

STALKING

What is stalking?

Stalking refers to a variety of obsessive and repeated behaviors that are unwelcome and/or offensive to the victim and create a threat to the victim's safety.

Who are stalkers?

Stalkers are generally divided into four categories:

- 1) **Simple Obsessional** The most common kind of stalker; usually had a previous relationship with the victim (e.g., romantic, co-worker, marital, friendship); generally has a poor sense of self and feels powerless and insecure; frequently feels jealous and paranoid; is generally immature, socially inept, and unable to maintain relationships; will often go to extreme measures to be with the victim due to feeling like "nothing without the victim."
- 2) **Love Obsessional** Only about a fourth as common as simple obsessional; usually the most bizarre; very persistent in getting the victim's attention; fantasizes romantically about the victim; may resort to drastic means to be noticed by the victim when fantasy conflicts with reality.

- 3) **Erotomania** Stalkers are usually women who believe the victim knows and loves them; characterized by psychological problems including delusions; fantasizes about the victim and believes the fantasies; less is known about this type of stalker.

False Victimization Syndrome

Stalker plays the role of victim; stalker idealizes the victim and will imitate the victim's style and habits; generally feels inferior to the victim; can embark on revenge if feels rejected or wronged by victim; very manipulative; attempts to convince others and self that victim is the stalker; irrational and frequently delusional; wants to be like victim but, when falls short, motive becomes bringing the victim down through rumors, lies, and sometimes murder.

Examples of Stalking

repeated, bothersome, threatening, and/or obscene phone calls sending letters or packages repeated electronic communications following the victim by car or foot persistent gift-leaving at victim's work or home watching from a distance surveying victim's workplace or home trespassing vandalism, making threats, assaults

What to Do if You Are Stalked

- Document any contact the stalker makes or attempts to make with you.
- Inform your family, friends, and co-workers about what is taking place.
- Preserve all evidence from the stalker.
- Contact the campus police (811) or the local police department (911).
- Charges may be filed through the University's office of Judicial Affairs if the alleged stalker is a University of Pittsburgh student. If the alleged stalker is a staff or faculty member, charges may be filed through the office of Affirmative Action.

Campus Resources

Sexual Assault Services 334 William Pitt
Union 412-648-7930

Counseling Center 334 William Pitt Union
412-648-7930

University of Pittsburgh Police G1 Wesley W.
Posvar Hall 412-624-2121 or 412-648-2121

On-campus emergency 811

Judicial Affairs 738 William Pitt Union 412-
648-7910

Student Health Service 3708 Fifth Avenue
412-383-1800

Community Resource

City of Pittsburgh Police 911

Center for Victims of Violent Crimes 412-
392-8582

UPMC Presbyterian Hospital Emergency
Room 412-647-3333

Magee-Womens Hospital Emergency Room
412-641-4933