SafeUSC

See something, say something

WHAT IS STALKING?

Stalking is the intentional, repeated and unwanted following, communication or contact with another person, which can result in distress or fear.

Anyone can be a target of stalking. It can be physical, as well as through technology. Stalking is a crime in all Australian states and territories. Stalkers often want to exert power and control over the target. It can cause extreme distress and anxiety, disrupting every aspect of the target's life. Everyone has the right to feel safe. If you or someone you know experiences stalking, take action early to be safe.

Examples of physical stalking

- Approaching or following you
- Loitering outside your home, or any other place you attend
- Interfering with or damaging your property
- Threatening you and people close to you
- Leaving or sending items, including notes, letters and gifts
- Ordering or cancelling goods or services on your behalf
- Starting false legal action against you
- Physical assault

Examples of cyber-stalking

- Sending repeated messages, emails or voicemails
- Using technology to view or track your location without permission
- Keeping you under surveillance, including CCTV, phone tapping, recording devices or internet/computer spyware
- Unwanted or distressing contact through social media, including messages, comments and posts
- Hacking, using or changing details/passwords of your online accounts, including email, social media, banking and other services

Statistics

1 in 10 Australian adults experience stalking

75 percent of targets are female and 80 percent of stalkers are male

66 percent of targets know their stalker

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WHAT TO DO IF YOU ARE STALKED

Take action early

- As early as possible give a single clear message to the person that you don't want any attention or contact from them, and ask them to stop the behaviour immediately
- Cease all contact with the person
- Do not respond to contact from the person (it only serves to prolong the stalking, and even if the interaction is negative it encourages them to continue the behaviour)
- Block the person's email, phone number and social media accounts
- Screen phone calls, especially from unknown numbers
- Increase privacy settings on social media, ensure they are private
- Increase your personal safety
- Keep your phone with you and program emergency numbers
- Make a safety plan, including family and friends phone numbers, and safe locations you can go that the person doesn't know
- Keep your location private; do not post on social media, turn off location settings on your phone, and remove any phone finder apps
- Vary your travel routine or route, including using different shops
- Try to stay in public areas and have someone travel with you
- If being digitally stalked, change your passwords, create a new email account, and get a new phone number (SIM card)

Seek advice and support

- Tell people you trust about the behaviour, including family, friends, your workplace and the University
- Ask trusted people to avoid contact with the person, and not to convey contact from the person to you or your location to the person
- Ask for their advice and support about how to deal with the behaviour
- Seek help from a professional support service

Record and report the behaviour

- Keep and date a record of all contact from the person, what happened and when, as well what you did to try and stop the behaviour
- Keep and date any evidence of the behaviour, including emails and messages, screenshots of posts or comments, letters, cards, and gifts
- Report the behaviour to the appropriate social media site e.g. Facebook or Twitter
- Report the behaviour to the University e.g. teaching staff, security, Student Wellbeing or Safer Community
- If you feel unsafe or the stalking has occurred for more than two weeks report to the police
- If you receive a threat, report to the police immediately
- Consider applying for an intervention order, which prevents forbids the person contacting or approaching you, but it does not deter all stalkers

Support and referral options

Student Guild – Advocacy & Welfare. Support and help to students prepare for meetings, understand. University decisions and correspondence. Legal advice. Ph: 5456 3742 for an appointment.

Student Wellbeing - provides free and confidential support for students including counselling, academic adjustments and support. Ph: 5450 1226

SafeUSC Specialist Service - support and reporting options for students who have concerns about problematic behaviour, including harassment, bullying and discrimination. Ph: 5456 3864

After hours crisis support: 1300 MHCALL

SafeZone is a your free on-campus safety app. USC uses SafeZone to manage emergency response and communications during incidents that take place on campus.   The app connects you directly with the SafeUSC Community Team or emergency services. It's also for those times you just need some help; it might be an escort back to your vehicle, assistance for those with a disability or if you require first aid.

You can use SafeZone to:

- **Call for help -** if you need assistance on campus
- Call for **first aid –** if you need medical assistance
- Call for **emergency assistance –** if you feel threatened or need urgent assistance
- **Check-in manually or automatically** when working alone
- Receive **Campus notifications** – if there is an incident on campus that requires you to take action.