

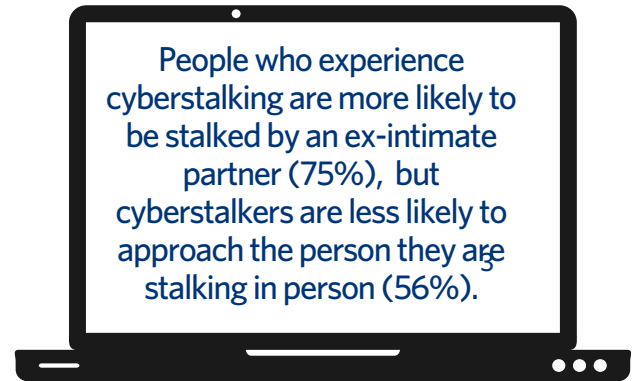
Cyberstalking



Cyberstalking is defined as “any course of conduct or series of acts taken by the perpetrator on the Internet that place the victim in reasonable fear of death or serious bodily injury or causes, attempts to cause, or would be reasonably expected to cause substantial emotional distress to the victim or the victim’s immediate family.”¹

Examples of Cyberstalking²

- Tracking
- Unwanted text messages, emails, phone calls, pictures, or gifs
- Using technology to blackmail or threaten someone
- Continuing the harassing behavior even after being asked to stop



The Impact of Cyberstalking⁴

- Some people made major life changes to their work and social life
- Mental health deterioration (heightened anxiety, PTSD, depression, flashbacks, etc.)
- Physical health effects (nausea, weight loss, etc.)

Safety Planning

Options for safety planning include:

- Changing or disabling geo-tags
- Blocking (and/or reporting) harm-doer on social media
- Hiding your IP address by using a VPN instead
- Changing your passwords (social media, email, bank accounts, etc.)
- Saving evidence (screenshots, texts, etc.)



Resources

- [PARC's Safety Plan Template](#) (find on our website under Support & Info)
- Talk to a PARC advocate about your options and for help with safety planning and/or reporting
- [HeartMob.org](#) - a community dedicated to helping those experiencing online harassment

1. United States Department of Justice Executive Office for United States Attorneys.
2. Gordon, S., (2021, August). [What is Cyberstalking?](#)
3. Cavezza, C. and McEwan, T.E. (2014, March). [Cyberstalking versus off-line stalking in a forensic sample.](#)
4. Worsley, J.d., Wheatcroft, J.M., Short, E., Corcoran, R. (2017, May). [Victims' Voices: Understanding the Emotional Impact of Cyberstalking and Individuals' Coping Responses.](#)
5. Duggan, M., Pew Research Center (2017, July). [Online Harassment 2017.](#)

