

HOW DO I SPOT IT?

If someone discloses their experience to you, they might not use the word "stalking." They may instead mention specific behaviors such as unwanted or excessive communication, uninvited appearances, or unsolicited gifts. Generally, stalking behaviors fall into one of these categories:



Surveillance. The offender may engage in ongoing monitoring of the victim, often through methods such as watching, tracking, or gathering information.



Life Invasion. The offender may intrude in the victim's life without their consent, entering into their personal space either physically or electronically and violating their privacy and boundaries.



Intimidation. The offender may engage in actions that instill fear or distress in the victim, often through behaviors that, when viewed in the context of the stalking pattern, create a threatening or oppressive atmosphere.



Interference. The offender may engage in acts that disrupt the victim's life, impacting their reputation, employment, or safety, often leading to significant consequences like the loss of critical resources.

WHAT RESOURCES ARE AVAILABLE?

Confidential Resources are not required to report incidents of stalking (or other forms of sexual harassment) unless there is an imminent danger to the individual or others.

- University Counseling Center
ucc.nd.edu | (574) 631-7336
- Vowed Religious Staff of Campus Ministry *
campusministry.nd.edu | (574) 631-7800
*Staff who are not vowed religious are considered non-confidential resources.
- Family Justice Center of St. Joseph County
fjcsjc.org | (574) 234-6900
- RAINN (off campus)
rainn.org | (800) 656-4673
- Victim Connect
thehotline.org | (800) 799-SAFE (7233)

Non-Confidential Resources must disclose concerns about possible stalking (and other forms of sexual harassment) incidents to the Office of Institutional Equity.

- Office of Institutional Equity
speakup.nd.edu | (574) 631-0444
- Notre Dame Police Department
police.nd.edu | (574) 631-5555
- Care and Wellness Consultants
supportandcare.nd.edu
- Hall Staff (Rectors, ARs, RAs)
- All other University staff and faculty



STALKING

HOW TO EFFECTIVELY PROVIDE SUPPORT



WHAT IS STALKING?

University policy defines stalking as:

knowingly or intentionally engaging in a course of conduct involving repeated or continuing harassment of another person that would cause a reasonable person to fear for his or her safety or the safety of others or suffer substantial emotional distress.

WHAT CAN THE UNIVERSITY DO?

If you or someone you know is experiencing stalking behaviors, help may be available through the University's Office of Institutional Equity. Depending on the situation, OIE may be able to implement and enforce supportive measures including:

- No Contact Orders
- Class or Work Schedule Changes
- University Housing Changes

Additional investigatory and alternative resolutions may also be available.

Contact equity@nd.edu or file a report at speakup.nd.edu to understand the options available.

To learn more about the University's process for responding to and resolving concerns about stalking behaviors, visit equity.nd.edu.

HOW DO I INTERVENE AS A BYSTANDER?

Whether you witness stalking behaviors first-hand or learn about them later, you can make a difference by intervening in one of the following ways:

Directly. Provide support and reassurance by checking in with the impacted individual. Ask, "Are you okay? Do you need help?" If it's safe, you could address the perpetrator by saying something like, "I've noticed you keep showing up here when [the individual] is around. Please stop."

Delegate. Seek help from others, such as someone in a position of authority, or enlist support from friends. Delegating may be an effective way to intervene if you're concerned about your safety.

Distract. Create a diversion to interrupt an ongoing situation. For example, start a random conversation with the impacted individual to draw attention away from the perpetrator.

To learn more about bystander intervention and sign up for a workshop to practice your intervention skills, visit greendot.nd.edu.

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HOW DO I BEST PROVIDE SUPPORT?

Listen without judgment. Let them share their experience at their own pace and reassure them their feelings are valid and that you believe them. Remind them they're not alone or to blame.

Check in regularly to see how they're doing and remind them you're there for them. Respect their boundaries and decisions about how to handle the situation but let them know they don't have to face this alone.



Help them think about safety strategies like changing routines, identifying safe spaces, and informing trusted people of the situation. Suggest contacting the Notre Dame Police Department for assistance with **safety planning**.



Encourage them to keep a log of incidents and screenshot relevant messages and emails.



Recommend they reach out to professionals like support hotlines, counseling, advocacy organizations, or reporting services. Offer to help them research or connect with these resources. Remind them there is help available.