YOUR SAFER COMMUNITY UNIT CONTACT:

Contact Name:

Contact Email:

THIS BOOKLET:
- Is designed for Monash University students and staff who have experienced stalking and are considering disclosing, or have disclosed, to the Safer Community Unit.
- Gives information to help you make decisions, both now and later.
- Explains where you can get further support and help.

REMEMBER:
- Monash University can provide expert help, advice and support to assist you to consider your decisions.
- You are always able to discuss your options and decisions with the Safer Community Unit.
- Your safety and wellbeing is Monash University’s first priority. We will consider your needs and take steps to make sure you are safe.

STALKING

Stalking is repeated, unwanted communications or contact that causes distress or fear. Stalkers can be strangers, but stalking can also be perpetrated by a friend, acquaintance or former intimate partner.

Examples of stalking can include:
- showing up or hanging around your house, work or classes uninvited
- damaging your property or belongings
- following or approaching you
- giving you unwanted gifts
- contacting you repeatedly
- using threats against you or your loved ones
- posting about you on social media without your consent
- sending you unwanted messages
- using social media or GPS to monitor your whereabouts
- ordering goods or services for you
- spreading gossip about you
- starting malicious or baseless legal actions against you

Stalking is a serious crime that may become an increasing risk to your safety over time. Consider getting support immediately if you, or someone you know, has experienced this.

Where stalking is perpetrated by a student in a University precinct or at a University activity (including online) it may amount to student general misconduct and result in formal disciplinary proceedings.

What can I do?

Ensure safety
If you believe there is an immediate risk to yourself or another person, call:
- 9905 3333 for Security on campus
- 000 for an emergency off campus

Seek advice
You can seek confidential advice from Safer Community Unit. We’ll help to:
- keep you safe
- connect you with the most appropriate support services for your situation
- give you information on your formal reporting options so that you can make decisions that are right for you
- assist you with the reporting process, if you decide to make a formal report

How do I help someone else?
If someone you know has experienced stalking, you should encourage them to discuss the matter with Safer Community Unit, who can provide them with information, advice and support specific to their circumstances. Safer Community Unit can also provide advice for you to pass on, and they can also help you with any support you may need.
ON CAMPUS

Respond

Security Services
For emergency assistance on campus, or to request a security escort.
03 9905 3333 (emergency)
03 9902 7777 (non-urgent)

Report

Safer Community Unit
Your key point of enquiry, support and response to concerning, threatening or inappropriate behaviour.
03 9905 1599
safercommunity@monash.edu
monash.edu/safety

Support

Monash Counselling
Health and counselling services, programs and resources to keep you healthy in mind and body.
03 9905 3020
1300 788 336 (student 24/7 counselling)
1300 360 364 (staff 24/7 counselling)
monash.edu/health/counselling

OFF CAMPUS

Respond

Police
000

Report

Police Assistance Line and Online Reporting
131 444

Crime Stoppers
1800 333 000

Support

Victims of Crime
1800 819 817

Lifeline
13 11 14

1800 RESPECT
1800 737 732

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IMPORTANT INFORMATION

WHAT IS STALKING?

Stalking is repeated, unwanted communications or contact that causes distress or fear. Stalkers can be strangers, but stalking can also be perpetrated by a friend, acquaintance or former intimate partner.

Stalking is a serious crime that may become an increasing risk to your safety over time. Most commonly the stalker may try to communicate with you through:

▶ phone calls, social media, email
▶ letters, notes or graffiti
▶ giving unwanted gifts or other items.

Stalking is against the law.

EXAMPLES OF STALKING

Examples of stalking can include:

▶ showing up or hanging around your house, work or classes uninvited
▶ damaging your property or belongings
▶ following or approaching you
▶ contacting you repeatedly
▶ using threats against you or your loved ones
▶ ordering goods or services for you
▶ spreading gossip about you
▶ starting malicious or baseless legal actions against you

WHO STALKS?

Stalkers may be ex partners, acquaintances, work colleagues and occasionally strangers. Stalkers usually target one victim, but other people such as family members, friends or workmates of the victim may also be threatened or harassed and become secondary victims. Stalking can continue for a range of timeframes - from a period of weeks, through to years.

Sometimes, stalkers try to get other people like friends or family or the law involved to keep the contact going. When others contact you on behalf of the stalker this is known as ‘stalking by proxy’.

CYBERSTALKING

Cyberstalking is another form of stalking that occurs online. Cyberstalking can include:

▶ posting about you on social media without your consent
▶ sending you unwanted messages
▶ using social media or GPS to monitor your whereabouts
WHAT CAN I DO?

IF YOU HAVE EXPERIENCED THIS

Being stalked can be traumatic and stressful. Not everyone who is stalked will experience emotional difficulties, but you may experience some changes to your lifestyle, or your emotional and physical health.

Common emotional changes:
► increased fear and anxiety
► nightmares
► feeling powerless or helpless
► feeling suspicious or wary of others
► depression
► guilt or self-blame
► anger or irritability
► withdrawing from others

Common physical changes:
► sleep disturbance
► loss of appetite, nausea and vomiting
► a worsening of pre-existing physical conditions

Common lifestyle changes:
► restricting social outings
► reducing work or school attendance

SEEK ADVICE AND SUPPORT

The early identification and management of stalking is important – stalking may become an increasing risk to your safety over time.

Your first point of contact should be Safer Community Unit for advice, to report, or to seek support. They are a specialist team who can talk you through your options, explain where you can get further support and provide you with information to help make decisions. Safer Community Unit can also provide you with specific advice that is tailored to your individual circumstances, including strategies for keeping safe on- and off-campus, or refer you to the other support services available - listed on page 12.

AVOID CONTACT WITH THE STALKER

Many stalkers think that any relationship is better than no relationship at all. You (and your family and friends) should avoid any communication with the stalker. Any contact with the stalker will only acknowledge their effort and reward them.

TALK TO PEOPLE YOU TRUST

Let the people you trust know that you are being stalked. People who don’t know that you’re being stalked might accidentally give information to the stalker, or may even become targets themselves.

The people you trust can be important in supporting you and helping to document the stalker’s behaviour. Give them a photograph or description of the stalker and add their observations to your logbook, as these people may be witnesses if your case goes to court.

PROTECTING PERSONAL INFORMATION

Stalkers often leave evidence like voicemail/SMS messages, emails, letters, cards or unwanted gifts. These items are important for the police investigation and if your case goes to court or if you are reporting to the University and the matter is going through a discipline process.

You should keep and date all items or messages received from the stalker, and store them in a secure location. You should take photos of perishable items like flowers or food where you found them. Any property damage, such as broken windows or graffiti should also be photographed.

It’s a good idea to keep a log book for keeping track of any unwanted approaches, following or surveillance, with dates, times, locations and the names of any witnesses.

To protect your personal information, you should:
► be careful with who has your personal contact details
► destroy any old documents with your private information on it, like bank statements or phone bills
► keep social media private
► keep any passwords safe

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► keep social media private
► keep any passwords safe
If someone you know has experienced this

If a friend tells you they have been stalked, they have chosen you because they trust you and need someone to confide in.

Your role is to:

▶ Listen to them without judgement and allow them to talk at their own pace.
▶ Believe their story as it is not your job to investigate. Only ask enough questions to establish if they are safe.
▶ Validate their feelings and reassure them that it was not their fault.

You may be concerned that you cannot cope with the information that your friend is sharing and that you will not be able to support yourself, or you may feel in danger. Safer Community Unit can also provide advice for you to pass on, and they can also help you with any support you may need. It’s okay to step back and let experienced services continue the support, you only need to be a friend not an expert.

Keeping you safe

Immediate assistance

Your safety and wellbeing is Monash University’s first priority. We will consider your needs and take steps to make sure you are safe.

For an emergency response on or off campus, call 000 for police or ambulance.

If you feel in danger on any campus, contact Security Services on 03 9905 3333 for an immediate response. They know the campus layout and, if necessary, will be able to contact Victoria Police and guide them to your location.

On campus

If you are concerned about travelling around campus, you can arrange a security escort at any time of day by calling 03 9902 7777.

It may be possible to put in place measures to ensure your safety on campus, including to reduce the risk of you encountering the perpetrator on campus. Safety measures may include, directions that restrict the alleged perpetrator’s access to buildings or which prohibit them from speaking to or approaching you. To discuss safety measures further, speak with Safer Community Unit.

Off campus

If you feel unsafe, you can seek an Intervention Order. This is a court order, made by a Magistrate, to help protect you (and/or your family) from the alleged perpetrator. An Intervention Order sets rules or conditions about how the alleged perpetrator must behave towards you. The conditions may stop them from harassing, threatening or intimidating you, or contacting you, or being near you.

You can apply for an Intervention Order yourself by attending a Magistrates Court and asking for an application. You can talk to the Registrar if you are unsure about how to fill out the application. In some cases, you can also ask the police to apply for an Intervention Order on your behalf.

For more information:

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HELP AND SUPPORT

ON CAMPUS

Safer Community Unit
If you have experienced stalking, you are encouraged to talk to Monash University’s Safer Community Unit. They are a specialist team who can give you information and advice in a safe place to assist you with your decisions. They can explain where you can get further support, mitigate any potential ongoing risks and assist you to make a report if that is what you decide to do.

Safer Community Unit can help you by providing:
► advice and referrals for your ongoing safety and wellbeing needs
► preservation of evidence, with your agreement
► advise you on how to bring an end to the behaviour
► advice for how to protect your personal information and safety
► information about your formal reporting options, including connecting you with and transporting you to police with your agreement

For more information:
► visit monash.edu/safety
► call 03 9905 1999

Monash Counselling Service
The Monash University Counselling Service has counsellors who are available at all campuses Monday to Friday. All Counselling Service counsellors have received specialised trauma training.

There are also counsellors from the South Eastern Centre Against Sexual Assault (SECASA) that are available within the University Health Services at Clayton campus. You can make an appointment to see a SECASA counsellor on or off campus through SECASA or the Monash University Counselling Service.

For more information:
► visit www.monash.edu/health/counselling
► call 03 9905 3020 to organise an appointment

OFF CAMPUS

Victims of Crime
Victims of Crime is a government organisation that provide information, advice and support to help you manage the effects of crime and guide you through the legal process.

They can help you:
► get advice about reporting a crime
► find other services that can help you
► get information about the court process
► get help applying for compensation and financial assistance.

For more information:
► call 1800 819 817
► Resources on crisis support available on the website

Lifeline
Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services. If you are thinking about suicide or experiencing a personal crisis help is available. Lifeline also provides extensive resources on crisis support available through their website.

For more information:
► visit lifeline.org.au and use the crisis chat support chat online available 7:00pm - midnight
► call the Lifeline Crisis Hotline 13 11 14, available 24/7
► text 0477 13 11 14, for Lifeline Crisis Support available 6:00pm - midnight
YOUR REPORTING OPTIONS

You may already have told an Investigation and Risk Assessment Specialist from the Safer Community Unit something about your experience.

Safer Community Unit can explain your reporting options, assist you to get all the support and advice you need, and can help you connect with the police. They can also talk you through what Monash University can do.

We understand it can be difficult to report your experience to police. You may have already made some decisions about those options, or you may still be considering what to do.

For more information:

▶ Make a report or disclose (including anonymously) to SCU: https://www.monash.edu/safer-community/reporting
▶ through the Monash bSafe app
▶ call 03 9905 1599
▶ email safercommunity@monash.edu
▶ Contact Safer Community Unit for information, advice or support referrals, call 03 9905 1599

1800 RESPECT

The National Sexual Assault, Domestic and Family Violence Counselling Service (1800 RESPECT), is a 24/7 nation-wide telephone and online counselling service for survivors of both past and recent sexual assault and/or domestic and family violence.

1800 RESPECT provides telephone support by trained counsellors on information and referral services for all Australians, including:

▶ people who don’t speak English
▶ people who find it easier to speak through an interpreter or translator
▶ people who are blind or vision impaired
▶ people who are deaf or hearing impaired
▶ people who don’t speak or have difficulties with speech

For more information:

▶ call 1800 737 732

For more information on your reporting and disclosure pathways:
As a victim or witness, you may be asked to give a detailed statement about what happened. Because stalking is a pattern of behaviour, it is important to document the behaviour. If you find this difficult or distressing, you may wish to consider asking a trusted person to help you with this.

If you would like to take civil legal action against the stalker, you should seek legal advice from a lawyer before making any decisions about this. Civil action is separate to any criminal legal action. Civil legal action can include:

▶ claiming compensation or damages from the person
▶ requiring them to stop undertaking certain behaviour or actions.

REPORTING TO POLICE

DECIDING TO REPORT

You can tell the police about your experience and discuss your options with them, even if you have not yet decided to make a police report. The police have protocols in place to assist you through the reporting process.

If you know who is stalking you, the police can issue them with a warning. In many cases, this is enough to make the harassment stop.

INVESTIGATION PROCESS AND ACTION

When deciding to report, you may wish to consider the following:

▶ The sooner you report, the easier it will be for police to investigate
▶ The police may be able to investigate and the perpetrator may be charged especially if there is other evidence or witnesses
▶ Making a report may help you move forward

Depending on the circumstances, there are a range of actions police can take. Victoria Police will discuss with you how to protect your safety and collect evidence. They can also conduct free and confidential home security checks, arranged through most police stations.

If you’re not sure about whether to report to police, you can talk to the Victims of Crime helpline and get advice and support.

KEY CONSIDERATIONS

When deciding to report, you may wish to consider the following:

▶ The sooner you report, the easier it will be for police to investigate
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Civil legal action can include:

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▶ requiring them to stop undertaking certain behaviour or actions.

Other than stalking, an accused person may be charged with a range of different offences, depending on the details of the incident/s and other behaviours that happen.

They may include:

▶ theft if possessions are stolen
▶ burglary or aggravated burglary if the person breaks into your home without permission
▶ property damage or graffiti-related offences
▶ offences related to illegal online activities.
If you report stalking, know that you are not alone. Monash University wants to help you. Please remember:

▶ Monash University can provide expert help, advice and support to assist you to consider your decisions.
▶ You are always able to discuss your options and decisions with the Safer Community Unit. There is no timeframe for reporting or seeking help.
▶ The final decision about whether to report is an important personal choice, and is yours alone to make. You need to do what feels right for you.

There are some circumstances where Monash University may be obliged to take certain action, even if you don’t want to make a formal report. This might occur if, for example, a child is at risk, or where there is a serious or imminent risk to the safety of another person.

Monash University’s internal disciplinary systems may not apply, and the University may not be able to investigate the stalking, if:

▶ The perpetrator was not a Monash University student or staff member at the time of the stalking;
▶ The perpetrator is no longer a current student or staff member; or
▶ The stalking happened off-campus and at a location or activity that is not connected to the University.

In these cases, the Safer Community Unit will still be able to help you by:

▶ Giving you information about external reporting options that may be available; and
▶ Referring you to appropriate support services; and
▶ Discussing measures that may be available to keep you safe on campus.

Where the stalking has also been reported to the police, Monash University will generally postpone any disciplinary action until after the police investigation and criminal justice process has finished. This is to avoid any risk of interference with the police investigation or court proceedings. Please note that, if the investigation is postponed, the University can still impose measures to keep you safe on campus.

If the perpetrator is a current Monash University student, you can ask Safer Community Unit to refer the matter to the student general misconduct process. This will involve the allegation being formally investigated, usually by the Safer Community Unit. Evidence, where available, will be collected to show whether the perpetrator has engaged in an act of general misconduct.

The evidence gathered by the investigation will be provided to the Responsible Officer for General Misconduct (ROGM) in Student Conduct. The ROGM may deal with the allegations themselves or may refer the matter to a general misconduct panel to decide whether the allegations are proven.

As part of the general misconduct process:

▶ the perpetrator is required to be given an opportunity to respond to the allegations against them; and
▶ the ROGM or the general misconduct panel may invite you to answer questions about what happened; and
▶ arrangements can be made to ensure you do not have contact with the perpetrator during general misconduct proceedings.

If the perpetrator is a current Monash University staff member, you can ask Safer Community Unit to refer the incident to the Workplace Relations area of the University to consider staff disciplinary action. This involves the incident being investigated and any available evidence being gathered.

The evidence is provided to Workplace Relations, who is required to give the perpetrator an opportunity to respond to the allegations. After this, if Workplace Relations considers there is enough evidence to take action, they will then determine how to proceed.