Services

RVAP
24/7 CRISIS LINE
800.228.1625

RVAP supports all affected by sexual violence. Services are free & confidential.

Advocacy
We can help ensure that your voice is heard throughout forensic medical exams, police investigations, academic sanctioning process and/or working with other 3rd party services & agencies

Support
We are here as a trauma-informed resource & advocate in healing.

- 24-hour crisis lines
- Counseling, support groups & referrals
- Review options & resources

Prevention
We provide trainings & educational programs necessary to promote positive social change and end sexual violence (e.g., bystander intervention).

The University of Iowa prohibits discrimination in employment, educational programs, & activities on the basis of race, creed, color, religion, national origin, age, sex, pregnancy, disability, genetic information, status as a U.S. veteran, service in the U.S. military, sexual orientation, gender identity, associational preferences, or any other classification that deprives the person of consideration as an individual. The university also affirms its commitment to providing equal opportunities & equal access to university facilities. For additional information on nondiscrimination policies, contact the Director, Office of Equal Opportunity & Diversity, the University of Iowa, 202 Jessup Hall, Iowa City, IA, 52242, 319-335-0705 (voice), 319-335-0697 (TDD), diversity@uiowa.edu.

RVAP supports all affected by sexual violence. Services are free & confidential.

Advocacy
We can help ensure that your voice is heard throughout forensic medical exams, police investigations, academic sanctioning process and/or working with other 3rd party services & agencies

Support
We are here as a trauma-informed resource & advocate in healing.

- 24-hour crisis lines
- Counseling, support groups & referrals
- Review options & resources

Prevention
We provide trainings & educational programs necessary to promote positive social change and end sexual violence (e.g., bystander intervention).
Stalking is a repeated course of conduct intended to cause fear for one's safety. Stalking is a serious crime and often escalates over time. Commonly, stalkers are current or ex-partners of an intimate relationship; however, stalkers can also be strangers, family or acquaintances.

**Stalker behavior** is dangerous and unpredictable. Behavior varies by stalker; however, there can be some commonalities between them. The following is a non-inclusive list of common behaviors exhibited by stalkers.

- Follow you and/or show up uninvited
- Attempt to contact you repeatedly, including hang ups
- Use technology to monitor you (e.g., computer use, phone calls)
- Research & gather info about you
- Damage your personal property (e.g., home, car)
- Send unwanted gifts (e.g., money, flowers)
- Threaten to hurt you and/or your loved ones (including pets)

Only a stalker can prevent stalking. This is not your fault.

- Trust your instincts. If you are in immediate danger, call 911.
- Don’t communicate with the stalker.
- Keep evidence. Track the stalker’s behavior by recording the time, date & place of encounters. Photograph any damages or injuries the stalker caused.
- Develop a safety plan (e.g., changing your routine) For more ideas call the Rape Crisis Line at 800.228.1625.
- Consider getting a no-contact order.
- Ask family, friends & co-workers to help watch out for the stalker.
- Contact the police. Every state has stalking laws.

1 in 12 women & 1 in 45 men are stalked in their lifetime