

WHAT TO DO WHEN YOU ARE BEING CYBERSTALKED

TIP#1

IF YOU ARE RECEIVING UNWANTED CONTACT, MAKE IT ABSOLUTELY CLEAR TO THAT PERSON THAT YOU WOULD LIKE HIM OR HER NOT TO CONTACT YOU AGAIN.

- Communicate a one-time message to the stalker to stop the behavior such as, "I do not want to hear from you. Do not contact me again."

- If necessary, warn that any further contact will result in the filing of a police report.

- Depending on the harasser, engagement with the person can escalate or cease, no matter what the response, DO NOT communicate with the stalker again.

**For more tips visit:
www.utrgv.edu/OVAVP**



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TIP#2

SAVE ALL COMMUNICATIONS WITH THE STALKER, DO NOT EDIT OR ALTER THEM IN ANY WAY.

- Keep evidence of being cyberstalked. This means copies of emails, IMs, texts, phone messages, postings, etc.
- Try using print screens, especially if the harassment is happening in real-time.
- If the harasser posts comments on your blog, keep copies but also consider unpublishing rather than deleting abusive posts.
- Document every incident of the stalking. Write down the time, date and place of the cyberstalking occurrence.
- Consider keeping a journal to record cyberstalking

**For more tips visit:
www.utpa.edu/cave**



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TIP#3

IF HARASSMENT CONTINUES AFTER YOU HAVE ASKED THE PERSON TO STOP, CONTACT THE HARASSER'S INTERNET SERVICE PROVIDER (ISP).

- Most ISP's have clear policies prohibiting the use of their services to abuse another person.

- If you receive abusive e-mails, identify the domain (after the "@" sign) and contact that ISP.

- Often, an ISP can try to stop the conduct by direct contact with the stalker or by closing their account.

- Most ISP's have an e-mail address such as abuse@(domain name) or postmaster@(domain name) that can be used for complaints.

- If the ISP has a website, visit it for information on how to file a complaint.

- Request a new log-on name and password. If your ISP is not responsive, get a new account.

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TIP#4

IF HARASSMENT DOES NOT STOP, CONTACT THE POLICE DEPARTMENT AND INFORM THEM OF THE SITUATION IN AS MUCH DETAIL AS POSSIBLE.

- File a report with law enforcement.

- In appropriate cases they may refer the matter to state or federal authorities.

- File a complaint with both the stalker's and your own Internet Service Provider (ISP).

- Report the cyberstalking to the University Police, and (if the stalker is known) the Office of Student Conduct.

- Record-keeping is crucial. Save all communications for evidence even though the immediate desire might be to delete the communication from the stalker and forget about it.

- Back up this information on an external source. Do not edit the information in any way.

- Keep a record of your contacts with internet system administrators or law enforcement officials.

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TIP#5

YOU MAY WANT TO CONSIDER
BLOCKING OR FILTERING
MESSAGES FROM THE
HARASSER.

-Many e-mail programs such as Eudora and Microsoft Outlook have a filter feature, and software can be easily obtained that will automatically delete e-mails from a particular e-mail address or that contain offensive words.

-Chat room contact can be blocked as well.

-Although formats differ, a common chat room command to block someone would be to type: /ignore [persons screen name] (without the brackets).

-In some circumstances (such as threats of violence), it may be more appropriate to save the information and contact law enforcement authorities.

**For more tips visit:
www.utrgv.edu/OVAVP**





CYBERSTALKING RESOURCES

NATIONAL CENTER FOR VICTIMS OF CRIME

Stalking Resource Center
www.ncvc.org/src

OFFICE FOR VICTIM ADVOCACY & VIOLENCE PREVENTION

www.utrgv.edu/OVAVP
OVAVP@utrgv.edu
(956) 665- 8287

UTRGV Police

www.utrgv.edu/POLICE
POLICE@utrgv.edu
Edinburg: (956) 665- 7151
Brownsville: (956) 882- 8232

ISO

Information Security Office
www.utrgv.edu/IS
IS@utrgv.edu
(956) 665- 7852

Vaqueros Report It

Vaqueros Care Report It Form
www.utrgv.edu/REPORTIT

The University of Texas
Rio Grande Valley
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Information Security Office



Office for Victim Advocacy & Violence Prevention
The University of Texas Rio Grande Valley