

Stalking

While legal definitions of stalking vary from one jurisdiction to another, stalking generally refers to a course of conduct that involves a broad range of behavior directed at the victim. The conduct can be varied and involves actions that harass, frighten, threaten and/or force the stalker into the life and consciousness of the victim.

Stalking behaviors may be difficult to identify as such, since some can seem kind, friendly or romantic (e.g. sending cards, candy or flowers). However, if the object of the abuser's attention has indicated s/he wants no contact, these behaviors may constitute stalking.

An important observation is examining the pattern of behavior in the apparent stalking incidents – type of action, frequency, consistency, if the behavior stops when the stalker is told to cease contact, etc.

Indicators of Stalking Behaviors

The following actions are some behaviors stalkers use. This is not an exhaustive list, and it is important to consider the intensity of such behaviors in deciding if stalking is the intent.

- Persistent phone calls despite being told not to make contact in any form
- Waiting for the victim at workplace, in the neighborhood/residence hall, after class, and where the stalker knows the victim goes
- Threats to family, friends, property or pets. (Threats or actual abuse toward pets is a particularly strong indicator of potential to escalate to more or lethal violence)
- Manipulative behavior (e.g. threatening to commit suicide in order to get a response to such an “emergency in the form of contact)
- Defamation: The stalker often lies to others about the victim (e.g. reporting infidelity to a partner)
- Sending the victim written messages, such as letters, email, graffiti, text messages, IMs, etc.
- Objectification: The stalker demeans the victim, reducing him/her to an object, allowing the stalker to feel angry with the victim without experiencing empathy
- Sending unwanted gifts

If you are a victim of stalking:

- Contact CCA Security who can aid in making a safety plan, gathering information, and walking you through your rights in this situation
 - 303-360-4727
- Keep any written messages (including electronic) and recorded voice communications