



## UCI CARE

949.824.7273 | [care.uci.edu](http://care.uci.edu)

According to the Stalking Resource Center of the National Center for Victims of Crime, 7.5 million people are stalked each year in the United States. In recognition of Stalking Awareness Month, UCI CARE will be holding several programs to raise awareness and educate the campus community about the warning signs and available resources related to stalking. Follow CARE on Facebook and Instagram to learn about tips, resources, and statistics on stalking and cyberstalking throughout the month of January. Share resources and statistics from your social media accounts, using #UCIStalkingAwareness.

### 1 in 4



Female Identified persons aged 18-24 have been stalked online.



Almost 1.5 million people in the United States alone suffer from cyberstalking at least once every single year.

### 1 in 12



1 out of every 12 American female identified persons will suffer from at least one cyberstalking incident in their lifetime.



The average incident of cyberstalking will last for two years and that average almost doubles if it involves people who used to be intimate with each other.



The most common form of cyberstalking is email, which 83% of victims stated that they received.

Nearly  
**75%**  
of victims knew their stalker



Check your bluetooth settings to make sure no devices are connected that shouldn't be (e.g. Tile Key Finder, other phones, GPS devices, smart devices).



Use strong, unique passwords and multi-factor authentication for thwarting easy access to your personal information.



Only accept friend requests from people whom you have met in person.



Don't upload photos on social media that show your location or places where you often hang out.



Create a different email account for registering on social networking sites.



Do not feel obligated to fill out all fields when registering online or provide identifying information such as birthdates and place in required fields.



If you are breaking up with an intimate partner – especially if they are abusive, troubled, angry or difficult – reset every password on all of your accounts.



If you are going to meet an on-line acquaintance in person, do so in a public place and never do so alone.



## SOCIAL MEDIA TIPS

- Don't enable auto login
- Ask friends, family and acquaintances not to post any information about you that you regard as personal and private, including your contact details or photos
- Block or report suspicious messages and/or accounts.
- Keep your profiles set to private and to share with friends only.
- Search for your name and make sure no one has created a fake account assuming your identity.
- Disable geotagging and location services.

## CHANGE PRIVACY SETTINGS



### TWITTER

Go to **Privacy and Safety** settings.

In the **Tweet privacy** section, check the box next to **Protect my Tweets**.

Click the **Save** button at the bottom of the page. You will be prompted to enter your password to confirm the change.



### INSTAGRAM

Tap to go to your profile, then tap .

Tap **Settings**.

Tap **Account Privacy** then tap to toggle **Private Account** on.



### FACEBOOK

Click at the top right of Facebook

Select **Settings** from the drop down menu.

Click **Privacy** on the left side menu column.