

# WHAT IS STALKING?

## DEFINITIONS, FACTS, AND RESOURCES

### STALKING

Defined as engaging in a course of conduct directed at a specific person that would cause a reasonable person to fear for their own personal safety or the safety of others, or causes a person to suffer from substantial emotional distress.

### COURSE OF CONDUCT

Meaning two or more acts including but not limited to acts in which the Respondent directly, indirectly, or through third parties, by any action, method, device, or means, follows, monitors, observes, surveils, threatens, or communicates to or about a person, or interferes with a person's property.

### REASONABLE PERSON

means a reasonable person under similar circumstances and with similar identities to the Complainant.

### SUBSTANTIAL EMOTIONAL DISTRESS

means significant mental suffering that may but does not necessarily require medical or other professional treatment or counseling.

Stalking is not one isolated incident, it can be behavior that is happening regularly, or many different types of threatening behaviors that happen over time. Stalking is targeted and intentional. Identifying behaviors of stalking may be difficult or confusing. Initially, these behaviors may be seen as friendly or romantic (i.e. sending cards or flowers). However, if one person has indicated that they want no contact, these actions can seem controlling or scary. It is especially important to consider the pattern of behavior, including the type of action, frequency, and consistency, and if the behavior does not stop when the Respondent is told to cease contact.



### STALKING BEHAVIORS

- Repeatedly calling phone, including hang-ups
- Follows you and shows up wherever you are
- Sends unwanted gifts, letters, texts, or emails
- Damages your home, car, or other property
- Monitors your phone calls or computer use, possibly through spyware
- Uses technology, like hidden cameras or global positioning systems (GPS), to track where you go
- Drives by or lingers near your home, school, or work
- Threatens to hurt you, your family, friends, or pets
- Performs other actions that control, track, or frighten you
- Uses other people to try to communicate with you, like children, family, or friends

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

## CONFIDENTIALITY

At Marymount University, there are individuals on campus that can offer confidentiality while others ("Mandatory Reporters") have an obligation to report any sexual misconduct when they receive a report. If you are unsure if someone is a confidential source or a mandatory reporter, ask them before you talk.

**Confidential resources** do not have to report that you came forward for help or support so you can talk to them in confidence that your privacy will be maintained unless someone's life is in immediate danger.

### ON CAMPUS CONFIDENTIAL RESOURCES

- **Student Counseling Services** | Berg Hall 1014 | 703-526-6861
- **Student Health Services** | Berg Hall 1014 | 703-284-1610
- **University Chaplain** | Gerard Hall | 703-284-1607

### OFF CAMPUS CONFIDENTIAL RESOURCES

- **Doorways for Women and Children** | 703-237-0881
- **Fairfax County Domestic and Sexual Violence Hotline** | 703-360-7273
- **Virginia State Domestic & Sexual Violence Hotline** | 800-838-8238
- **National Domestic Violence Hotline (NDV)** | 800-799-7233 (SAFE)
- **Marymount University Employee Assistance Program for Faculty and Staff** | 888-267-8126

## REPORTING OPTIONS

The Title IX Office receives, responds to, and addresses all reports of sexual misconduct and concerns about gender equity that affect members of Marymount community. They do this by responding to incidents, supporting those who have been harmed, and educating community members on how to create a safe and supportive campus that encourages healthy and respectful relationships. You may submit a report through our online report system by using the QR code below.



### CAMPUS SAFETY

Available 24/7 at  
the Guardhouse  
(703) 284-1600

**Call 911 if you are  
in immediate  
danger**

### LOCAL POLICE

- Arlington County PD: 703-558-2222
- Fairfax County PD: 703-691-2131
- Virginia State Police: 703-803-0026