STALKING:
Know it. Name it. STOP it.

Stalking is a crime. Stalking is defined by Connecticut General Statutes 53a-181e (Stalking 3rd Degree), 53a-181d (Stalking 2nd Degree), and 53a-181c (Stalking 1st Degree).

In short, Stalking in the State of Connecticut is when a person recklessly or with intent causes another person to reasonably fear his/her physical safety by wilfully and repeatedly following or lying in wait for such other person.

Some things stalkers do:
- Follow you and show up wherever you are.
- Send unwanted gifts, letters, cards, 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.
- Find out about you by using public records or online search services, hiring investigators, going through your garbage, or contacting friends, family, neighbors, or co-workers.
- Posting information or spreading rumors about you on the Internet, in a public place, or by word of mouth.
- Other actions that control, track, or frighten you.

Stalkers:
A stalker can be someone you know well or not at all. Most have dated, been involved with, or are currently in dating relationships with the people they stalk.
According to the Stalking Resource Center (victimsofcrime.org):

- 2/3 of stalkers pursue their victims at least once per week, many daily, using more than one method.
- 78% of stalkers use more than one means of approach.
- Weapons are used to harm or threaten victims in 1 out of 5 cases.
- Almost 1/3 of stalkers have stalked before.
- Intimate partner stalkers frequently approach their targets, and their behaviors escalate quickly.

If you are being stalked, you may:

- Feel fear of what the stalker will do.
- Feel vulnerable, unsafe, and not know who to trust.
- Feel anxious, irritable, impatient, or on edge.
- Feel depressed, hopeless, overwhelmed, tearful, or angry.
- Feel stressed, including having trouble concentrating, sleeping, or remembering things.
- Have eating problems, such as appetite loss, forgetting to eat, or overeating.
- Have flashbacks, disturbing thoughts, feelings, or memories.
- Feel confused, frustrated, or isolated because other people don't understand why you are afraid.

Things you can do:

- **If you are in immediate danger**, call 911 or the Department of Public Safety Emergency number at **860-768-7777 (ext. 7777, if calling from a campus phone)**
- **Trust your instincts**. Don’t downplay the danger. If you feel you are unsafe, you probably are.
- **Take threats seriously**. Danger is higher when the stalker talks about suicide or murder, or when a victim tries to leave or end the relationship.
- **Develop a safety plan**, including things like changing your routine, changing your phone number, arranging a place to stay, and having a friend or relative go places with you. Also, decide in advance what to do if the stalker shows up at your home/dorm, work, school/class, or somewhere else.
- **Don’t Communicate** with the stalker or respond to attempts to contact you.

SEE SOMETHING – SAY SOMETHING
Safety on Campus
A Shared Responsibility
CRIME PREVENTION BULLETIN 16-1

- Keep evidence of stalking. When the stalker follows or contacts you, write down the date, time and place. Keep e-mails, call logs, voice messages, text messages, letters, notes, and social media contact.
- Contact the police or the Department of Public Safety. Bring all evidence and/or any witnesses you may have.

For more tips on Stalking please go to the Department of Public Safety website at https://www.hartford.edu/publicsafety/Crime%20Prevention/Stalking.aspx