



# STALKING

University of California Police Department  
601 Westwood Plaza, Los Angeles, California 90095  
310.825.1491 ■ 310.206.2550 Fax  
www.ucpd.ucla.edu



EMERGENCY: 911



## IMPORTANT TELEPHONE NUMBERS

### UCLA POLICE DEPARTMENT

<b>Emergency</b>	<b>9-1-1</b>
General Number	(310) 825-1491
CSO Escort Service (After 5:00 p.m.)	(310) 794-WALK
Crime Prevention	(310) 825-6111

### LEGAL ASSISTANCE

Los Angeles Commission on Assaults Against Women (LACAAW) 24-hr Hotline	(213) 626-3393
Los Angeles County Stalking Hotline	(877) 633-0044
Los Angeles County Domestic Violence Hotline	(800) 978-3600
UCLA Student Legal Services	(310) 825-9894

### CAMPUS RESOURCES

Dean of Students Office	(310) 825-3871
Staff and Faculty Counseling Center	(310) 794-0245
Counseling and Psychological Services	(310) 825-0768
UCLA Peer Helpline (M -Th, 5PM-midnight/F - Sun, 8PM-midnight)	(310) 825-HELP

### ADDITIONAL RESOURCE

[www.lovenot.org](http://www.lovenot.org)

## INTRODUCTION

The college experience is multi-faceted; it includes both academics and the development of social relationships. While the majority of such relationships are positive, enriching and fulfilling, a few can turn sour. Bad relationships can sometimes become harassing, threatening and may involve unwanted pursuit types of behavior or even criminal stalking. While most pursuit situations do not lead to violence, such behaviors should be taken seriously. At the very least, unwanted types of pursuit behavior can be emotionally consuming and psychologically exhausting. Therefore, if you are being harassed, bothered, threatened or stalked, the sooner the problem is dealt with by the proper authorities, the easier and faster it will be resolved.

For the first time in 1991, unwanted pursuit type behaviors coupled with credible threats became illegal under California law. This type of behavior is not tolerated at UCLA.

Stalking is a serious problem for which there are no easy answers or solutions. This brochure provides you with various anti-stalking strategies; however, the decision to implement any of the strategies is yours.

For additional information, please call the UCLA Police Department at (310) 825-1491.

# TYPICAL STALKING BEHAVIORS

- Repeated telephone calls to home or office, including hang-ups
- Unsolicited letter writing
- Unsolicited e-mail messages
- Unsolicited electronic pages
- Unsolicited sending or leaving gifts
- Notes on car or at residence
- Surveillance behaviors, both on foot and in a car
- Driving past your residence (keeping you under surveillance)
- Unexpected appearances at places you frequent, such as stores, classrooms, etc.
- Contacting your friends, family or co-workers
- Searching public and private records to gain personal information
- Vandalism (residence, car, personal possessions)
- Entering your residence to move things or to steal personal items

**Call UCPD to report any suspicious behavior:  
(310) 825-1491**

# HELPFUL STRATEGIES

It is impossible to design a "one strategy fits all" approach for every situation. Because each case is unique, each case requires careful assessment, proper management and constant re-assessment. The following suggestions can make the campus a safer place for you.

## Responding

- If the offender is known, cease all contact.
- If the offender is known, consider obtaining a protection order.
- If the offender is unknown, do not respond to any attempts by the offender to make contact.

## Documentation

- Maintain log/journal/record of all incidents/events.
- Keep all correspondence (letters, notes, e-mails, voice mails).

## Making Reports

- Immediately report all incidents to campus authorities.
- Keep authorities informed as to all new "events."

## Retain Support

- Inform family, friends, co-workers, etc.
- Do not run or walk alone. (Use the CSO evening escort services, travel in a group).
- Utilize all available resources (campus authorities, counseling services, etc.)

## Changing Behaviors and Routines

- Make an extra effort to always be alert and to always be aware of your surroundings.
- Vary your daily routine. For example, change your route to and from home, work, school, etc.
- Consider carrying a cell phone - utilize speed or voice dialing.
- Consider carrying pepper spray.
- Have your keys in hand and check inside the car before entering.

## Protecting Privacy

- You may want to place caller I.D. on your phone.
- Secure your residence – replace locks, install window and sliding glass locks, install large peephole.

# ON-LINE TIPS

**Always select a gender-neutral username** for your email address or for chat, etc. Don't pick something cute, such as hotcoed@someisp.com or use your first name if it is obviously female.

**Don't fill out profiles!** When you sign up for your email account, whether it's through your ISP or a free one, fill out as little information about yourself as possible.

**Do block or ignore unwanted users.** When you are in a chat room always check out what options are available to you and take advantage of the "Block all users except those on my buddy list" or adding unwanted usernames to an Ignore list in chat.

**Watch what you say online.** When you do participate online, be careful -- only type what you would say to someone's face. If you wouldn't say it to a stranger standing next to you in an elevator, do not say it online.



**Signature Files.** If you use a signature file for all your e-mail messages, newsgroup posts, etc, make sure you know what information is in there. Check to be sure you're not giving out your full name, address and phone number.

**Ego Surf.** Put your first name and last name in quotes in a search engine and see if there are any results regarding you. You just might be surprised at what you find.

**Be very cautious about putting any pictures of yourself online anywhere, or allowing anyone else to publish any photos.** Some stalkers become obsessed because of an image. A random e-mail address or screen name is simply much less attractive to most obsessive personalities than a photograph.