

STALKING

Stalking is defined as the intentional, unlawful and repeated harassment and/or following of a person, which causes that person to be in reasonable fear that he/she may be injured. Stalking may start out with repeated unwanted contacts, including calls, visits, and gifts. Stalking may include harassment, threats, or obscenity - in person, by phone, via the internet, or in writing. Stalking may escalate quickly and without provocation or encouragement by the victim. A small percentage of stalkers follow celebrities or strangers, but the majority of stalker's are following someone with whom they have had a past or present relationship. If you think you are being stalked:

- Report the activity to Risk Management Services or your local police.
- Send a clear message to the person that the relationship is over. Do not be ambivalent.
- Attempt to avoid all contact with the stalker.
- Keep an accurate journal of all incidents such as, sighting (include Date & Time), contacts, phone calls, written correspondence, and unusual incidents that may be connected.
- Keep all letters, packages and taped phone messages.
- Inform family, friends, neighbours, co-workers and workplace security. Have them notify you or the police if they are contacted or followed by the stalker.
- Be careful about your surroundings when alone.