

Stalking Myths and Facts

MYTHS

Stalking is just someone being overly interested or romantic.

Stalking always involves physical following.

If they're not threatening violence, it's not serious.

You can't be stalked by someone you're dating.

If no laws were broken, there's nothing you can do.

FACTS

Stalking is a pattern of unwanted behavior that causes fear or distress. It's not about affection. It's about power and control.

Stalking can be digital, emotional or indirect. Like constant texting, tracking someone's location, or showing up unexpectedly.

Stalking doesn't have to be physically violent to be dangerous. Repeated unwanted contact can severely impact someone's mental health, safety, and daily life.

Most stalking is done by someone the survivor knows, often an ex or current partner. Stalking is common in abusive relationships.

Many campuses have support, no-contact orders, advocates, and safety planning available regardless of police involvement.