

## Supporting a Friend

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

- Listen
- Check in about safety
- Take them seriously; believe them
- 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 (OVA)

### Non-discrimination Statement

The Office of Victim Assistance values diversity and inclusion. We support students, faculty and staff from diverse backgrounds. The Office of Victim Assistance shall maintain and promote a policy of nondiscrimination 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

*CU Office of Victim Assistance <i>(after-hours phone service available)</i>	303.492.8855
*Center for Community Counseling and Psychiatric Services (CAPS/C4C)	303.492.6766
Cultural Unity & Engagement Center	303.492.5667
Community Health	303.492.2937
CU Police, Emergency	911
CU Police, Non-emergency	303.492.6666
Department of Housing	303.492.7260
Disability Services	303.492.8671
Gender and Sexuality Center	303.492.1377
Institutional Equity & Compliance	303.492.2127
Office of Student Conduct	303.492.5550
Student Legal Services <i>nominal fee required</i>	303.492.6813
*Ombuds Office	303.492.5077
Religious Campus Organization	<a href="mailto:rco@colorado.edu">rco@colorado.edu</a>
Veteran Services	303.492.7322
Wardenburg Health Services	303.492.5101
*Wardenburg Counseling and Psychiatric Services (CAPS/WHS)	303.492.5654
Women's Resource Center	303.492.5713

## Community Resources

National Stalking Resource Center <a href="http://www.ncvc.org/src">www.ncvc.org/src</a>	202-467-8700
Boulder Community Hospital	303.415.8100
Boulder Police, Emergency	911
Boulder Police, Non-emergency	303.441.3333
Planned Parenthood	303.447.1040
Boulder Valley Women's Health	303.442.5160
Boulder District Attorney	303.441.3700
*Moving to End Sexual Assault (MESA) <i>(24-hour hotline)</i>	303.443.7300
Out Boulder	303.449.5777
*Safehouse Progressive Alliance for Non-Violence (SPAN) <i>(24-hour hotline and shelter)</i>	303.444.2424
*Survivors Organizing for Liberation, Colorado's Anti-Violence Program	303.852.5094

\*Confidential resources

5/2016



Office of Victim Assistance  
UNIVERSITY OF COLORADO BOULDER

# Stalking and Harassment



## Victim Assistance

*Information and resources  
for all CU Boulder*

**Office of Victim Assistance  
(OVA)**

**Center for Community  
Fourth Floor, S440  
303.492.8855**

**<http://cuvictimassistance.com>**

## 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
  - Verbally and or electronically
- Following
- Threats

That cause emotional distress, including leading to 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
- Following or spying
- 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

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

## **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's (OVA) services are confidential and free.** OVA provides advocacy and short-term counseling at no charge to all CU students, staff, faculty and their partners.

## **Advocacy**

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

*\*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 campus disciplinary actions can be pursued by reporting to the Office of Institutional Equity and Compliance (OIEC). <http://www.colorado.edu/institutionalequity> OR through the "Report it" website: <http://www.colorado.edu/reportit/>
- To inform 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 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.