Bulletin Board Packet

*Stalking is No Joke*

**Description:** This bulletin board packet reviews the definition and prevalence of stalking behaviors, how to distinguish stalking from normal behavior(s), how to document harassing behavior(s) in person and online, and where to seek support on campus and in the community. If you have any questions or would like additional information or materials, please contact the Office of Health Promotion at (610) 519-7407 or e-mail us at healthbytes@villanova.edu.

**When to display the board:** February (healthy relationships month) and April (sexual assault awareness month)

**Instructions for assembling this board:**

- Print and cut out the *It’s No Joke!* header alongside the first meme (“Stalking is when two people go for a long romantic walk together but only one of them knows about it”).
- Print the Pennsylvania law and Villanova policy statements and post next to each other to clearly define stalking.
- Place the male and female statistics anywhere you like on the board.
- The “secret admirer” infographic should be posted near the “Reasons College Women Do Not Report Stalking” information.
- The “Stalker Tactics” infographic should be displayed alongside the “normal” meme.
- “The Things You Can Do” graphic should be placed near the remaining resources that students can take with them.
- Several copies of the Stalking and Incident Behavior Change Log should be made and tacked to the board so that students may grab a copy as they pass by. Note: the log is a two-sided handout – be sure to print it as one page.
- Copies of smart cards for LinkedIn, Facebook, Twitter and Google + are all included in the packet. Please make copies of the ones you think are most appropriate for your residents and make them available on your bulletin board.
- Extra memes are included at the end of this packet in case you want to switch some out or utilize more memes on the bulletin board.

**Ways to alter the board:** Consider breaking up the social media smart card information into social media safety segments across several months of the year regarding general social
media safety. Update the popular images provided that may minimize stalking behaviors (e.g., movies, TV shows, memes, etc.). Using the popular images that are in this packet or that you compile separately, use an overarching theme that appeals to your residents (e.g., Game of Thrones memes) to present the information. Be particularly careful not to minimize the issue of stalking with the images/memes that you choose.
Stalking is when two people go for a long romantic walk together but only one of them knows about it.
In the state of Pennsylvania, a person commits the crime of stalking when the person either: (1) engages in a course of conduct or repeatedly commits acts toward another person, including following the person without proper authority, under circumstances which demonstrate either an intent to place such other person in reasonable fear of bodily injury or to cause substantial distress to such other person; or (2) engaged in a course of conduct or repeatedly communicates which demonstrate or communicate an intent to place such other person in reasonable fear of bodily injury or to cause substantial emotional distress to such other person.
Villanova's policy:
Stalking is a pattern of repeated and unwanted attention, harassment, contact or any other course of conduct directed at a specific person that would cause a reasonable person to fear for his or her safety, or suffer substantial emotional distress. This includes cyber-stalking, a particular form of stalking in which electronic media such as the Internet, social networks, blogs, cell phones, texts, or other similar devices or forms of contact are used to pursue, harass, or make unwelcome contact with another person.
Experience stalking by a current or former partner: 44%

Experience stalking by an acquaintance: 32%
Women experience stalking by a current or former partner: 61%

Women experience stalking by an acquaintance: 32%
remember when stalkers called themselves “secret admirers”?
Reasons College Women Do Not Report Stalking

- 72% didn't think it was serious enough
- 45% Didn't know it was a crime
- 34% Thought it would not be taken seriously
Stalker Tactics

Posts threatening or inappropriate content on their own social media networks or on the person's own networks

Left unwanted cards, letters, flowers or presents

Left strange or threatening items

Sneaked into person's car or home

Made unwanted calls and hang-ups

Watched, followed or spied on person

Approached person and/or showed up in places where the person was

Sent unwanted emails, messages, & posts

Uses spyware to track location and outgoing texts, posts and calls from person's phone

I am just going to keep calling and texting you until you understand how normal I am.
THINGS YOU CAN DO

Stalking is unpredictable and dangerous. No two stalking situations are alike. There are no guarantees that what works for one person will work for another, yet you can take steps to increase your safety.

If you are in immediate danger, call 911.

Trust your instincts. Don’t downplay the danger. If you feel you are unsafe, you probably are.

Take threats seriously. Danger generally is higher when the stalker talks about suicide or murder, or when a victim tries to leave or end the relationship.

Contact a crisis hotline, victim services agency, or a domestic violence or rape crisis program. They can help you devise a safety plan, give you information about local laws, refer you to other services, and weigh options such as seeking a protection order.

Develop a safety plan, including things like changing your routine, 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, work, school, or somewhere else. Tell people how they can help you.

Don’t communicate with the stalker or respond to attempts to contact you.

Keep evidence of the stalking. When the stalker follows you or contacts you, write down the time, date, and place. Keep e-mails, phone messages, letters, or notes. Photograph anything of yours the stalker damages and any injuries the stalker causes. Ask witnesses to write down what they saw.

7.5 million people are stalked each year in the United States.

Contact the police. Every state has stalking laws. The stalker may also have broken other laws by doing things like assaulting you or stealing or destroying your property.

Consider getting a court order that tells the stalker to stay away from you.

Tell family, friends, roommates, and co-workers about the stalking and seek their support. Tell security staff at your job or school. Ask them to help watch out for your safety.

Women are stalked at a rate two times higher than men.
Stalking Incident and Behavior Log

If you are a victim of stalking, it can be critical to maintain a log of stalking-related incidents and behavior, especially if you choose to report it and pursue either an administrative (campus) or legal investigation. Recording this information will help you to document the behavior and to help preserve your memory of individual incidents which you might later report or testify.

The stalking log should be used to record and document all stalking-related behavior, including harassing phone calls, text messages, social media posts, letters, e-mail messages, acts of vandalism, and threats communicated through third parties. When reporting the incidents to Public Safety or to law enforcement, always write down the officer’s name and badge number for your own records. You should always request a copy of any report completed by Public Safety and/or law enforcement for your own records as well.

Documenting stalking behavior can be a difficult and emotionally exhausting task. Utilize the resources available to you for support, options available, and planning for safety.

On the other side of this sheet is a log template for you to use in tracking incidents as they occur.
<table>
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<th>Date Time</th>
<th>Description of Incident</th>
<th>Location of Incident</th>
<th>Witness Name(s)</th>
<th>Public Safety and/or Law Enforcement Contact(s)</th>
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Adapted from the Stalking Resource Center
http://victimsofcrime.org/our-programs/stalking-resource-center
LinkedIn Smart Card

Social Networks - Do's and Don’ts

- Only establish and maintain connections with people you know and trust. Review your connections often.
- Assume that ANYONE can see any information about your activities, personal life, or professional life that you post and share.
- Ensure that your family takes similar precautions with their accounts; their privacy and sharing settings can expose your personal data.
- Avoid posting or tagging images of you or your family that clearly show your face. Select pictures taken at a distance, at an angle, or otherwise concealed. Never post smartphone photos and don’t use your face as a profile photo, instead, use cartoons or avatars.
- Use secure browser settings when possible and monitor your browsing history to ensure that you recognize all access points.

Managing Your LinkedIn Profile

LinkedIn is a professional networking site whose users establish connections with co-workers, customers, business contacts, and potential employees and employers. Users post and share information about current and previous employment, education, military activities, specialties, and interests. To limit exposure of your personal information, you can manage who can view your profile and activities.

Profile Settings

Apply the Profile settings shown with arrows below to ensure that your information is visible only to people of your choosing.

What others see when you’ve viewed their profile

- Set visibility to totally anonymous

Who can see your activity feed

- Set visibility to Only you

Who can see your connections

- Set visibility to Only you

Viewers of this profile also viewed...

- Set visibility to My Connections

LinkedIn Quick Facts

- There are over 100 million LinkedIn users around the world. Aside from the US, LinkedIn is widely adopted in India, Brazil, and the UK.
- Users tend to share information related to their careers or jobs as opposed to photographs from parties or social events.
- LinkedIn profiles tend to be more visible and searchable than in social networks such as Facebook.
- Paid LinkedIn accounts have access to more information about other users, such as connections, than free accounts.
- The type of information users can see about each other depends on how closely they are connected (1st, 2nd, or 3rd degree).
Facebook Smart Card

Social Networks - Do's and Don’ts

- Only establish and maintain connections with people you know and trust. Review your connections often.
- Assume that ANYONE can see any information about your activities, personal life, or professional life that you post and share.
- Ensure that your family takes similar precautions with their accounts; their privacy and sharing settings can expose your personal data.
- Avoid posting or tagging images of you or your family that clearly show your face. Select pictures taken at a distance, at an angle, or otherwise concealed. Never post Smartphone photos and don’t use your face as a profile photo, instead, use cartoons or avatars.
- Use secure browser settings when possible and monitor your browsing history to ensure that you recognize all access points.

Minimizing your Facebook Profile

Access Facebook Privacy Setting Here

Facebook has hundreds of privacy and sharing options. To control how your personal information is shared, you should use the settings shown below (such as Only Me, Friends Only) for (1) Privacy, (2) Connecting, (3) Tags, (4) Apps/Websites, (5) Info Access through Friends, and (6) Past Posts.

1. Change to “Friends Only”

2. How You Connect

3. How Tags Work

4. Choose Your Privacy Settings - Apps, Names, and More

5. Info accessible through your friends

6. Limit The Audience for Old Posts on Your Profile

Limit Old Posts to Friends Only
Social Networks - Do's and Don'ts

- Only establish and maintain connections with people you know and trust. Review your connections often.
- Assume that ANYONE can see any information about your activities, personal life, or professional life that you post and share.
- Ensure that your family takes similar precautions with their accounts; their privacy and sharing settings can expose your personal data.
- Avoid posting or tagging images of you or your family that clearly show your face. Select pictures taken at a distance, at an angle, or otherwise concealed. Never post Smartphone photos and don't use your face as a profile photo, instead, use cartoons or avatars.
- Use secure browser settings when possible and monitor your browsing history to ensure that you recognize all access points.

Managing Your Google+ Profile

Google+ provides privacy and sharing options using Circles. Circles are groups that users create for different types of connections, such as family, friends, or colleagues. Content is shared only with circles you select. Google+ requires that users provide real names - no pseudonyms.

Profile Settings

Apply and save the Profile settings shown below to ensure that your information is visible to only people of your choosing.
Twitter Smart Card

**Social Networks - Do's and Don'ts**

- Only establish and maintain connections with people you know and trust. Review your connections often.
- Assume that ANYONE can see any information about your activities, personal life, or professional life that you post and share.
- Ensure that your family takes similar precautions with their accounts; their privacy and sharing settings can expose your personal data.
- Avoid posting or tagging images of you or your family that clearly show your face. Select pictures taken at a distance, at an angle, or otherwise concealed. Never post Smartphone photos and don't use your face as a profile photo, instead, use cartoons or avatars.
- Use secure browser settings when possible and monitor your browsing history to ensure that you recognize all access points.

**Managing your Twitter Account**

Twitter is a social networking and microblogging site whose users send and read text-based posts online. The site surged to worldwide popularity with +300 million active users as of 2011, generating 300 million tweets and 1.6 billion search queries daily.

**tweets**

“Tweets” are short text-based messages – up to 140 characters – that users post to Twitter. “Tweet” can refer to a post as well as to the act of posting to Twitter. Tweets are public, indexed, and searchable unless protected by the user. Many users never Tweet, choosing only to follow persons or topics of interest.

Hashtags (#topic) are used to mark a keyword or topic in a Tweet. Posts with hashtag are categorized by topics in the Twitter search engine. Hashagged words that become popular become Trending Topics (ex. #jan25, #egypt, #xsxw).

Mentions (@username) are used to tag a user in a Twitter update. When a public user mentions a private Twitter account, the link to the private account profile becomes public.

**Profile Settings**

Apply the Profile settings shown below to ensure that your information is visible only to people of your choosing.

- DO NOT use a face photo
- Use nicknames, initials, or pseudonyms
- Use general location, such as a country or a metropolitan area

**Twitter Best Practices**

- Avoid using hashtags (#) in updates to avoid being indexed and associated with a topic by Twitter Search.
- Tweet responsibly. Do not provide personal details regarding your whereabouts and activities in your post.
- Do NOT upload links to personal photos or websites on Twitter.
- Do NOT allow Twitter to use your location on mobile devices.
- Change your Twitter username periodically to limit account exposure.
Stalking is all fun and games. Until you accidently press the Like-button.

“YOU DON'T WANT ME TO BE YOUR GIRLFRIEND ANYMORE?”

“OF COURSE I'LL MARRY YOU!”
Not Stalking. Just watching you.
Always.

IT'S NOT FACEBOOK STALKING
IT'S INTERNET RESEARCH