

## What is Stalking?

If you've experienced stalking, it's important to know that these behaviors often start small and can escalate over time. Repeated unwanted contact, monitoring, showing up unexpectedly, tracking your online activity, or ignoring your boundaries are all warning signs, especially if they make you feel afraid, stressed, or change how you live your day. Trust your instincts, if something feels unsettling, that feeling matters. Noticing patterns early can help you protect your safety, document what's happening, and reach out for support when you're ready.

## What Should you Do?

### **Trust your instincts and name what's happening**

If someone's repeated contact, monitoring, or showing up makes you feel uneasy or unsafe, that feeling matters. You don't need to wait for things to get "worse" or label it perfectly to take it seriously.

### **Take small steps to increase your safety**

You can quietly reduce risk by adjusting routines, identifying safe places on campus, and letting at least one trusted person know what's going on. Safety planning is about options, not overreaction.

### **Document what's happening for yourself**

Keep a simple record of incidents with dates, times, screenshots, and notes about how it affected you. You don't have to decide what to do with this information now, but having it gives you choices later.

### **Reach out for support at your pace**

Talking with a counselor, advocate, campus support office, or trusted person can help you feel less alone and more grounded. Getting support does not mean you have to report or confront anyone, it's a way to protect yourself and keep options open.

### **Strengthen digital boundaries**

Tighten privacy settings, limit what you share online, block or mute accounts when safe to do so, and be cautious about location sharing and tagging. Digital stalking is common and deserves the same attention as in-person behavior.

## What if I'm not Ready

If you're not ready to address stalking right now, that's okay. Many students need time to process what's happening, especially when fear, confusion, or mixed emotions are involved. Not being ready does not mean you're minimizing it, doing something wrong, or missing your chance to get help later. You can focus on quiet, low-pressure steps that keep options open without forcing decisions. What matters is that you know the behavior isn't your fault, help will still be there when you're ready, and your safety and autonomy come first.