

What to Do If You Believe You Are Being Stalked as a College Student

If you think you are being **stalked**, taking immediate steps to protect yourself, document incidents, and seek support is crucial. Here's a **step-by-step guide** on what you should do:

1. Recognize the Signs of Stalking

Stalking behaviors may include:

- Repeated, **unwanted communication** (texts, calls, emails, DMs).
- **Following** you or showing up where you are.
- **Monitoring** your location, checking your social media activity.
- **Leaving gifts, notes, or making threats** (direct or indirect).
- **Vandalizing** your property.
- **Harassing** your friends or family to get to you.

If you **feel unsafe** or uncomfortable due to repeated behavior, **trust your instincts** and take action.

2. Document Everything

Keeping records helps establish a pattern of stalking for legal and campus action.

- **Save messages, emails, voicemails, and take screenshots.**
- **Write down incidents** (dates, times, locations, and a brief description, write the facts).
- **Take pictures of evidence**, such as notes left behind, vehicle descriptions, or damage to property.

3. Do Not Engage With the Stalker

- **Do not respond** to messages, threats, or attempts at contact.
- **Block them** on social media and phone but continue documenting any contact attempts.
- **Avoid sharing personal updates or locations** publicly.

4. Seek Immediate Safety: Go to a Safe Place & Ask for Help

- If you feel unsafe or are being followed, **immediately go to the nearest public space where there are people.**
- **On-campus safe locations include:**
 - Student Affairs or Dean of Students Office
 - Campus Security or Police Station
 - Library
 - Division Offices (brick offices)
 - Counseling or Wellness Center
 - Any occupied classroom or administrative office
 - Any office/room there are employees
- **Ask for help from faculty, staff, or security personnel.**
- If you are off-campus, go to a **police station, or well-lit public place** where you can call for help.

5. Increase Your Personal Safety Measures

- **Tell trusted friends, roommates, or faculty members** about the situation.
- **Avoid traveling alone**, especially at night—change up your routine.
- **Use campus security escort services.** Foothill college police department offer free **escort services** where an officer or security member will **walk you to your car, or class** at for safety.
- **Secure your living space** (lock doors, check for tracking devices on car/phone, avoid sharing location).

6. Report to Campus Authorities

- **Campus Security or Police:** If on campus, can possibly issue no-contact orders, increase patrols, or escort students.
- **Title IX Office/Dean of Students:** If the stalker is another student, the school can issue a no-contact order and may take disciplinary action.

7. Seek Legal Protection

- **File a Police Report** if stalking escalates to threats or physical harm.
- **Consider a Restraining Order or No-Contact Order** through the court.

8. Get Emotional and Mental Health Support

Being stalked can cause **stress, anxiety, and trauma**. Seek support through:

- **Campus Counseling Centers** for emotional support.
- **Crisis Hotlines** (e.g., National Domestic Violence Hotline: 800-799-7233).
- **Trusted faculty, mentors, or advisors** who can advocate for safety.

9. Use Technology Wisely

- **Turn off location tracking** on social media and apps.
- **Check for spyware or tracking devices** on your phone, car, or belongings.
- **Change passwords** for online accounts.

10. Know Your Rights

Colleges have **Title IX obligations** to address stalking if it creates a hostile environment. Students can:

- **Request accommodations**
- **File a formal complaint** with the Title IX Coordinator/Dean of Students

11. Trust Your Instincts & Take Action

- If something feels off, **act immediately** rather than waiting for the situation to escalate.
- If in **immediate danger, call 911**.
- **Advocate for yourself**—you deserve to feel safe.

Resources

Campus Police/Security: Call for an escort to your car or class

Office 2103, 650.949.7313 Foothill Police office or 911

<https://foothill.edu/emergency/>

Campus Title IX Office

Office 2002, 650-949-7241, fhtitleix@foothill.edu

<https://foothill.edu/titleix/>

Mental Health and Wellness

Office 2120, 650-949-7910, fhmhwc@foothill.edu

<https://foothill.edu/mentalhealthwellness/>

National Stalking Helpline: 1-800-FYI-CALL