Topics in Campus Threat Prevention

Stalking, Cyberstalking, Obscene Calls & Threatening Emails

When students' sense of well-being is seriously threatened by these other-imposed behaviors, how will your campus react?

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For many students, college is a time when they are often on their own for the first time, meeting new people, and further developing their identities through academics and campus life. These experiences can be great, but coupled with students’ youth and naivete, they can also put them in unsafe situations if they’re not careful. One of these risks involves campus stalking.

The Modern Stalker

When using the term “stalking,” this doesn’t necessarily mean the stereotypical image of a masked stranger hiding behind the bushes. Stalking can involve multiple forms of unwanted contact, and often involves technology – whether it be obscene calls and voice-mails, threatening emails, mysterious online messages, and so on. Part of students’ risk has to do with their high volume of online activity as compared to that of older adults. And according to the National Center for Victims of Crime (NCVC), the stalking phenomenon as a whole is increasing.

“Stalking on college campuses is occurring at an alarming rate and it now appears that college students are at greater risk of being stalked than other populations,” says the NCVC’s website. A quick look at some data proves this point.

The Facts

“According to the most recent National Sexual Victimization of College Women Survey, more than one in eight, or 13 percent, of female college students surveyed had been stalked within a six- to nine-month period. This rate compares with the estimated one in twelve women and one in forty-five men who will be stalked in their lifetime,” says the NCVC report online. And, obviously, the problem isn’t limited to the stereotype of women being stalked by men.

“This could happen between same-sex friends, especially if, let’s say, two female friends are fighting over a guy, or if a nice male student helps another student in one of his classes, and the students fixates on him. We know that cases like that are out there,” says Cheryl Green, Program Associate for the NCVC. Green goes on to add that the goal isn’t to frighten students, but to educate them and campus officials on how to protect the students from being stalked.

“We don’t want to create total panic, we just want people to be aware,” Green explained.

What’s Been in the News

To increase awareness, take a look at some of the following headlines about campus stalking that span from the past few years to the present, and share them with your students and staff:

- “College Women Twice As Likely To Be Stalked,” posted online at http://fly.hiwaay.net/~garson/stalking0501.htm in 2001
- “Sexual Assault, Stalking Widespread on Campuses,” written on February 19, 2001 at http://www.womensEnews.org
- “Campus puts students at undue risk: while restricting ‘basic natural rights,’” posted online at http://www.ifeminists.com on February 12, 2002
- “Fear on Campus: The Problem and Prevalence of Stalking,” from the newsletter of the Stalking

What is Stalking?

"In general, stalking is one person’s harassing, obsessive, or threatening behavior towards another person. Any repetitive, unwanted contact between a stalker and a victim or any behavior that threatens or places fear in that person constitutes stalking. Each state defines stalking by its state criminal laws (statutes). There is a federal law against stalking as well."

-above definition posted in the online brochure entitled "Campus Stalking," by VAWnet.org, the National Online Resource Center on Violence Against Women
Stalking, Cyberstalking, Obscene Calls & Threatening Emails

**Some Eye-Opening Statistics**

The following facts from VAwnet, the National Online Resource Center on Violence Against Women, help shed some additional light on the issue of campus stalking:

1. The primary targets of stalking are young women between the ages of 18 and 29 (52%) – the traditional college student age.
2. More than 13% of college women indicated that they had been stalked in one college year.
3. 25% of the stalking incidents among college women involve cyberstalking.
4. Four in five campus victims knew their attackers…boyfriend or ex-boyfriend (42.4%), classmate (24.5%), acquaintance (10.3%), friend (9.3%), or coworker (5.6%).
5. Campus stalking incidents lasted an average of 60 days.
6. The most common consequence of campus stalking was psychological. In over 15% of the incidents, victims reported that the stalker threatened harm. In over 10% of the incidents, they reported forced or attempted sexual contact.
7. 83% of stalking incidents were NOT reported to police or campus law enforcement.
8. 93.4% of victims confided in someone, most often a friend, that they were being stalked.

For the full list of facts as listed in VAWnet’s online brochure, visit: http://www.vawnet.org/Intersections/OtherViolenceTypes/Stalking/CALCASA-CampusStalking.pdf

**Topic Overview**

- “Stalking, beating went unreported: Student hunted, attacked in dormitory,” from the October 29, 2003 edition of Sidelines Online, the student newspaper of Middle Tennessee State University
- “Student arrested for ‘cyber-stalking’…,” from the October 30, 2003 edition of The Carolinian Online, an independent student newspaper of UNC Greensboro
- “Cyberstalking is technology’s downside,” from the April 1, 2004 issue of the Seattle Post-Intelligencer
- “Campus stalking: a very quiet phenomenon,” from the Tufts University newspaper on October 21, 2004
- “Campus police looking to combat stalking,” from the October 28, 2004 edition of The Seahawk, the student newspaper of UNC Wilmington
- “Jacuzzo, Laurent advise students to be aware, cautious of stalking,” from The Nicholls Worth, the campus newspaper for Nicholls State University in Thibodaux, La, in February 2005
- “Campus Stalking Grounds,” in the February 4, 2005 issue of The Daily Free Press of Boston University
- “Risky Business: With more than 170,000 university students milling around Victoria’s campuses, small problems can escalate into dangerous, even criminal, incidents,” in the March 21, 2005 edition of The Age Online, an Australian news website (http://www.theage.com.au)

Articles like those listed above highlight the fact that campus stalking is an issue deserving a closer look for all students and campus officials.

**Risk Factors**

“The three biggies that put college students at risk anywhere involve email, IM (online instant messages through services such as AOL, MSN, etc.), and text messaging (on cell phones),” said Cheryl Green back at the NCVC. Green explained that students’ online activi-
ties at websites such as thefacebook.com also make them vulnerable to being stalked.

“It’s easy for students to stalk other students with websites like thefacebook.com, where information on where they go to school, what their name is, where they live, and their photo are all posted,” said Green. “We caution students against using services like these. My daughter is in her first year of college, and I told her the same thing,” she added.

So if students at your institution are anything like the norm, they take part in many activities on the Internet that can be dangerous to their safety. And while this risk may be within the student’s control, other factors putting them at risk may not be as easy for them to limit.

“Some of the very aspects that make campus life appealing aid the potential stalker. The campus is a closed environment where it is easy to determine a student’s schedule; it has a highly social atmosphere where stalking behavior may be confused with positive, romantic attention at first; student movement through the campus is predictable; and access to residences as well as academic buildings may be quite easy. One can easily find information about a selected student through the campus directory, including the student’s address, telephone number, and email address,” says VAWnet’s online brochure on campus stalking.

But the close-knit nature of a campus doesn’t mean its stalking risks are unavoidable.

“A campus environment can make it easy for someone to be stalked, but it also makes it easier for officials to deal with it—it’s a closed community, even if it’s a large campus. It’s helpful that there are judicial boards, options to restrict student access to certain halls, and there’s usually a computer network that IT can monitor. College officials can do a lot to protect the victim,” said Green. She adds that preventing campus stalking in the first place may be a little harder, but also not impossible.

Not sure your campus has what it takes to protect stalking victims or prevent it from happening in the first place? It may help to get advice from stalking experts and other colleagues in higher education.

“Trust your instincts. If it doesn’t feel right, it probably isn’t.”
~ Cheryl Green, the National Center for Victims of Crime
Clear Policies

The first step to address any campus threat effectively lies in defining policies clearly and fully. Dealing with campus stalking, then, should be no different. That’s what most experts would agree on – including one person once accused of stalking another student while in college.

“Schools have to strictly define the parameters of their definitions of stalking,” said a former New York University (NYU) student who asked to keep her real identity private. For the sake of this publication, she will be called Marie. Marie has worked for universities in various capacities and agrees with the need for protecting students, but learned from her own experience in college that institutions need to be careful about how they do so.

Pranking or Stalking?

“I once called this girl I knew from class with a friend on three-way to prank her,” Marie says. “He did a funny Barry White impression and said he had a crush on her, but since she didn’t recognize the guy, she got scared and put in a complaint with her RA afterwards. Later on, I happened to tell her I had been behind it, and then she found it funny. Even though she no longer wanted to press the issue then and tried to retract it with the housing office, once the complaint had been filed, they said they had to continue investigating the incident,” Marie explains, adding that she was then called into the manager’s office in her NYU residence hall.

“I could be wrong, but the way he was handling it, I suspect he didn’t fully know the bounds of the policy. He said once an issue where an official NYU policy is violated is in his hands, he had to follow up,” Marie said. After this, Marie was placed on housing probation, despite the fact that the student Marie pranked confirmed that they were indeed friends and that she did not, in fact, feel threatened.

Clear Policies

Stalking, Cyberstalking, Obscene Calls & Threatening Emails

Best Practices & Expert Opinions

“The policy’s goal should be to address unwanted, harassing contact and stalking. What I did may have been immature, but stalking and immaturity are different—one policy shouldn’t address both,” Marie concluded.

Others agree that there is a fine line between college pranks and the more serious threat of stalking. How should campus officials deal with the gray areas?

How to Respond

“You always have to take it seriously,” says Larry Perez, the Assistant Director of Residence Life at Stevens Institute of Technology in Hoboken, New Jersey. “You must proceed, but when you meet with the people involved, you have to try and figure out the level they’re at before throwing the book at them,” he said.

Perez says conveying the seriousness of the issue to the student being accused of stalking is critical.

“You have to go with it as being more serious than not; the person receiving this contact may not see it as a prank no matter what the other student says,” Perez concluded.

The Importance of Context

Cheryl Green agrees that all reports need to be taken seriously, no matter how innocent they may seem on the surface.

“You really have to think about the context of a situation,” says Green. “Let’s say, in the most extreme scenario, that a guy tell his ex-girlfriend that on the day she gets flowers from him is the day she dies. Well, if she gets an anonymous delivery of flowers after he’s been harassing her, she can view that as stalking. Yet others who won’t know about that background may dis-
Miss her fears, or even tell her she’s lucky to have a secret admirer sending her flowers," said Green.

Former NYU student Marie agrees that the variety of possible contexts is an important factor when handling reports of stalking. While Marie’s friend no longer felt stalked once she knew Marie had been behind that call, she initially had a good reason to report the incident.

“I never knew this, but it turns out she had been stalked by a guy before, so that’s why she got so scared after I pranked her with my friend,” Marie explains.

The best bet to effectively deal with stalking, then, involves a mix of listening skills, common sense, asking lots of questions, and instituting clearly defined policies and procedures on your campus.

“What we do here is give a general definition that stalking is a course of conduct that places a person in fear. That’s all it takes to make it stalking,” said Green. She said each state’s stalking definitions may include fear of bodily harm or death, or even fear of harm to loved ones, and so on, in varying degrees. But either way, once the person is fearful, they can report it as stalking. And Green adds that the victim’s own action, or lack of action, should not be questioned.

When Does Stalking Begin?

“A colleague of mine gives a stalking example to students and asks them where the stalking begins. He tells them that two college students meet and go out. After, he calls her to say he had a good time, but she doesn’t call back. So eventually he waits for her at her job, and as days progress, he keeps calling and his messages get more and more angry. Towards the end, he says, ‘If you didn’t want to talk to me, you should say so,’” Green says. “Some said the stalking began when he went to her job. Others said it was when he didn’t get the hint and kept calling repeatedly. But it actually began when she began to feel fear,” Green explained.

“Students sometimes say after this, ‘I would have handled it differently,’ or ‘Why didn’t she call and tell him to leave her alone?’ But those actions may or may not have stopped him, and the law doesn’t say that either,” said Green.

To those who may feel that fear alone can be an iffy basis for such a serious allegation, keep in mind that most stalking cases go unreported—or get reported too late.

“With stalking cases, it takes a while to get to the point of fear,” Green says. So by the time fear sets in, in most cases, the person has indeed been stalked—and for some time.

When Stalking Isn’t Reported

Kiran Singh, a Residence Life Coordinator at Penn State University, has also seen cases of campus stalking incidents that were initially unreported.

“Last semester, one of the students here dated this guy. They broke up, but he wouldn’t leave her alone. He knew she had a late-night campus job, and he’d show up there and follow her, but she didn’t think to tell anyone. Well, one night fire alarms went off here while I was on duty. As it turned out, campus police called me to tell me two students hadn’t vacated the building. It turned out to be her and her roommate. She was crying and told us the story, and that he’d been pounding on her door that night and telling her to come out. She wouldn’t open the door. When he finally left, the alarms went off about 10 minutes later. She had a feeling he had pulled the alarm to get her to leave the room, and sure enough, she was right,” Singh said.

When campus police dusted the alarm box for fingerprints, they were able to trace them back to the student’s ex. He was told to vacate campus housing within 24 hours, was no longer allowed in any residence hall, and spent the night in jail. But Singh said these were only small victories compared to what his victim had gone through for so long.

“I wish she would have told us sooner. That’s what the RAs, our office, the counseling center, and campus safety are here for. It shouldn’t go on so long and have
to get to the point where a false fire alarm is caused on purpose, which is a federal offense, and hundreds of students are affected,” Singh said, adding that she was also disappointed that other students on the floor hadn’t reported the disruption before the fire alarm was pulled.

**What’s Working at Penn State**

Despite the delayed reporting of this stalking incident, Singh says it was resolved satisfactorily because of the good relationship between campus safety and Residence Life.

“Our campus police are real officers who can make arrests, do drug searches, and things like that all on their own. But they work with us and never shut us out of incidents. The fact that we work together, include each other and communicate is what makes our response to problems much more effective and efficient,” Singh said.

Singh adds that Penn State offers stalking victims the option of going to campus police to officially report the stalking and begin an investigation, or to have Residence Life use an administrative directive. The directive is like a restraining order, but is issued by the school to keep the students involved away from each other without involving law enforcement authorities.

“That way, if the victim wants to, they can avoid going to legal lengths. But if either one violates the directive, they may be asked to leave campus housing,” Singh explained. “It’s good to be able to offer them options, though, since some students feel that going to police would ruin the stalker’s life, and they may not be able to do that.”

And Cheryl Green agrees that this kind of choice is important. Stalking victims often just want the behavior stopped, and many alleged stalkers do so once they realize the unintended effect they’ve had.

“Measures like these may be enough to stop someone who’s not intentionally stalking and is just try to get an ex back,” Green said.

**Educating Students**

The best way to counteract this lack of awareness on the students’ part lies in regularly educating them on their risks.

“I always tell students to be careful replying blindly to ads online, and not just for things like online dating. Job ads online can be risky! Sending a stranger your resume, with your address and number on it, isn’t always a safe thing to do,” said Charles Winters, Property Manager for the New Yorker Residence of Educational Housing Services in New York. He has seen what can happen when personal information gets into the wrong hands.

“A friend of mine worked for a nightclub and had to post his contact information when promoting the events, and he ended up being stalked,” Winters said. A variety of part-time jobs popular among college students can pose this risk, from tutors to RAs.

**What’s Working at Educational Housing Services**

With all the focus on preventing students from being stalked, it’s equally important to remember that protecting your staff from stalking is critical, too.

“Even the RA job is one that could put students at risk since RAs often have to give their contact info out to students and staff,” Winters said. “That’s why we provide our RAs with cell phones, so their personal numbers aren’t out there on the duty calendars we give out to everyone. That has really helped us avoid any stalking problems among our staff,” Winters said.

**What’s Working at Loyola University New Orleans**

At Loyola University New Orleans, the Women’s Resource Center hosts a number of events to increase student awareness on stalking and other campus threats such as dating violence and rape.

For instance, April 4-8, 2005 was Stalking Awareness Week. During this time, tables were set up...
Topics In Campus Threat Prevention

Stalking, Cyberstalking, Obscene Calls & Threatening Emails

Best Practices & Expert Opinions

with stalking awareness materials and resources. Then on April 15 and 16, the campus offered a “rape aggression defense class.” Other events included group discussions, documentary showings, and poster presentations on these topics to help students grasp the issues in a way they could relate to.

What’s Working at Clarion University

Another big part of keeping students safe has to do with reminding them of the resources that are available to them.

At Clarion University of Pennsylvania, the Department of Public Safety distributes a very thorough brochure to students, educating them on campus stalking. Its information includes:
- a step-by-step breakdown of the investigative process for any stalking incident
- a “stalking incident log report” form for students to keep track of any stalking activity they are a victim of
- a detailed list of campus contact information (emergency, public safety, counseling, etc.)
- definitions and data on stalking
- explanations of state and university laws on stalking
- advice on how to cope with being stalked

This brochure can be viewed by visiting the following website: http://www.clarion.edu/admin/publicsafety/Crime%20Prevention/stalking%2003.pdf

Students need to be educated in multiple ways about stalking risk factors and what to do if it happens to them. Knowing they have places to go if they have a problem can help a victim feel less frightened. Creating materials like this one from Clarion University may help your students and staff increase awareness when it comes to campus stalking.

Protecting Student Information

Another important part of reducing the threat of campus stalking involves training staff to protect the privacy and confidentiality of student information. This should include a quick response to any staff found violating this rule.

“A few years ago, some of the security guards in our residence hall got friendly with me, I guess because they knew I used to work security jobs at apartment buildings and banks. So even though I was also a student living there, they related to me and trusted me, and would sometimes show me student’s pictures and information in the student logbook they had up front,” says a graduate of Hunter College in New York who wishes to remain anonymous.

“A lot of that security staff was fired later on, and I think it may have had to do with their crossing the lines like that. It definitely could’ve been a dangerous thing to do,” he said.

What’s Working at Hunter College

Protecting students’ privacy has always been a priority at Hunter College’s Brookdale Residence Hall. There, RAs are encouraged to decorate their floors and the residents’ doors, but without posting private information.

“The students themselves may put things up on their own door with their name, but the RAs don’t. They’re instructed to avoid doing so to limit the chances of someone they may have history with finding them,” said the former Hunter student.
Why They Don’t Report

Getting into the mind of the campus stalking victim is a great tool for learning how to help them. Perhaps as an opening to a discussion on stalking, ask your staff to brainstorm the reasons students often cite for not having reported a stalking incident. Jot these down on newsprint for all to see. You may even want to train them to do this with students themselves at events focusing on increasing students’ awareness of stalking. Follow up with actual data as an effective wrap-up.

The Mind of a Stalker

Getting into the mind of the stalker can be another useful activity. Knowing how stalkers think and operate can be a key factor in preventing students from being able to easily stalk others. A discussion like this can also dispel myths about stalkers (such as the idea that victims are always female, or the fact that stalkers don’t always follow their victim in person; they may simply monitor their online activities, phone calls, etc.). You can make this into an activity by asking your staff to suggest reasons stalkers begin stalking someone. Check out information in the “Topic Overview” of this section so you can share the facts. Why would people want to stalk someone?

Risk Factors

A good follow-up to thinking of the motivations behind stalking involves the logistics of stalking. Have your staff answer open-ended questions you create about the risks students face on your campus that stalkers can take advantage of. Perhaps they can do this in small groups and present their thoughts afterwards. This can also be done more formally, with the entire
Stalking, Cyberstalking, Obscene Calls & Threatening Emails

Discussion Questions

Discussing your thoughts on some of the most commonly asked questions about stalking can be a helpful training tool for any staff. According to VAWnet.org, some of these questions often include:

1. Who are the stalkers? How are they classified?
2. Who is most at risk of being stalked?
3. Why should a report be filed?
4. What if the victim doesn’t want the stalker to be arrested or undergo a campus judicial process?
5. What if there isn’t enough evidence?
6. Should a victim get a restraining order?
7. What’s the best course of action for a campus victim of stalking?
8. How can the institution respond to stalking behaviors?
9. How can you tell if a stalker is dangerous?
10. What does a stalking safety plan involve?
11. What can students do to protect themselves from being stalked?
12. What can college officials do to prevent students from being stalked?
13. How would/does your institution define the difference between practical jokes and stalking? What would the course of action be for each?
14. After a stalking incident, what kind of resources can and would be offered to the victim?
15. What resources are available to campus officials looking to learn more about stalking?

Many of the above questions, their answers, and additional information can be found at http://www.vawnet.org/Intersections/OtherViolenceTypes/Stalking/CALCASA-CampusStalking.pdf
Discuss the following scenarios with students and staff to help them understand the issue of stalking and what to do about it:

**The Class Project Partner**
A female student is assigned a partner for a class project. The work sessions are friendly enough, and she doesn’t mind meeting with him or the fact that they must contact each other often for the project. However, at times his calls and emails to her are not limited to discussing their class.

After the project is over, he continues to call and email her. He makes small talk and is friendly, and she goes along, not wanting to offend him. Yet she doesn’t enjoy talking to him and feels uncomfortable. His emails make her feel awkward because sometimes he forwards email jokes of a somewhat graphic nature to her and a group of other people.

Is this stalking? What could be done to resolve the situation?

**Can’t Let Go**
A freshman male student is dating a girl on his floor. The relationship is rocky because it is the first relationship for both. They break up mutually, but he finds that he gets jealous seeing her with other guys afterwards. His friends remind him that he, too, wanted to break up, and she even tells him the same after a few tense interactions in the hall.

After some particularly heated exchanges a few times when he’s had a bad day, she tells him to leave her alone. This upsets him, and he can’t stop being aware of her presence and activities, and even asks other students where she is and what she’s doing when he hasn’t seen her for awhile.

Is this stalking? What are some of the factors that have intensified the problem?

**The Party Pal**
A student (either male or female) goes to a party one Friday night. He/she drinks a lot and doesn’t remember much of the night. Sunday, he/she gets a call from someone of the same sex that he/she met at the party who sounds friendly and leaves his/her number. The student doesn’t call back because the/she can’t even recall meeting this person.

But the person calls back once every couple of days, eventually asking him/her to come to a party that he/she is going to. Still not getting any answer, the person emails the student, saying, “It’s really hard to meet cool people sometimes, so I hope to hear from you soon. It would be great to hang out! Will you be at the party?”

Is this stalking? Does your answer to that question change depending on the gender of the people involved?
Stalking, Cyberstalking, Obscene Calls & Threatening Emails

Websites
- The National Center for Victims of Crime (NCVC) Stalking Resource Center: http://www.ncvc.org
- The Anti-stalking website: http://www.antistalking.com/
- The National Online Resource Center on Violence Against Women: http://www.vawnet.org
- The ACTION OHIO Coalition for Battered Women “Stalking on Campus” resource: http://www.actionohio.org/Stalking_on_campus.htm

Books
- Stalkers and their Victims by Paul E. Mullen, Michele Pathe, Rosemary Purcell, published by Cambridge University Press, 2000

Resources
- How to Stop a Stalker by Mike Proctor, published by Prometheus Books, 2003

Videos
- “Till Death Do Us Part: The Domestic Violence Stalker.” $225, plus $15 for shipping and handling (and $18.60 sales tax for California residents) from Dublin Productions, Inc., P.O. Box 1410, Poway, CA 92074
- “Stalked? What to Do.” This ten-minute video has facts on stalking and can be requested by contacting the Dover, New Hampshire police department at (603) 742-4646. For more info, visit http://www.ci.dover.nh.us/police/anti_stalking.htm

Journals
- Journal of Interpersonal Violence, Editor: Jon R. Conte, University of Washington
- Howard Journal of Criminal Justice, Editors: David Wilson and Tony Fowles, published on behalf of the Howard League for Penal Reform
- Journal of College Counseling, A publication of the American College Counseling Association (ACCA)

Policies on Stalking
Cheryl Green at the NCVC said the Stalking Resource Center has sample stalking policies from a variety of campuses that they are willing to share with schools looking to develop their own policy. Contact the NCVC at 202-467-8700 for more information.