

How can I help?

Stalking

Recognize.

Stalking is a pattern of behaviors directed at a specific person that cause emotional distress and/or fear, and lead to a change in one's routines and/or regular activities. These behaviors may include, but are not limited to:

- Continued unwanted communication
- Observing, following and/or “coincidentally” showing up
- Threatening emails, notes, posts, texts or phone calls

Respond.

If someone tells you they've experienced stalking:

- Listen and take the situation seriously
- Check in about safety
- Provide validation of their feelings
- Suggest they document the behavior/keep a detailed log
- Inform them they have rights and options
- Support them in doing what they decide is best for them

Reach out.

CU Boulder's Office of Victim Assistance (OVA) is a free and confidential advocacy and trauma counseling center on campus for for all students, staff, and faculty. Reach out for support and guidance on how to help someone, or for yourself.



Scan to learn more



Contact: (303) 492-8855 | colorado.edu/ova

