



# Week Three: Stalking

Set up:

Flip chart or poster board or some other large writing surface and markers; Pens and paper for participants; Three “D” signs hung around room; 3 D definitions printed out.

RA Script:(sections you will say are in italics)

A lot of you may have participated in Green Dot trainings or events this year. Green Dot is about the importance of being an active bystander when you see situations that might lead to sexual violence, dating violence or stalking. Today we are focusing on stalking.

Definition: Stalking is a pattern of behavior that makes someone feel afraid, nervous, harassed, or in danger. It is when someone repeatedly contacts, follows, sends things, threatens or talks to someone when they don't want them to.

## Brainstorming

### What is stalking?

Ask students for ideas and examples of what they think stalking looks like. Write down all of the examples they can come up with. Fill in any they don't say from this list:

- Repeated unwanted phone calls or text messages
- Writing letters
- Using friends or family to gather information
- Showing up everywhere someone is.
- Damaging someone's property
- Knowing their schedule all the time
- Tracking on social media sites (facebook, twitter, instagram)
- Using social media to post embarrassing pictures, gossip, or threatening messages
- Giving unwanted gifts
- Tracking someone using GPS or other technology
- Any other behaviors used to contact, harass, track, or frighten someone else.

Remember a person can be stalked by someone they know casually, a current boyfriend or girlfriend, someone they dated in the past, or a stranger.

So you all probably remember from our last session that we discussed personal and peer barriers—the things that make it hard to intervene. As a quick summary:

Peer barriers:

Basically, our friends and family—the people who make up our social circle. We care what other people in our lives think of us and we tend to not want to do things that would cause us to feel embarrassed or stupid in front of them. So sometimes, if we are with people in our social circle and we see something happening, we might not want to speak up because we believe our peers might respond negatively.

Personal Barriers:

This is just personality traits that make it hard to intervene. For example, some people are shy and even under really good circumstances don't like talking to people they don't know. Some people avoid conflict at all costs. Some people might be concerned that if they did something, the person might target/hurt them. There are lots of personal barriers and almost all of us have some at least in some situations.

Keep in mind that no matter what your barriers are, you always have options

The cool thing about doing Green Dots is that there are several options available no matter what your obstacle is. Those options fall into three categories: Distract, Direct, and Delegate. Again, I am going to read some scenarios, but this time I want you to think about which option you are most likely to do in the scenario if you witnessed it as a bystander. As a quick refresher:

Distract: Maybe you aren't comfortable with directly addressing what is going on, but you could do something to distract one or both of the people involved. You can accidentally spill a drink, or strike up a conversation with one or both of the people involved. You could create an impromptu dance party and dance in between them so someone can get away. You could tell one of them that they are needed for a game in another room or that their friends have been looking for them because someone got sick.

Direct: You could be more comfortable directly addressing them about

# Scenarios

Instructions for RA: Read each scenario aloud and the three options after each. Ask participants to choose one of the three “D” options and go stand by that sign.

After each scenario when your participants have gone to their sign, ask the following questions. Keep in mind there are no right/wrong answers.

The objective is to get them thinking about options that feel realistic to them—to increase the likelihood they will do something.

1. Why did you select this option?
2. Would you respond the way if you are friends with the people involved? If they were strangers to you?
3. Is it easier to respond if you know them? Or if you don't know them?
4. Is it easier to approach the person being targeted? Or the person doing the behavior?

Scenario One: Your friend's ex keeps showing up at her classes and is constantly asking you where she is and what she has been up to. You are most comfortable:

- Delegate: Telling your RA and telling them what is going on.
- Direct: Telling the ex that he/she needs to stop trying to figure out where your friend is and showing up at your friend's classes. OR check in with your friend and ask if there is anything you can do to help.
- Distract: Whenever the ex asks you questions, change the subject. OR if you see him/her outside the class, go and strike up a conversation until your friend can get away.

Scenario Two: One of your friend's shows you the fake profile she has created so she can monitor this guy's profile she has been obsessing over. You are most comfortable:

- Direct: Telling her that what she is doing is not okay.
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Instructions for RA: Divide them up into groups of no less than 4 per group. If you have less than 8 participants in the group, then the whole group will do one scenario together. For this activity, you will need to make sure every participant has a pen and paper.

Give them 5 minutes to discuss it and write it down. You should be walking to each group to answer any questions and to ensure they are all writing the scenario down.

Instructions for RA: give them 3-4 minutes for this part and again walk around and make sure everyone is writing down their 3 D's and answer any questions.

Instructions for RA: Give them about 5 minutes to discuss this within their group. When time is up bring the groups back together and have a short discussion about what scenarios they came up with along with their 3 D options. Allow for as many examples as time allows.

## Closing

Instructions for RA: Give out contact information for yourself and for resources on campus and in the community that students could reach out to for help.

Okay, so now we have talked about what makes it hard to do some thing and options you have no matter what your barriers are. Now we will divide up into groups with 4-5 students in a group. I want you, in your group, to discuss what you all think you are most likely to see when it comes to stalking. It might be an example we already discussed or it might be something we haven't talked about yet. You all have 5 minutes to talk about it and everyone in the group should write it down. Write down as the bystander exactly what you think you would see or hear. Everyone should have it written down.

Now, I want all of you, just to yourselves-no talking within your group, write out one example of each of the 3 D's (direct, distract, delegate) that you would see yourself realistically doing in the scenario your group came up with.

Within your groups, discuss what you all came up with. You can talk about all the options you have written and which one you would be most likely to do.

As you all have seen, there are lots of options available to you for intervention. Remember that I am always available as a resource if you have questions or concerns. I also recognize that while we will be focusing this series on preventing violence, the reality is that some of your or some of your loved ones have already experienced violence. Please know that there are people on this campus, myself included, that are here for you and available to support you in any way we can.

# DISTRACT





## Distract:

Maybe you aren't comfortable with directly addressing what is going on, but you could do something to distract one or both of the people involved. You can accidentally spill a drink, or strike up a conversation with one or both of the people involved. You could create an impromptu dance party and dance in between them so someone can get away. You could tell one of them that they are needed for a game in another room or that their friends have been looking for them because someone got sick.



## Direct:

You could be more comfortable directly addressing them about what is going on. This might mean confronting the person doing the behavior and telling them to knock it off or what they are doing could get them in a lot of trouble. Or it could mean checking in with the person who is being targeted and ask if they are okay.

