

## Supporting a Friend



Stalking and harassment affects not only the survivor, but also the people close to them. If someone you know has been stalked, the resources listed in this brochure are available to you as well. Here are some ways to support someone impacted by stalking and harassment:

- Listen.
- Check in about safety.
- Take them seriously.
- Provide validation of their feelings.
- Suggest they document the behavior and keep a detailed log.
- Check on their support systems, offer OVA.
- Inform your friend they have rights and options to report to the police and or the university.
- Support your friend in doing what they decide is best for them regarding reporting.
- Find a safe place to get support for yourself so you are able to talk about what has happened and how you feel about it.

## Office of Victim Assistance Non-Discrimination Statement

The Office of Victim Assistance values diversity and inclusion. We support students, graduate students, faculty and staff from diverse backgrounds. The Office of Victim Assistance shall maintain and promote a policy of non-discrimination on the basis of race, color, national origin, sex, pregnancy, age, disability, creed, religion, sexual orientation, gender identity, gender expression, veteran status, political affiliation or philosophy. We acknowledge that culturally relevant trauma services are an ongoing process of learning that begins by looking within ourselves and honoring basic human rights. As individuals and as an agency, we are committed to responding effectively to social-cultural diversity.

## Campus Resources

Office of Victim Assistance (OVA)* °	<b>303-492-8855</b>
Counseling & Psychiatric Services* °	<b>303-492-2277</b>
Center for Inclusion and Social Change	<b>303-492-0272</b>
Center for Student Involvement	<b>303-492-6366</b>
CU Police, Emergency	<b>911</b>
CU Police, Non-emergency	<b>303-492-6666</b>
Disability Services	<b>303-492-8671</b>
Health Promotion	<b>303-492-2937</b>
Housing/Residence Life	<b>303-492-7260</b>
Medical Services °	<b>303-492-5101</b>
Office of Institutional Equity & Compliance	<b>303-492-2127</b>
Student Conduct and Conflict Resolution	<b>303-492-5550</b>
Student Legal Services*	<b>303-492-6813</b>
Ombuds Office*	<b>303-492-5077</b>
Veteran and Military Affairs	<b>303-492-7322</b>

## Community Resources

Boulder Community Hospital	<b>303-415-7000</b>
Boulder Police, Emergency	<b>911</b>
Boulder Police, Non-emergency	<b>303-441-3333</b>
Boulder Valley Women's Health	<b>303-416-4112</b>
Boulder District Attorney	<b>303-441-3700</b>
Moving to End Sexual Assault* °	<b>303-443-7300</b>
Out Boulder	<b>303-499-5777</b>
Planned Parenthood	<b>303-447-1040</b>
Safehouse Progressive Alliance for Non-Violence* °	<b>303-444-2424</b>

*\*Confidential Resources  
°24/7 Phone Support*



### Office of Victim Assistance (OVA)

Center for Community (C4C), Fourth Floor, N450  
303-492-8855

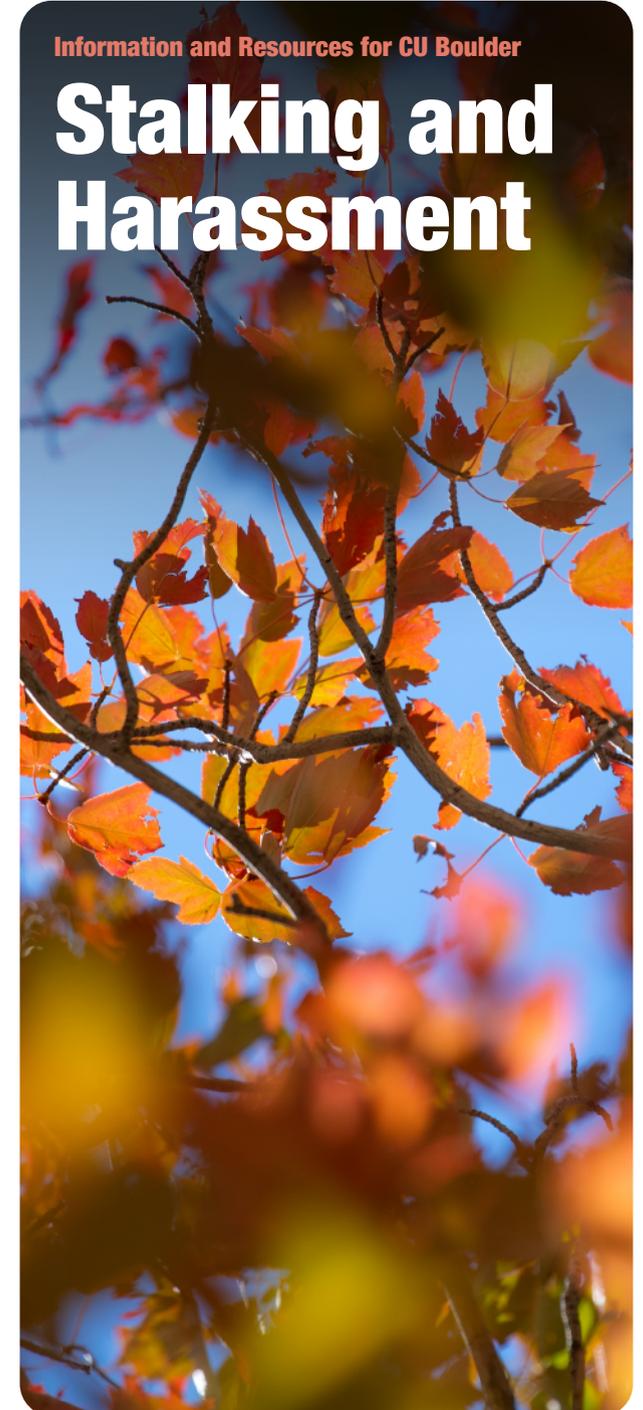
Learn more online:

**[colorado.edu/ova](https://colorado.edu/ova)**

*Updated 8/2019*

Information and Resources for CU Boulder

# Stalking and Harassment



## What is Harassment?

Unwanted contact that can include:

- Touching
- Obscene language/gestures
- Following
- Communication: verbal & electronic
- Repeated insults, taunts

## What is Stalking?

A pattern of behavior that may include:

- Continued unwanted communication, verbal and/or electronic
- Following
- Threats

These behaviors can cause emotional distress, and may include a change in one's routine/regular activities.

### Stalkers May Repeatedly:

- Give unwanted presents
- Wait for a victim
- Show up at places
- Send unwanted letters/emails
- Follow or spy
- Spread rumors
- Send unwanted phone calls/texts

### Possible Impacts of Stalking:

- Loss of sleep
- Increase/Decrease in eating
- Depression
- Anxiety
- Hypervigilance
- Difficulty concentrating
- Changes in social interactions

## How to Access Help

Every situation is different and sometimes people are unsure if what they are experiencing is stalking or harassment. If you are confused, frightened, have changed your routine, or are upset by something that has happened, we encourage you to seek support.

### Counseling Support

No matter how long ago the stalking or harassment occurred, having a place to talk may help with your recovery process. *The Office of Victim Assistance (OVA) services are confidential and free.* OVA provides advocacy and short-term counseling at no charge to all CU students, graduate students, staff, and faculty.

### Advocacy

OVA advocates are confidential and serve as a primary resource for victims of stalking and harassment. Advocates can serve as liaisons to other services, can accompany you to meetings, and advocate with you through systems.

### Stalking is a pattern of behavior directed at a specific person that would cause a reasonable person to feel fear.

Fear includes suffering substantial emotional distress, which can include causing a person to respond by altering their activities.

## Reporting



There are several options for reporting stalking and harassment, and obtaining information about reporting may help you with your decision-making. OVA can discuss reporting options with you confidentially.

- Reporting is not the same as pressing charges against an offender. An oral or written police report can sometimes be made to the police without proceeding to an investigation.
- If the accused person(s) is a CU student, staff or faculty member, campus disciplinary actions can be pursued by reporting to the Office of Institutional Equity and Compliance [www.colorado.edu/institutionalequity](http://www.colorado.edu/institutionalequity) You can also visit the Don't Ignore It website: [www.colorado.edu/dontignoreit](http://www.colorado.edu/dontignoreit)

To consult with OVA, call directly or complete an online confidential form at:

[www.colorado.edu/confidentialreporting](http://www.colorado.edu/confidentialreporting)

Completing this form does not constitute a report to the University and will not initiate any investigation.

For more free and confidential information and support about reporting options please call the CU Office of Victim Assistance, **303-492-8855**.

### Protection Orders:

OVA and/or SPAN (Safehouse Progressive Alliance for Nonviolence) can help provide information on civil protection orders (also known as restraining orders). SPAN has a Protection Order Clinic at **303-441-4867**. The District Attorney's office also has an information line in English and Spanish at **303-441-3775**.