



# You've Got Mail

UMassAmherst

Everywoman's Center  
Cyberstalking Awareness  
Campaign



## Cyberstalking

**Question:** What is Cyberstalking?

**EWC:** There is no universally accepted definition of cyberstalking, the term refers to the use of the Internet, e-mail, or other electronic communications devices to stalk another person.

Stalking is a series of actions that make you feel afraid or in danger. Stalking is serious, often violent, and can escalate over time.

BLOCK

WARN

INFO

SEND

**Question:** What kinds of harassment can happen online?

**EWC:**

- Abusive communications or obscene or disgusting pictures.
- Threatened with death or bodily harm.
- Series of electronic attacks on your internet connection, disconnecting you over and over again.
- Electronic viruses to try to cause problems on your computer.
- Nasty, cruel or defamatory things written about you on someone's web site or in a post they make to a discussion group.
- Unwanted advances from someone who claims to be in love with you

BLOCK

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**What Should I do if I think I am being stalked or harassed**

- Tell the person harassing you, "Leave me alone, stop harassing me. Do not contact me again."
- Do not reply to anything else the harasser says.
- In the case of e-mail harassment, contact the harasser's ISP (Internet Service Provider) and make a complaint
- Stay out of problem chat rooms
- Be certain all of your online profiles do not contain any personally identifying information about you, such as age, sex, address, phone number, school attended, etc.
- Keep all e-mails that originate from the harasser or stalker and any replies you sent for evidence.
- Contact your local police if necessary

**Everywoman's Center**

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