

STALKING

WHAT IS STALKING?

Stalking is when someone repeatedly and unwantedly follows, harasses, or monitors another person, causing them emotional distress, fear, or alarm.

Stalking can involve actions like sending persistent messages, showing up uninvited, or even cyberstalking through online platforms. It's important to recognize and address stalking as a serious form of harassment that can have lasting psychological and emotional effects on its victims.

7.5 million
PEOPLE are
STALKED
each year



If you find yourself dealing with stalking, it's really important to keep a detailed record of the incidents and behaviors related to the stalking situation. This could come in handy if you decide to involve the authorities or take legal action. Keeping track of these details can be helpful for things like obtaining a protection order, handling divorce or child custody matters, or pursuing criminal charges. Plus, it can also help you remember specific incidents when you need to report or testify about them later on.

Your stalking log should be like a journal where you jot down everything related to the stalking. This includes things like annoying phone calls, text messages, letters, weird emails, instances of vandalism, and even threats made through other people. When you talk to the police about these incidents, make sure to note down the name and badge number of the officer you're speaking with – this is for your own reference. Even if they don't make an immediate arrest, you can ask them to create a written report and request a copy for your own records.

Please take note: Since there's a chance this information might be used as evidence or possibly seen by the stalker down the line, only put down what you're comfortable with them knowing.

It's also a good idea to include a picture of the stalker, photocopies of any restraining orders you've gotten, police reports, and any other relevant documents. Keep your stalking log somewhere safe, and only share its location with someone you truly trust.

Documenting stalking behavior can be tough and emotionally draining. If you're feeling overwhelmed, consider reaching out to a local advocate in your community. They can offer support, fill you in on your options, and help you create a safety plan.

You don't have to go through this alone.

STALKING INCIDENT LOG

Date	Time	Description of Incident	Location of Incident	Witness Name(s) (Attach Address and Phone #)	Police Called (Report #)	Officer Name (Badge #)

