Maintaining a log of stalking-related incidents and behavior will help to document the behavior for restraining order applications, divorce and child custody cases, or criminal prosecution. It can also help preserve your memory of individual incidents about which you might later testify.

A stalking log should be used to record and document all stalking-related behavior, including harassing phone calls, letters, e-mail messages, acts of vandalism, and threats communicated through third parties.

**Important note:** Since this information could potentially be introduced as evidence or inadvertently shared with the stalker at a future time, do not include any information that you do not want the offender to see.

Documenting stalking behavior can be a difficult and emotional task. Advocates at UCI CARE or a local community agency are available to provide support and information about the options available to you.

**Resources**

- **UCI Police Department**
  Call 949-824-5223 (24 hours)

- **Campus Assault Resources and Education**
  Call 949-824-7273

- **UCIPD CAREs Drop-In Group**
  Ask questions & get information about reporting relationship violence, stalking, & sexual assault
  Call 949-824-7273 for current schedule or visit [www.care.uci.edu](http://www.care.uci.edu)

- **UCI Safety Escort Program**
  Provides a safer alternative to walking alone.
  Call 949-824-SAFE (7233) (24 hours)

- **Campus Emergency Phones**
  Call boxes with blue light should be used if you suspect danger to yourself or others. You will be automatically connected to the UCIPD. Online bluelight map: [http://www.police.uci.edu/safety/publications/separking.pdf](http://www.police.uci.edu/safety/publications/separking.pdf)

- **CSP Victim/Witness Assistance Program:**
  Call 949-756-0677

- **Stalking Resource Center:** [www.ncvc.org/src](http://www.ncvc.org/src)

- **Stalking Behavior Site:** [www.stalkingbehavior.com](http://www.stalkingbehavior.com)

**Campus Assault Resources and Education**

G320 Student Center
Irvine, CA 92697-2220
[www.care.uci.edu](http://www.care.uci.edu)
Stalking is a CRIME

What is Stalking?

Stalking can be...
- following
- obsessive behavior
- inappropriate approaches & confrontations
- unwanted telephone calls
- threats to person, family, or friends
- unwanted letters
- unwanted or threatening gifts
- damage to property
- physical assault
- unwanted e-mail
- appearing at place of residence, school, or work
- sexual assault

A wide range of activities can be considered stalking if they are:
1. Unwanted
2. Threatening or cause fear

Motivations:
- intense affections
- extreme dislike of the person/relationship
- possessive or controlling feelings

Stalking on Campus Statistics

- Women are significantly more likely to be stalked by intimate partners
- 13% of college women were stalked during one six to nine-month period.
- 80% of campus stalking victims knew their stalkers
- 3 in 10 college women reported being injured emotionally or psychologically from being stalked.


What Can I do?

Be aware of the following warning signs:
- extreme jealousy
- threats
- physical or verbal abuse
- damage or destruction to your property
- makes your friends or family feel scared or uneasy
- offers of unsolicited help
- refuses to accept no for an answer
- switches between rage and “love”
- unable to cope with rejection
- falls instantly in love

To become active in maintaining your safety:

1. If it is safe to do so, set clear limits about what is unwelcome contact:
   - “I’m not interested in having a relationship with you. Do not continue to call, or stop by, or have any contact with me whatsoever.”
   - “I am ending our relationship. Do not make any attempt to try and renew it. I will not change my mind. I do not wish to have any contact with you now or in the future. If you try to contact me, I will take legal action.”

2. Report the behavior to the police. 949-824-5223
3. File a report with the campus Title IX office

Law defined by California penal code: Any person who willfully, maliciously, and repeatedly follows or harasses another person and who makes a credible threat with the intent to place that person in reasonable fear for his or her safety, or the safety of his or her immediate family.