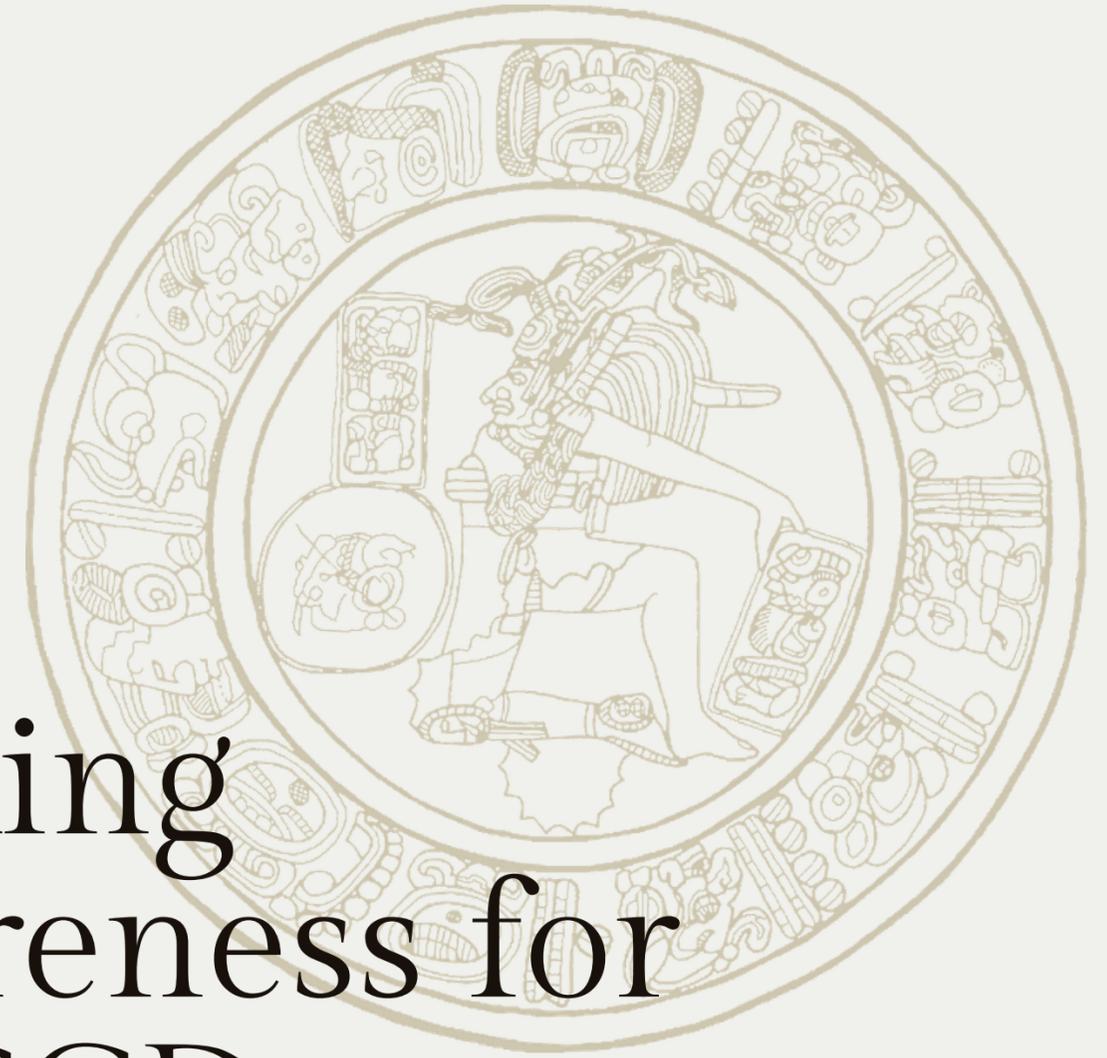




February 24, 2026



Stalking Awareness for SWCCD Students & Staff

2026 Stalking Awareness
Forum

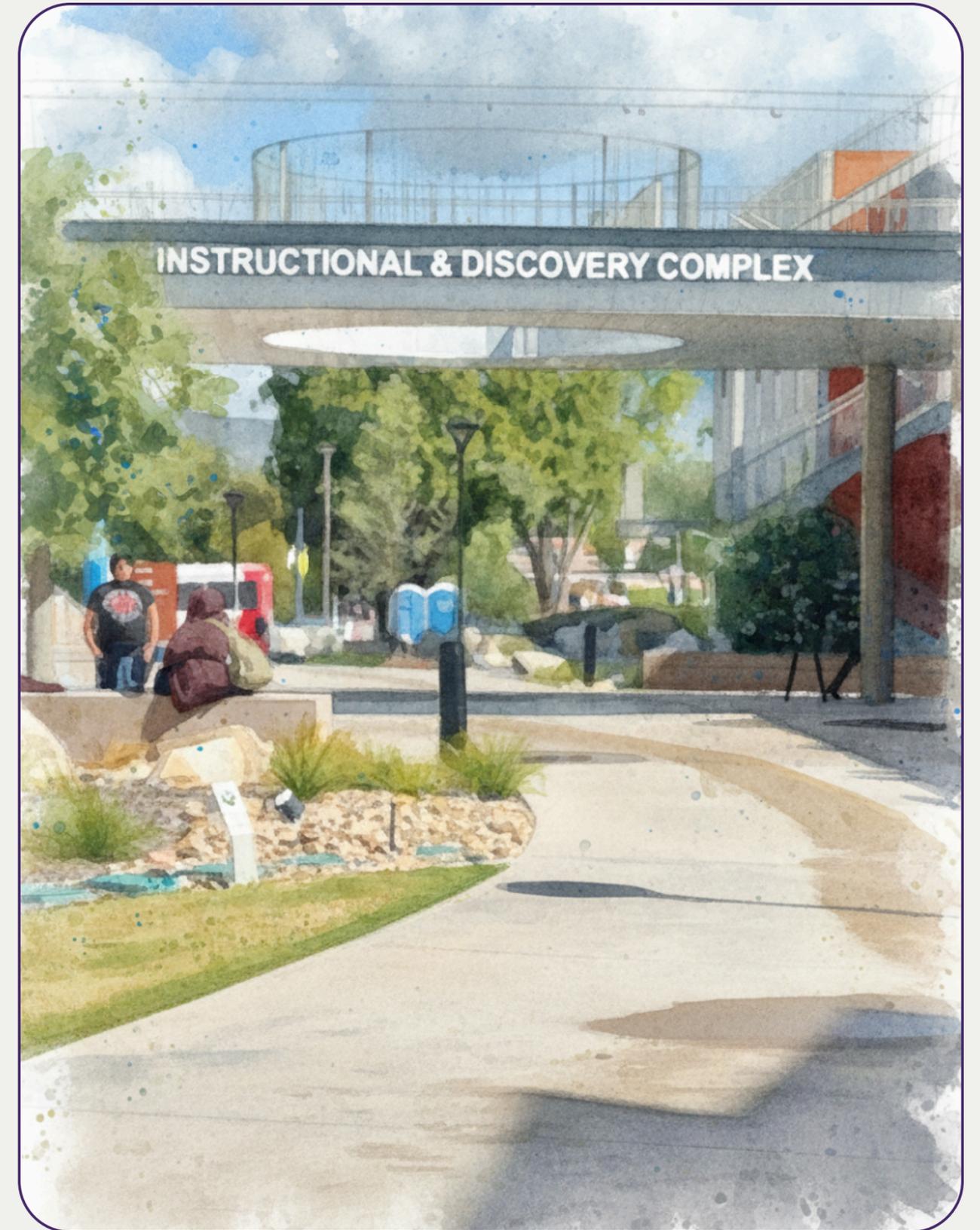


Importance of Awareness

Understanding stalking is crucial for ensuring safety and promoting well-being among students and staff at SWCCD.

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What is Stalking?

Understanding Stalking Under Title IX/Clery Act

Stalking is a course of conduct (two or more acts) directed at a specific person that would cause a reasonable person to:

1. Fear for their safety or the safety of others.
2. Suffer substantial emotional distress.



What is Stalking?

Understanding Stalking Under Title IX/Clery Act

Stalking is a course of conduct directed at a specific person that would cause a reasonable person to: Fear for their safety or the safety of others; or Suffer substantial emotional distress.

Course of conduct: two or more acts, including, but not limited to, acts in which the stalker directly, indirectly, or through third parties, by any action, method, device, or means follows, monitors, observes, surveils, threatens, or communicates to or about, a person, or interferes with a person's property.

Substantial emotional distress: significant mental suffering or anguish that may, but does not necessarily, require medical or other professional treatment or counseling.

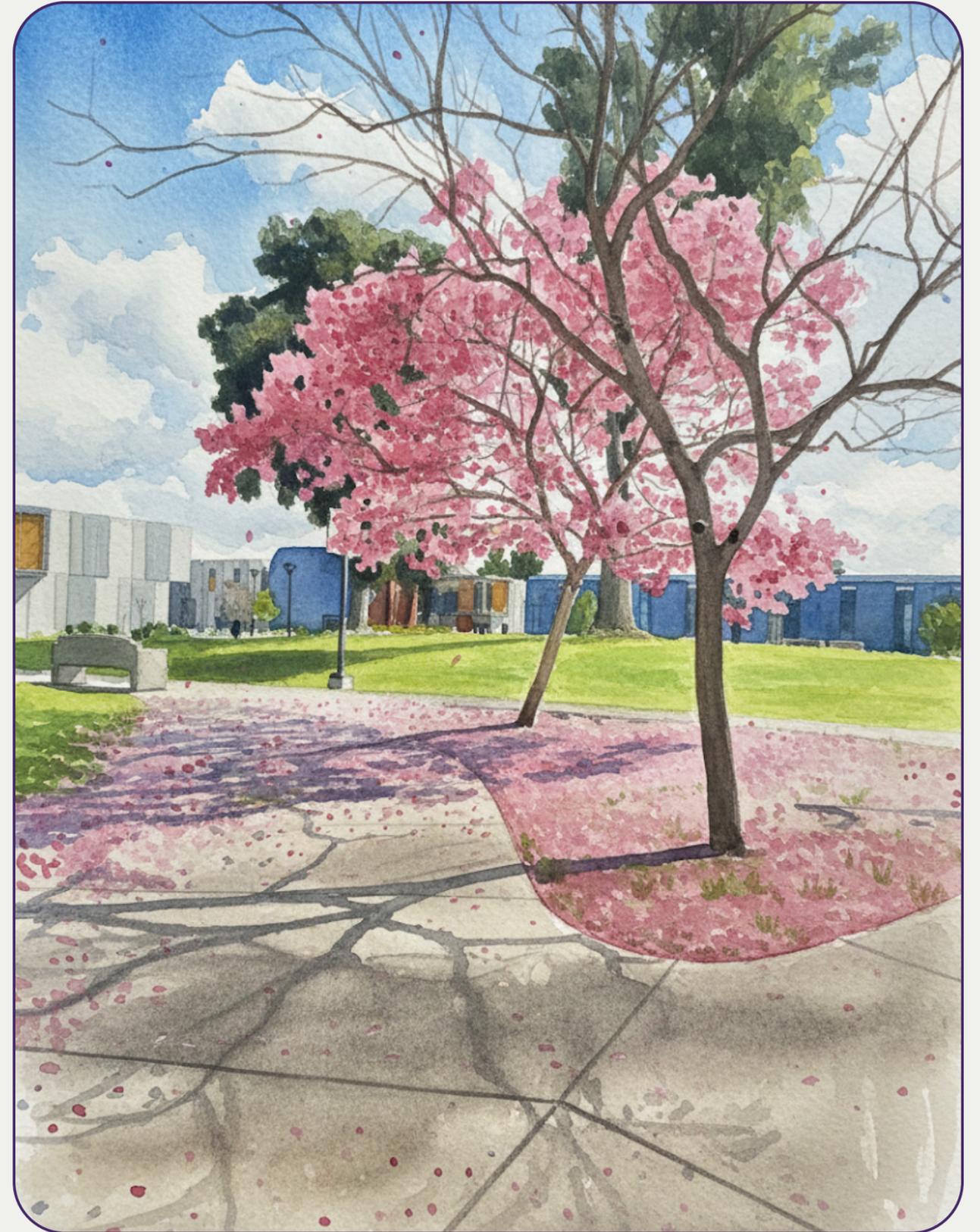
Reasonable person: a reasonable person under similar circumstances and with similar identities to the victim.

Origins of National Stalking Awareness Month

In January 2003, Peggy Klinke was murdered by a former boyfriend who had stalked her for years across multiple states.

Following the murder, Peggy's sister, Debbie Riddle, transformed her grief into activism. She contacted the National Center for Victims of Crime (NCVC) with a clear mission: to improve how law enforcement responds to stalking and to save lives by helping others recognize the warning signs early.

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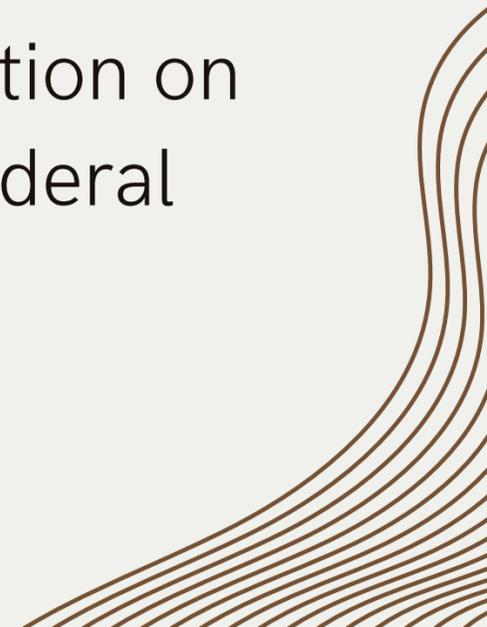


Timeline for NSAM

2003: Debbie Riddle's advocacy led to a Congressional briefing on Capitol Hill. Representative Heather Wilson (R-NM) introduced a resolution to support the creation of a dedicated awareness month.

January 2004: The National Center for Victims of Crime launched the first observance of National Stalking Awareness Month.

2011: President Barack Obama issued the first-ever Presidential Proclamation on National Stalking Awareness Month. This marked a major shift, bringing federal resources and attention to the crime as a national priority.



Stalking Statistics

Campus Stalking Fast Facts SPARC (1:22): Fast Facts: Stalking is Dangerous



Stalking Statistics

The Scale: About 13.5 million people are stalked in the U.S. every year.

The Risk: Young adults (ages 18–24) experience the highest rates of stalking, making community college campuses a high-priority area for this education.

The Link: Stalking is often a precursor to more lethal violence; in 85% of attempted intimate partner homicides, stalking occurred in the year prior.



Context for Stalking

Context turns 'Normal' into 'Notified'.

Actions that seem romantic or accidental to a stranger are often calculated and threatening to the victim. Believe the victim's interpretation of the context.

Context for Stalking <https://www.stalkingawareness.org/wp-content/uploads/2024/01/Context-Is-Key-with-captions.mp4>

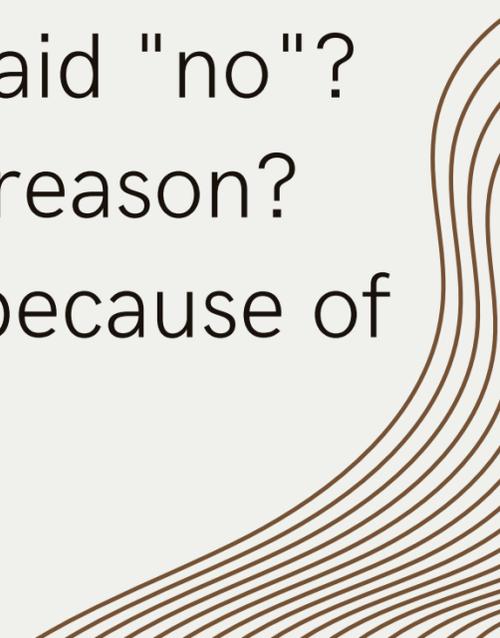


Context for Stalking

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Police look for a Course of Conduct. Think of it as a puzzle: one piece doesn't show the picture, but when you put them together, the intent becomes clear.

When evaluating an interaction, ask yourself these three questions about the Context:

1. Persistence: Did they continue after I stopped responding or said "no"?
 2. Proximity: Are they showing up in my "safe spaces" without a reason?
 3. Pressure: Am I changing my behavior or feeling "suffocated" because of their actions?
- 

Context for Stalking

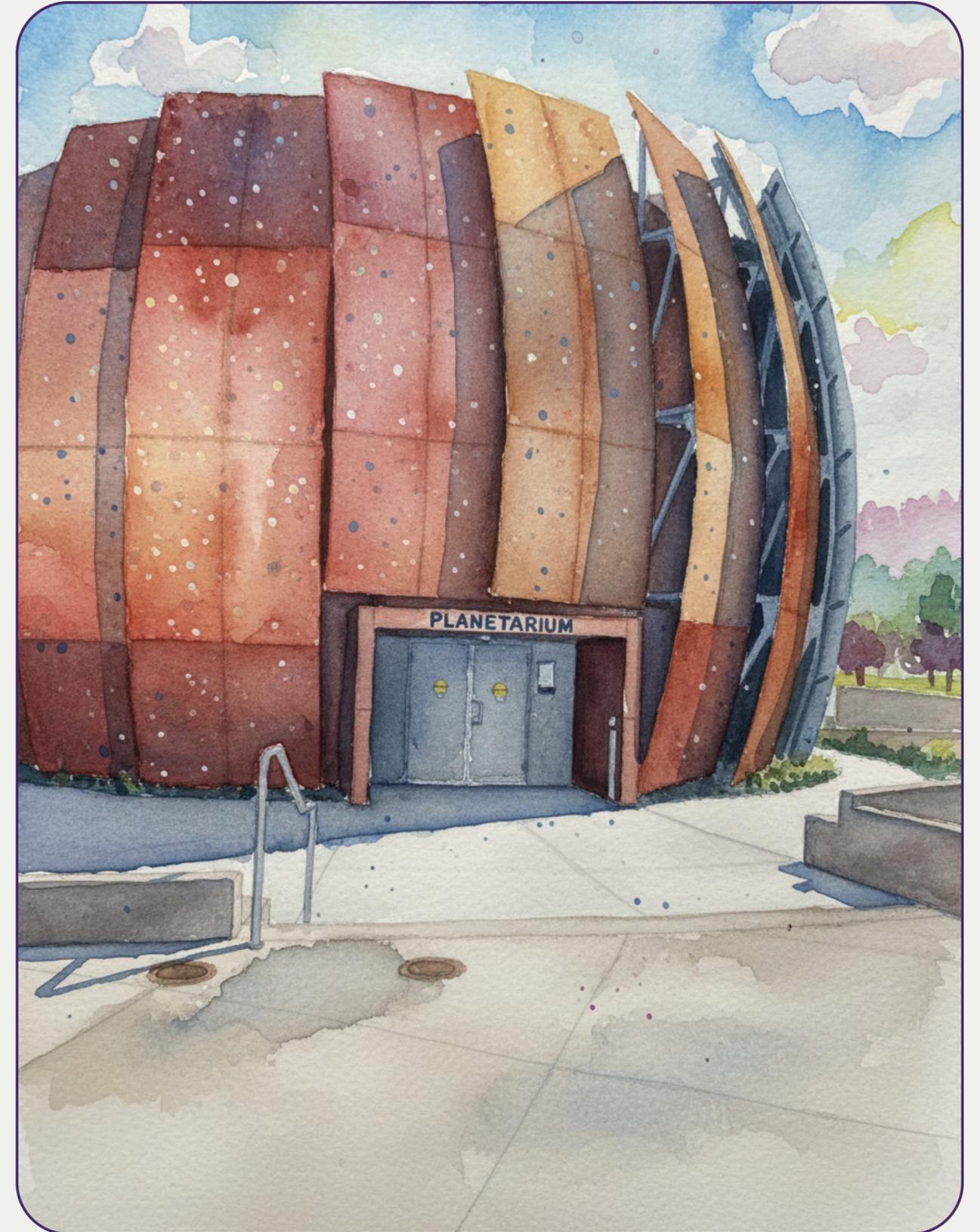
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The Action	Social Interaction (Healthy)	Stalking Behavior (Warning!)
A Gift	Given on an occasion (birthday/holiday) with mutual interest.	Left anonymously or after a "No Contact" request; intended to show "I can find you."
Digital Contact	A few texts or tags that are reciprocated and respectful of time.	Rapid-fire messaging, "monitoring" read receipts, or creating new profiles to bypass a block.
"Bumping Into" You	Happening at a logical place (same class/common area) occasionally.	Happening at your gym, your job, or your favorite coffee shop where the person has no reason to be.
Checking Socials	Casually looking at a public story or profile occasionally.	Commenting on posts from years ago or using "spy" apps to track your location and who you are with.
Asking About You	A friend asking "How is [Name] doing?" out of genuine care.	Pressuring your coworkers or classmates for your schedule, home address, or phone number.

Recognizing Stalking Behaviors

Recognizing Stalking Behaviors
(4.26) SPARC Recognizing Stalking Behaviors: SLII Framework (with captions)

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Common Stalking Behaviors on a College Campus

Key behaviors to watch for:

- Unwanted Communication: Repeated calls, texts, emails, or social media messages (even if they seem "friendly" or "concerned" initially).
- Following/Monitoring: Showing up at your classroom, the library, or the cafeteria "by accident."
- Cyberstalking: Monitoring your location via social media tags, apps like Snapchat Maps, or using others to spy on your online activity.
- Third-Party Involvement: Asking your friends, colleagues, or classmates for information about your schedule or location.
- Unwanted Gifts: Leaving flowers, notes, or "presents" on your car or at your desk.

Common Stalking Behaviors on a College Campus

Unwanted Communication: Repeated calls, texts, emails, or social media messages (even if they seem "friendly" or "concerned" initially).

- Please understand that giving someone access to your apps/phone number is basically giving that person 24/7 access to you....and that includes an opening for them to 'demand' face-to-face interaction.
- Our phones can also be tied to our home/permanent address.
- Everything is online, and most people are really good at doing 'deep dives' into the internet to find someone - especially when they are very motivated to find that person.

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Recognizing the Reality

Stalking is often committed by someone you know (ex-partner, classmate, or coworker).

It is not "romantic pursuit." If it causes fear or distress, it is a violation of campus policy and potentially the law

Stalking and Intimate Partner Violence DV-
Stalking-with-captions.mp4



Non-Consensual Sharing of Intimate Images (NCII)

- Non-consensual sharing of intimate images (sometimes referred to as "image-based sexual abuse") involves posting, sending, or distributing nude or sexually explicit images or videos of another person without their express consent.
- This includes:
 - Original Content: Photos or videos taken with or without permission.
 - Digitally Altered Content: Photoshopped or manipulated media.
 - AI-Generated Content: "Deepfakes" or synthetic intimate images created using AI.

Digital Harassment @ SWCCD

Southwestern College strictly prohibits the following actions:

- Non-Consensual Sharing: Distributing intimate images of others without express permission.
- AI-Generated Content: Creating or sharing "deepfake" or synthetic sexual images of any campus member.
- Misuse of Tech: Using campus Wi-Fi, computers, or email to facilitate the sharing of intimate images.
- Retaliation: Targeting anyone who reports a violation.

Consequences: Violations may lead to expulsion, termination, and referral to law enforcement.

Non-Consensual Sharing of Intimate Images (NCII)

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Federal Law

TAKE IT DOWN Act (2025): Makes it a federal crime to share intimate images without consent, specifically including AI-generated images. *(Creates criminal penalties and requires platforms to implement a notice-and-takedown process.)*

VAWA Civil Remedy (15 U.S.C. § 6851): Provides victims the right to file a civil lawsuit for financial damages against the perpetrator.

California Law

Penal Code § 647(j)(4): Criminalizes the intentional distribution of intimate images where there was a reasonable expectation of privacy. *(This is the core California “revenge porn” statute.)*

SB 926 (2025): Expands § 647 to explicitly criminalize creation and/or distribution of AI-generated or digitally manipulated intimate images without their consent, when the image is intended to appear real and is likely to cause serious emotional distress.

How to Protect Yourself & Prevent Harm

- **Never Share:** If you receive an intimate image of someone else, delete it immediately. Do not "pass it on."
- **Get Clear Consent:** Consent must be enthusiastic, informed, and can be withdrawn at any time.
- **Speak Up:** If you see NCII occurring in group chats or on social media, call it out as a violation of campus policy.
- **Support Peers:** Believe victims and encourage them to seek the resources

Cyberstalking - What is it?

Cyberstalking is the use of technology—the internet, social media, apps, or devices—to harass, alarm, or frighten another person.

Unlike "social media stalking" (casually looking at someone's profile), cyberstalking is a pattern of behavior designed to control or intimidate.

REMEMBER: "It's not just a click; it's a crime." Casual "creeping" is looking once. Cyberstalking is persistent, unwanted, and creates a sense of fear.



The "3 M's" of Cyberstalking

- **Monitoring:**
 - Using GPS, "find my" apps, or spyware to track where you are or who you are with.
- **Messaging:**
 - Flooding your inbox, DMs, or comments with unwanted, repetitive, or threatening contact.
- **Manipulating:**
 - Creating fake accounts to bypass blocks, spreading rumors online, or sharing private images (NCII) to damage your reputation.

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ONE SAFE PLACE:
WHERE COMMUNITY PROVIDES HOPE, HEALING
AND JUSTICE

Carmen Rodriguez
Victim Services Program Manager - One Safe Place
San Diego County DA's Office

When Stalking Happens to You

Immediate Help in Emergencies

- College Police: (619) 216-6691
 - Chula Vista Campus - Building 22
- Emergency Blue Poles located throughout the Chula Vista, National City, Otay Mesa, and San Ysidro campuses.
- Local Police: Call 911



When Stalking Happens to You

Non-Emergencies should be reported to the Title IX & EEO Office. Contact Title IX Coordinator Dr. Mardi Walters via:

- Email: swcertix@swccd.edu
- Phone: (619) 482-6329
- Online Form: You can file an online report through the [SWCCD Title IX webpage](#)



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Your Rights Under Title IX

Even if you choose not to pursue a formal investigation or criminal charges, the Title IX office can provide temporary Supportive Measures to help you stay in school or at work:

- No-contact orders for safety
- Academic accommodations for support
 - Changes to class schedules or help with missed assignments if the stalking is affecting your grades.
- Access to supportive measures available
 - Safety Escorts: Campus police can provide escorts to and from your car or classes.
 - Workplace Changes: For staff/faculty, the college can look at office relocations or modified work schedules.
- Rights enforced regardless of complaint

Unsure & You are a Student

If you are a student, and you are unsure where to report, need assistance to report, or want to report to Student Conduct:

- Email: SWCOfficeOfStudentServices@swccd.edu
- Phone: (619) 421-6700 ext. 5808
- In Person: Cesar E. Chavez Student Services Center (68-109)

The Office of Student Services handles Student vs. Student, Student vs. Faculty, Faculty vs. Student and Student vs. Employee.

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Confidential Support Resources

Available Services for Students

- Personal Wellness Services: confidential support
 - Building 67, Room 140 (Chula Vista Campus). Call (619) 421-6700 x5279.
- Student Health Services: mental health resources
 - Professionals here can offer support and resources without triggering a mandatory report to the college administration (unless there is an immediate threat to life).
- Emphasis on privacy and care
- No mandatory reporting unless threat

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LIFE BEFORE SUPPORT MEASURES

Before receiving support, students often experience **fear and disruption** in their daily lives. Many feel isolated and concerned, impacting their focus on education and social interactions. The lack of resources can lead to significant emotional distress, making it crucial to seek help early.



LIFE AFTER SUPPORT MEASURES

After support measures are in place, students can enjoy a sense of **safety and stability**. They receive accommodations that help them thrive in their studies and school life. Continued access to resources ensures that they can focus on their education and personal growth.



Three Rules of Stalking

First time: Maybe it is an accident.

Second time: Not sure if it's a coincidence?

Third time: It is Enemy Action

The moment your 'survival instinct' starts giving you pause, LISTEN! Document what you observe - the law says 2 or more might be criminal so: **Don't be predictable. Alter your route. Call 911 or Campus Police.**

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Vary Your Routine

Practical Tips for Safety

- Change routes on campus regularly
 - Change your route to class, use different entrances to buildings, and avoid predictable patterns.
- Adjust social media privacy settings
 - Disable "Location Services" for apps that don't need them.
- Inform trusted friend, supervisor, mentor, instructor about concerns
 - Provide them with a description of the individual so they can help keep an eye out.

Disclosing Stalking

The Courage to Disclose

Reporting stalking isn't just a phone call; it is an emotional and mental hurdle.

Common internal barriers include:

- Self-Doubt: "Is this actually stalking, or am I overreacting?"
- Fear of Escalation: Worrying that reporting will make the stalker angrier or more dangerous.
- Minimization: Being told by others (or oneself) that "it's just a crush" or "they're just persistent."
- The "Burden of Proof": The exhaustion of having to document every terrifying "small" interaction.

Disclosing Stalking

Systemic Barriers for Marginalized Groups

For many in our community, the decision to report is even more complex due to historical and systemic factors:

- LGBTQ+ Community: Fear of being "outed" through the reporting process or facing bias from responders.
- Undocumented Students/Staff: Fear that involving law enforcement or "the system" could lead to immigration consequences.
- Communities of Color: Historical mistrust of law enforcement and fear of being over-policed or not being taken seriously (the "Adultification" bias).
- Individuals with Disabilities: Increased vulnerability and potential barriers in accessing traditional reporting tools or being believed.

[Disclosing Stalking as a Mixed Race Woman \(4.09\) Disclosing Stalking as a Mixed-Race Woman](#)



Safety Planning: Remaning Vigilant

Trusting your instincts is crucial for personal safety. If you feel like you are being watched or followed, do not dismiss it as "paranoia."

If you ever feel unsafe or uncomfortable, seek help and take action to protect yourself and your well-being.

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Safety Planning Documentation

Do	Details
Trust Your Gut (Immediately)	Police report that many victims "rationalize" away early behavior. If it feels wrong, it is wrong. Don't wait for a physical threat to start a log.
The "One and Done" Rule	Give one clear, documented "No." Example: "I am not interested in a relationship. Do not contact me again in any way. If you do, I will call the police." After this, cease all communication.
Document Everything (The "Evidence Folder")	Keep a Stalking Log: Date, time, location, description of the incident, and names of any witnesses. Save EVERYTHING: Do not delete "creepy" voicemails, texts, or emails. They are evidence. Print out digital messages and save them in a safe, physical location.
Create a "Safety Net"	Vary your routine: Police suggest changing your commute, the time you go to the gym, and even which campus entrance you use. Inform your "Circles": Tell campus security, your supervisor, and your friends. Show them a photo of the stalker so they don't accidentally give out your information.
Use the "Blue Poles"	On the all SWC campuses, use the Emergency Blue Poles immediately if you feel you are being followed. They give police your exact GPS location instantly.

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Safety Planning Documentation

Do NOT	Details
DO NOT Negotiate or "Reason"	Stalkers view any response—even a negative one—as a "win" because they successfully forced you to interact with them. Reasoning rarely works and often escalates the behavior.
DO NOT Confront Them Alone	Never meet the person to "settle things." If you must meet (e.g., if you share a child), do so at a Safe Exchange Zone (often found at local police stations).
DO NOT Post "Vague-Books"	Avoid posting about the stalking on social media. Stalkers often monitor your accounts to see if their actions are affecting you. Silence is your best defense.
DO NOT Handle Evidence Directly	If you receive a strange package or letter, try to handle it as little as possible to preserve fingerprints/DNA, and put it in a clean plastic bag before giving it to the police.
DO NOT Downplay "Small" Incidents	To a police officer, a "gift" left on a windshield isn't a gesture; it's a proximity violation. Report these small things so they are on the record.

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How You Can Help

Bystander Awareness and Action

- Recognize signs of distress
- Offer support to peers
 - The power of “I believe you” WITHOUT added judgement
- Report suspicious behavior promptly
 - DO NOT to confront the stalker on their friend's behalf. This often escalates the danger for the victim.
- Engage with campus resources
 - Gently suggest professional help: *“I’m here for you, but I want to make sure you have expert support. Would you be open to looking at the SWC Title IX page with me?”*

How You Can Help

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Bystander to Supportive Ally

Your Role: Believe, Listen, Support

- What to Say (The Initial Response)
 - "I believe you." Stalking is often subtle; hearing these words is the most important first step.
 - "This is not your fault." Remind them that the stalker's behavior is a choice, not a reaction to something they did.
 - "Thank you for trusting me." Acknowledge the courage it took to speak up.
- What to Do (Practical Support)
 - Don't judge their "why": Don't ask why they didn't report sooner or why they haven't blocked the person. Just be present.
 - Offer a "Safety Buffer": Offer to walk them to their car, sit with them in the cafeteria, or study together in the library.
 - Respect their Autonomy: Don't report it for them unless there is an immediate threat of life. Instead, ask: "How can I help you feel safer right now?"

How You Can Help

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Bystander to Supportive Ally

- Help with the "Evidence Trail"
 - Be a witness: If you see the stalker nearby, note it in your own phone (date/time/location) to corroborate their log.
 - Safe Storage: Offer to keep a physical copy of their stalking log at your house or in your locker so the stalker can't find and destroy it.
- Connect to Resources

A NOTE FOR THE SUPPORTER (SELF-CARE)

- Supporting a friend through stalking can be stressful.
- Maintain your own boundaries.
- Don't put yourself in danger by confronting the stalker.
- Use the resources too: SWC Personal Wellness services are available to you as well if you are feeling overwhelmed by the situation.

Common Questions (FAQ)

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Let's Clear the Air

Q: "I'm not sure if I'm being stalked or if they're just being 'annoying.'
Should I still report it?"

Q: "If I report this to Title IX, does that mean the police will automatically show up at the person's door?"

Q: "Can I be stalked by someone I'm currently dating or a former friend?"

Q: "What if I see stalking happening to someone else, but they're too scared to report it?"

Key Takeaways

Understanding stalking, utilizing SWCCD resources, and seeking help early are crucial for maintaining campus safety.

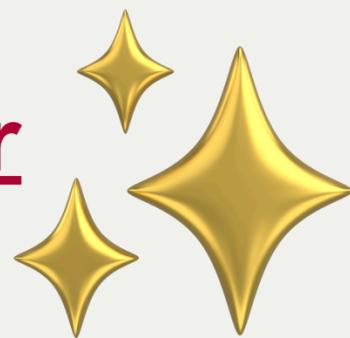
You have the right to an education and workplace free from fear.

Remember that most college employees are "Mandatory Reporters." If a student discloses stalking to you, you are required to report it to the Title IX & EEO office so the student can receive the support they deserve.



Documentaries on Stalking

- Peggy Klinke: Stalked, Ignored, and Silenced
 - YouTube
- Stalked: Someone's Watching (also stylized as Stalked) debuted on January 24, 2011. The series tells the stories of those who have been stalked.
 - Discovery Plus
- Stalking Samantha: 13 Years of Terror
 - Hulu, Apple TV, Disney Plus
- **ESPN Investigates Lauren McCluskey's Murder**
 - **YouTube**
 - **Wednesday, JAWS Auditorium 11:30am - 1:30pm**



Questions?

Stay safe and seek help!

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