

# Stalking

## Concern

Unwanted attention, as characterized by glomming on to another student, not leaving them alone, stalking or harassing them.

## Description

Almost all teenagers find themselves at least once in the position of having an unreturned crush and making one or more social overtures that are rebuffed. A certain percentage of those students refuse to get the message and may begin to stalk the target of their interest/ obsession. They may pester the target online, or through their phone. They may follow them between classes or arrange to bump into them again and again at school. They may act out of loneliness, unrealistic hope, resentment or revenge. The few who issue threats should be taken seriously.

In general, these students have low self-esteem and low social skills. They are not good at forming relationships. If they have been rebuffed by the object of their desire, they may gain some sense of control by following them around or finding out about them.

These students need help to firm up their sense of self, to form healthy, non-exclusive relationships and to master techniques for managing feelings, especially anger and jealousy.

## Goals of intervention - students will:

- Understand that stalking or persisting in giving unwanted attention is wrong
- Develop a stronger sense of self
- Master basic skills for communicating with others and interacting with groups
- Develop empathy for the victims of stalking
- Learn to manage feelings of jealousy and anger

## A suggested scope and sequence - Teens

### **Sense of self**

Knowing who you are  
Learning styles  
Temperament  
Body image  
Self-esteem  
Strengths  
Weaknesses

### **Norm setting**

Norms  
Stalker  
Date rape - offender  
Making out  
Hate crime - Perp  
Molester  
Dating abuse  
Norms

### **Empathy**

Perspective taking  
Stalked  
Empathy

### **Managing feelings**

Anger  
Disappointment  
Jealousy  
Letting go  
Managing feelings

### **Social skills**

Not popular  
Communication skills  
Conversations  
Inviting someone  
Consent