

How can I help?

STALKING

Recognize.

Stalking is a pattern of behavior that may include:

- Continued unwanted communication, verbally and/or electronically
- Observing, following and/or “coincidentally” showing up near the person’s car, after class, etc.
- Threatening email, notes, texts or phone calls
- Causing emotional distress, leading to a change in one’s routines/regular activities

Respond.

- Listen and check in about safety
- Take your friend seriously and believe them
- Provide validation of their feelings
- Suggest they document the behavior and keep a detailed log
- Inform your friend they have rights and options
- Support your friend 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 counseling center on campus for students, grad students, staff and faculty. You can reach out for support and guidance on how to help a friend, or for yourself.

colorado.edu/ova

303-492-8855



Office of Victim Assistance
UNIVERSITY OF COLORADO **BOULDER**



BUFFS
SUPPORTING
BUFFS