

Berkeley

PATH to Care Center

PREVENTION | ADVOCACY | TRAINING | HEALING

How to Give Support: Stalking

If someone close to you is being impacted by stalking...

You don't have to be a professional to support a friend who has been impacted by interpersonal violence. We know that a survivor's community is an important part of healing and feeling supported. Below, you'll find some tools to help support someone who has experienced stalking.

What to Expect

Stalking can be a very dangerous activity that is often not taken seriously by individuals in the survivor's life. Stalking behavior is not often easily identifiable or harmful at first but can escalate quickly. It is important to trust the instincts of the person who is experiencing stalking and to take threats seriously. Some feelings a person who is being impacted by stalking may experience are:

<ul style="list-style-type: none">• Self-blame, guilt, shame• Extreme fear. Not wanting to leave the house.• Despair. Feeling like no one can help. Suicidal thoughts.• Easily becoming triggered or upset• Hypervigilance - feelings of fear and paranoia	<ul style="list-style-type: none">• Hyperarousal - extreme anxiety• Hypoarousal - disassociated, emotionally numb• Consumed - only wanting to talk about it• Anger, blaming others, frustration with support system• Constant feeling of being watched or being unsafe
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How to Support

Interpersonal violence is disempowering, so it's important to let the survivor know that they control what happens next while always prioritizing safety. PATH to Care is here to support and provide resources regarding reporting, safety planning, and emotional support but we also know that a survivor's friends and family can be essential to a person's safety. Often a support person can be impacted by the feelings of a person close to them. Remember not to neglect your own self care or take on more than you can handle while acting as a support person. It is healthy to set your own boundaries with time and emotional limits while providing care. Always reach out to the PATH to Care advocate team to access your own support as needed, and remember you don't have to be a superhero to support someone, being there for them is enough! If you know a person who is being impacted by stalking, you can consider the following suggestions:

Stalking

DOS	DON'TS
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Take it Seriously	Minimize or tell the survivor it's romantic or flattering
Offer to accompany the survivor on their walk home or out running errands. Provide resources like Bear Walk.	Post pictures of the survivor and their location online without explicit permission
Encourage the survivor to keep good documentation of each incident. If you witness anything, write it down too.	Respond to or engage with the survivor's stalker in any way
Familiarize yourself with confidential/supportive resources on campus and encourage others impacted by the trauma to do the same.	Neglect your own self-care or take on more than you can handle while acting as a support person

Resources:

MyPlan app <https://www.myplanapp.org/home>

Creating a Safety Plan <https://www.thehotline.org/help/path-to-safety/>

Stalking Behavior Log https://victimsofcrime.org/docs/src/stalking-incident-log_pdf.pdf?sfvrsn=4