What Stalkers Do:
- Stalkers will attempt to control, track and frighten you in a variety of ways, such as:
- Follow you—show up where you are
- Repeatedly call you at home, at work and on your cell phone
- Send unwanted flowers, gifts, cards, letters
- Constantly attempt to contact you by email, text message or social web sites
- Monitor your phone calls and computer use
- Try to find out about you by contacting friends, family, neighbors and co-workers
- Drive by or hang out around your home, work or school
- Use technology to track you—hidden camera, GPS etc.
- Find out about you through public records, on-line searches, going through your car, backpack, purse or garbage
- Damage your property
- Threaten to hurt you, your family, friends or pets

Why do they do it?
The most common reason for stalking is a relationship gone bad. Experts call this “Simple Obsession Stalking,” which is categorized by a previous romantic or sexual relationship in which one party is unhappy about the break-up. Men and women can both become stalkers in this situation, but national studies show that nearly 80% of reported cases involve a man stalking a woman.

Stalkers don’t necessarily have psychological disorders. In fact, research indicates that most stalkers have above average intelligence, but they do have emotional/personality disorders.

Common Characteristics:
1. Socially maladjusted
2. Emotionally immature
3. Difficulty maintaining socially acceptable relationships
4. Very insecure—low self esteem
5. Extremely jealous—bordering on paranoid
6. Tendency to feel powerless creating a need to control others

Rarely, a stalker may develop an obsession with someone they don’t know personally. This form of stalking usually involves a person stalking a celebrity or public figure.

Any form of stalking is a crime. Contact your local law enforcement agency if you feel someone is stalking you.
**Nevada Harassment and Stalking Law:**
In Nevada, Stalking is defined as engaging in “a course of conduct that would cause a reasonable person to feel terrorized, frightened, intimidated or harassed, and that actually causes the victim to feel terrorized, frightened, intimidated or harassed . . .”

Full text of harassment and stalking laws can be viewed on the Nevada Legislature web site:
http://leg.state.nv.us/law1.cfm
Reference Nevada Revised Statutes:
200.571—200.601

**Federal Interstate Stalking Law:**
It is a federal crime to travel across state, tribal or international lines to stalk someone. The federal law includes stalking by mail, email or internet across state lines.

Full text of interstate domestic violence and stalking law can be viewed at:
www.gpoaccess.gov/uscode under United States Code
Reference 18 U.S.C. Sect. 2261A

University Police can give an informational presentation on stalking to your group.
Contact: unrpd@police.unr.edu

**What you can do**
Stalking is unpredictable and dangerous and no two situations are the same. That makes it difficult to know how to react or to protect yourself. Here are some suggestions to keep yourself safe:

1. If you are in immediate danger, call 911
2. Take threats seriously. Danger to you is highest when the stalker talks about suicide or murder
3. Talk to law enforcement or victim services agencies to learn what options are available to you—such as seeking a protection order and help with creating a safety plan
4. Create a safety plan and talk to friends and family members about your situation—they can help you protect yourself
5. Document everything—stalking is defined as a series of events—keeping a log of all contact is crucial evidence in proving your case
6. Report stalking to the police—every state has stalking laws. Stalkers often break other laws such as stealing or destroying your property. Report all incidents to the police
7. Once you have asked the stalker not to contact you, NEVER respond to calls, emails, text messages mail or gifts.—and never initiate contact with the stalker.

*A stalker’s goal in life is to force you into some sort of contact—responding to him/her only makes him/her more determined to pursue you

*Contacting a stalker may compromise your case. The courts may see it as uncertainty on your part, or an unclear message to the stalker leading him/her to believe you want to stay in touch.

**If You are a Victim of Stalking:**
Stalking is an individual and very personal crime. No two situations are exactly the same, but if someone is stalking you—some common reactions are listed below. You may:
- Feel fear of what the stalker may do
- Feel vulnerable, unsafe and not know who to trust
- Feel nervous, irritable, uneasy or on edge
- Feel depressed, hopeless overwhelmed, tearful or angry
- Feel stressed, have trouble concentrating, sleeping or remembering things
- Have a loss of appetite - forget to eat or over-eat
- Have disturbing thoughts, feelings or memories
- Feel confused, frustrated and isolated because nobody understands why you’re afraid

For additional information and sample Stalking Incident Logs and Safety Plans, visit the National Center for Victims of Crime, Stalking Resource Center website at:
www.ncvc.org/src

**Local Resources:**
Report stalking crimes on campus to University Police Services:
- Call 911 If you are in immediate danger
- Call 327-2677 if you are not in immediate danger, but need an officer to respond to your location
- Stop by the Police Services Office in the Fitzgerald Student Services Building
- File an online report at www.unr.edu/police
- Call the Reno Police Department Victim Services Unit at: 333-7789 to speak to an advocate.
- Crisis Call Center 24 hour line: 775-784-8090—www.crisiscallcenter.org

For information on other local resources, Call Nevada 211