin to find your ground again.

If you are a UW student, call STOP at 307-766-3296 during business hours, or after hours 307-766-7897 and ask UWPD to call the STOP Violence Victim Advocate.

If you are not a UW student, contact your area rape crisis program, by calling the Rape, Abuse & Incest National Network (RAINN) at 1800-656-HOPE.

If you are a Laramie resident, call the SAFE Project Hotline at 1-800-230-3556.

Call a close friend or relative for support.

Safety Tips At Home

- ▷ Tell your family, friends and neighbors that you are being stalked. Show them a picture of the stalker and tell them the make, model and license number of the stalker's vehicle(s). The more people watching, the more people who can warn you about your stalker and, if necessary, testify against the stalker in court. If you live in an apartment complex, notify the manager immediately.
- ▷ Change your routine.
- ▷ Don't jog, bike or walk the same route or at the same time each day. Don't shop at the same stores. If possible, have someone join you on your outings. Always remember that a daily routine makes it easy for the stalker to find and observe you.
- ▷ Don't answer the phone unless you know who it is.
- ▷ Make sure all your keys are accounted for. If they aren't, change your locks. Install deadbolt locks. Make sure you have adequate lighting outside your home or apartment. Keep your doors locked at all times and make sure your windows are secure.
- ▷ Do not throw anything in your trash can that contains any information with your name, address or phone number. This should include bills, junk mail and personal mail. It's very easy for a stalker to go through your trash cans and obtain all the information he/she needs, not only on you but the businesses and/or people you correspond with. Obtain a paper shredder if possible or dispose of the mail somewhere other than your home or office trash.

Safety Tips To Follow In Your Car

- ▷ Keep your doors locked at all times.
- ▷ Keep your cell phone accessible at all times.
- ▷ Always keep a minimum of a half tank of gas in your car.

More information available at: www.esia.net/safety_tips.htm

Safety Tips To Follow In Your Car (Continued)

- ▷ Don't drive the same route to work, to a friend's home or to run errands. Try to plan your routes in advance. Let family, friends, or neighbors know where you are going. Many victims estimate how long they will be gone running errands and if they aren't back at a certain time family, friends or neighbors can alert police officials.
- ▷ Familiarize yourself with the location of police stations, substations, fire departments, hospitals, all night convenience stores, in the event you need immediate assistance.
- ▷ Watch your rear view mirror to see if anyone is following you. Be alert at all times!

Safety Tips When You're In A Public Place

- ▷ Keep your cell phone with you at all times and make sure you have it programmed for 911.
- ▷ When you arrive at your destination, be aware of the activities in the parking lot. If you have an eerie feeling or you just don't feel safe - go with your "gut feeling" and leave.
- ▷ When entering the establishment, look around to familiarize yourself with who is around.
- ▷ Be aware of where all exits are located and whom you can turn to for help.
- ▷ If you're in a restaurant or if you're at a fast food chain, sit where you can see who is coming and going.
- ▷ Always be aware of your surroundings.
- ▷ Before you return to your car, check to see if anyone is following you. If you even think there is, go back inside and ask someone to walk you to your car. Re-check the parking lot and your car. Once safely in your car - lock the door.

