

CYBER STALKING: The Use of Technology to Stalk

What is Cyber Stalking?

Cyber stalking is the use of any sort of technology to stalk or repeatedly harass another individual. Cyber stalking can involve email, instant messaging, Facebook, Myspace, text messaging, repeated calling, GPS, message boards, chatrooms etc. Cyber stalking is unwelcome behavior that is intrusive and unnerving for the victim.

HOW TO RECOGNIZE CYBER STALKING

- Cyber stalking is methodical, deliberate, and persistent.
- Communications do not stop even after the recipient has asked the sender to cease all contacts.
- Messages often include inappropriate and even disturbing content.
- Cyber Stalking can include, but is not limited to:
 - Repeated and unwanted emails, phone calls, or messages
 - Assuming the victims persona online in order to post information or solicit unwanted communication from others
 - Monitoring the victim's use of technology whether through call or text histories, website histories, updates to personal profiles etc.

Information is Power

Cyber stalking can occur from strangers, acquaintances, or significant others. It can be the main form in which stalking occurs as well as just a phase of a larger pattern of stalking or intimate partner violence. As with any abusive behavior pattern, stalking (cyber or otherwise) is about power and control and through the information communication systems like the internet, phones, GPS services etc., information is power in the hands of stalkers.

WHAT YOU CAN DO IF YOU ARE BEING CYBER STALKED:

1. Make clear that the contact is unwanted and that the person should not contact you again. Do not respond to their messages or have anyone else speak on your behalf.
2. Save all offensive messages that you might receive.
3. Do not confront the stalker if they continue to harass you.
4. Think about filing a complaint with the stalker's Internet Service Provider and with local law enforcement.
5. Call a Sexual Assault Peer Advocate (SAPA) for more information and to explore your options.

WHAT TO DO WHEN A VICTIM OF CYBER STALKING ASKS FOR HELP:

1. Ask the individual to clearly tell the harasser to stop
2. Save all documentation and communication threads
3. Complain to the appropriate parties
4. Determine your desired result
5. Utilize on-line resources
6. Be willing to take advice from the online resources
7. Suggest that the victim call SAPA for additional information.

Safety Tips to Avoid Cyber Stalking:

- Do not respond to online provocation.
- Block or ignore unwanted users.
- Choose a genderless screenname.
- Keep your primary email address private.
- Do not give out any personal information.
- If a situation become hostile, log off.

ONLINE RESOURCES

W.H.O.A. (Working to Halt Online Abuse)

www.haltabuse.org

CyberAngels

www.cyberangels.org

GetNetWise

www.getnetwise.com

Safety Ed International

www.safetyed.org

CyberGuards

www.cyberguards.com/CyberStalking.html

Department of Justice

www.usdoj.gov/criminal/cybercrime/cyberstalking.htm

Cyber 911 Emergency

www.wiredsafety.org

CAMPUS RESOURCES

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Sexual Assault Educator

757-221-7369

Donna Haygood-Jackson

Director of Sexual Assault Services

757-221-3620

Dean of Students

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SAPA

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