

Cyberstalking

If you are experiencing tech abuse...

Keep screenshots and an incident log of all communications (text messages, social media posts, emails, phone call logs, voicemails, etc.) with and from the stalker.

Call the police to **file a report**.

Obtain a **peace or protective order**.

Turn off any GPS functions on social media, apps, and cell phones.

Get an **unlisted phone number** and **block numbers** you don't know.

Emphasize to friends and family that you **value your privacy**.

Use **strong passwords** and change them periodically.

Do a **web search for your full name**. Request that sites remove your personal information, but keep outdated information to **misdirect a stalker**.

Create a Safety Plan

Call the Sexual Assault Legal Institute at **301-565-2277**.

Visit **www.endtechabuse.org** to use their cyber-safety planning tool.

mcasa.org | 301-328-7023

info@mcasa.org

P.O. Box 8782, Silver Spring, MD 20907

TECH & SAFETY

Cyberstalking resembles physical stalking in that it includes the unwanted pursuit, harassment, or contact of others via electronic means. A stalker can be an intimate partner, a friend, a coworker, a neighbor, or other acquaintance.

Approximately 1 in 4 stalking victims reported some form of cyberstalking.¹

A cyberstalker may use technology to engage in the following behaviors:

- Making threatening calls or hang-ups.
- Sending threatening text messages, instant messages, or emails.
- Using social media networking sites to track and/or harass.
- Using surveillance devices, such as cameras or audio recording devices.
- Installing spyware or GPS tracking software on your computer, on your cellphone, or in your car.

1. Baum, K., Catalano, S., Rand, M. & Rose, K. (2009). Stalking victimization in the United States. Bureau of Justice Statistics Special Report National Crime Victimization Survey. U.S. Justice Department.
<http://www.bjs.gov/index.cfm?ty=pbdetail&iid=1211>

MCASA

Maryland Coalition Against Sexual Assault

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