



# Stalking, Date Rape and Sexual Assault

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# Learning Outcomes

- To acknowledge that college campus environments are conducive to stalking, date rape, and sexual assault
- To identify the signs and symptoms of stalking, date rape, and sexual assault victims as it pertains to individuals and communities
- To understand the current theories and the qualities of effective stalking / rape prevention and intervention programs
- To become aware of on-campus and community resources students may use to receive support and/or preemptive knowledge on issues of stalking, date rape, and sexual assault
- To understand the role student affairs professionals have in providing support, advocacy, and preemptive programming for their campus communities



# What is Stalking?

- **U.S. Department of Justice Definition:**

- Stalking involves a pattern of overtly criminal and/or apparently innocent behavior that makes victims fear for themselves or others. It creates uncertainty, instills fear, and can completely disrupts lives

- **National Institute of Justice & Bureau of Justice Survey Definition:**

- Repeated, obsessive, and frightening behavior that makes an individual afraid or concerned for his or her safety

# Cyber-stalking

The Facebook logo, consisting of the word "facebook" in white lowercase letters on a blue rectangular background.

## ■ Cyber-stalking” is...

- The repeated use of the Internet, email, or related digital electronic communication devices to annoy, alarm, or threaten a specific individual or group of individuals

## ■ Issues of stalking via the internet is a growing concern

- Increased accessibility and decreased accountability of online communication provides an environment for stalking & harassment
- Examples
  - Unsolicited e-mail
  - Messages on blogs and in chat rooms
- Social networking sites have provided college stalkers with more tools
- They frequently provide extensive personal information such as cell phone numbers, dorm rooms and personal pictures, making the victim easy to identify





# Why do you use Facebook...?

## (Daily Gazette Survey Question)

- A surprising number of students anonymously entered that they use the social networking site for “stalking”
  - “I like to keep track of my friends without them knowing.”
  - “I don’t use it to keep in touch, but I observe them.”
  - “If I see a ‘mutual friend’ or an attractive person who is in on one of my friends’ lists I will click to view their profile and look through their pictures. If I notice someone else, I will repeat the whole process over.”
  - “My girlfriend and I facebook stalk each other.”

# Who are stalkers?

4 out of 5 victims knew their stalkers...

■ Boyfriends or ex-boyfriends	42.5%
■ Classmates	24.5%
■ Acquaintances	10.3%
■ Friends	9.3%
■ Co-workers	5.6%

# What stalkers do...

■ Telephoned	77.7%
■ Waited outside or inside places	47.9
■ Watched from afar	44%
■ Followed	42%
■ Sent letters	30.7%
■ Emailed	24.7%



# You are REALLY being stalked when...

The behavior must give you good reason to fear for your personal safety and it must have no legitimate purpose (frightening and cause emotional distress)

AND

The behavior must happen repeatedly



# Statistics

- **1 in 12** women will be stalked during her lifetime
- More than **13%** of college women indicated that they had been stalked in one college year
- **80%** of stalking victims knew or had previously seen their stalkers. About **43%** were current or former boyfriends, **25%** were classmates, **6%** were friends, and **6%** were coworkers
- **25%** of the stalking incidents among college women involve “cyberstalking”
- **3 in 10** college women reported being emotionally or psychologically injured as a result of stalking. In over **15%** of the incidents, victims reported that the stalker threatened harm. In over **10%** of the incidents, they reported forced or attempted sexual contact
- **83%** of stalking incidents were NOT reported to police or campus law enforcement
- **93.4%** of victims confided in someone, most often a friend, that they were being stalked

# What is Sexual Assault / Rape?

- Sexual Assault: “conduct of sexual or indecent nature toward another person that is accompanied by actual or threatened physical force or that induces fear, shame, or mental suffering” (dictionary.com)
- Rape: “the sexual penetration of a person against his or her will by the use of force, by the threat of force, by verbal coercion, or by the inability to consent because of the impaired mental status or age of the victim” (Loiselle & Furqua, 2007, p. 269)



# Sexual Assault Statistics

- Approximately **1/3** of women who were sexually abused as children experience a subsequent sexual assault in the future
- **50%** of college students sexual assaults are associated with alcohol use by either the victim or the perpetrator
- Approximately **5%** of college women are victimized in any given calendar year

# Statistics Continued...

## ■ Rape Statistics

- **1 in 5** women are raped during their college years
- Freshman and Sophomore are the most vulnerable to rape
- In a study, **1 in 12** men admitted having committed acts that met the legal definition of rape or attempted rape

## ■ Date Rape Statistics

- Date rapes account for **90%** of college rapes
- **50%** of date rapes involve alcohol
- Approximately **5%** of victims report the crime to police



# Did you know???

A sexual encounter is considered rape if a person is deemed too intoxicated or too high on drugs to consent to sex

# Campuses are “Conducive” Environments

- **Date Rape and Sexual Assault**
  - Social interaction is encouraged
  - A false sense of community
  - Prevalent alcohol and drug culture
  
- **Stalking**
  - “The services campuses provide, whether for a residential or commuter population, make committing the crime [of stalking] easy” (CALCASA Campus Stalking Report 2002)
    - Campuses are closed environments
    - Easy access to student’s personal information, residence halls and academic buildings
    - The social atmosphere of a college campus promotes interaction – stalking behavior may be confused with positive romantic attention – until behavior crosses the line

# Effects of stalking and sexual assault

## ■ Individual

- Diminished mental and physical health
- Inability to work
- Feelings of abandonment
- Low self-esteem
- Sensitivity to rejection
- Lack of trust in others
- Anger
- Substance abuse as a way of coping
- Powerlessness
- Anxiety attacks
- Depression
- Post-dramatic stress disorder
- Physical / Sexual abuse
- Suicide

## ■ Community

- At risk / Threatened
- Isolation
- Stress / Worry
- Workplace
  - Impact productivity
  - Work performance



# Theories

- **Feminist:** “power relations between men and women in social, political, and economic terms” (Davis, 2000, p.79)
- **Evolutionary:** “physiological sex differences” (Davis, 2000, p.79)
- **Social Learning:** attitudes about and imitation of cultural cues
- **Sexual Script:** scripts learn through socialization that affect social behavior (Humphreys & Harold, 2007, p. 306)



# Stalking Prevention: How to Increase Personal Safety

- Clear statements
  - Relationship/contact is unwanted
  - Stop all contact and/or communication
- Avoid subsequent contact / response
  - Document all further contacts
- Minimize public information
- Maintain awareness of surroundings
  - Vary routine
- Utilize support systems
- Develop contingency plans
  - Escape / shelter, support
- Changing phone or email
  - Help minimize contact
  - Decrease disruption / fear
  - Decrease warning of escalation / threat
  - May escalate stalker to direct contact

# Stalking Intervention

- Early intervention is critical
  - Often victims of stalking don't know what to do or where to report
- Campuses should have a Stalking Safety Plan, consider:
  - Using caller ID
  - Declining release of Directory Information
  - Keeping accurate logs of all behavior
  - Make close friends aware of travel plans and location
- Campuses are creating intervention and assessment teams that provide a cross functional approach
  - The involvement of law enforcement on the team is essential to address stalking behavior
  - Staff training
- Programming for Students
  - Educational programs
  - Crime prevention seminars
- Reduce Opportunities for Stalking
- Increasing Informal and Formal Controls Over Stalkers

# Rape Prevention Programs

Typically focus on changing attitudes towards dating, courtship, sexual assault and rape myths

- Examples:
  - Media Campaigns
  - Interactive Experiences
  - Pschoeducational Workshops
  - Drama Presentations
  
- Types:
  - Men Only
  - Women Only
  - High Risk Groups
  - Mixed Gender Groups

\*\*\*The most effective programs are based on forms of Social Learning Theory

# Highlighted Program: One in Four

## ■ Men's Program

- Attitude Change (see men as potential helpers NOT as potential rapists)
- Effects:
  - Understanding of how to help woman recover from a rape
  - Lowers Rape Myth Acceptance
  - Lowers Likelihood to rape

## ■ Women's Program:

- Enables women to...
  - Recognize characteristics of high-risk perpetrators
  - Intervene in potentially high-risk situations
  - Help rape survivors



# Intervention Outcomes

## ■ Victim

- Restore / Increase power
- Prevent future incidents
- Provide a safe educational environment

## ■ Possible Perpetrators

- Educate and prevent future incidents
- Promote social and identity development
- Appropriate discipline

## ■ General Student Population

- Provide a safe environment
- Provide preventative educational information
- Empowering students to report incidents

# Resources

## ■ On-Campus

- Campus Judicial Affairs
- Campus Security
- Counseling Services
- Office of Domestic Abuse / Violence
- Health Services
- Women's Center
- Residence Director
- Campus Pastor

## ■ Off-Campus

- Police
- Counselor
- Victim Services
- Crisis Hotlines
- Transition House
- People you Trust



# Role of Student Affairs Professionals

- Be an advocate
- Provide educational awareness opportunities for faculty, staff, and students
- Collaborate with legal counsel & law enforcement



# What does a stalking victim need from us...

- Assist with locating off-campus shelter
- Assist with on-campus room reassignments
- Issue an Administrative Directive
- Help with obtaining a Protection from Abuse order
- Loan the victim an emergency cell phone
- Assist with creating a safety plan
- Provide counseling through Counseling and Psychological Services





# What does a rape victim need from us...

- An straightforward and effective way to report rape
- Access to free or inexpensive medical examination
- Mental health support
- Collaboration with academics and disabilities services
- Legal Counsel
- Restoring power to the individual