



Stalking



- Keep a **detailed incident log** with any stalking actions. Consider sharing this with police.
 - Take **photos of destroyed property** and/or **injuries**.
 - Save **photos of social media** posts.
 - Keep all **emails, texts, notes, letters, or items** from your stalker.
 - Save **voicemails**.
 - Save **police reports** and all legal documents.
- Consider **changing your phone number** to one that is unlisted. Keep the number confidential.
- **Never verify your address** over the phone.
- **Report threatening phone calls** to the police.
- Consider getting a **PO box**.
- Remove your name from **reverse directories** at www.privacyrights.org.
- **Change the locks** to your home and car.
- Check your **car for tracking devices** at a car shop.
- Consider installing **motion detector lights** outside your home with light bulbs that are out of reach.
- Consider installing a **security system** and/or **security cameras**.
- Park in **well-lit areas** and **avoid walking alone**.
- **Change the routes** you take to and from work. **Vary your work hours** if you can.
- **Turn off all location settings** on you phone and social media accounts. If you feel that your phone activity is being monitored, take your phone to your phone company or another tech service and **have it checked and/or wiped**.
- **Don't post** anything on **social media** that **identifies your location**.

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- **Give trusted people at work** (supervisors, security officers, reception staff) **a picture and description of your stalker** and a copy of your Order of Protection.
- **Tell trusted friends, family members, and neighbors what is going on** and give them a **picture of your stalker** so they can help keep an eye out for you as well.

Additional Resources

Stalking Harassment and Risk Profile (SHARP) Risk Assessment (stalkingawareness.org/sharp/)

- a free and easy-to-use tool designed to examine and assess stalking, as well as information about stalking risks and safety suggestions

Stalking Incident Log (familyjusticecenter.org/resources/stalking-incident-log/)

- a stalking incident log where you can record information such as the date and time of the incident, description of incident, location, witness names, police report number, and officer name and badge number.

Safe at Home Address Confidentiality Program (sos.tn.gov/safeathome)

- a government program that will protect a participant's residential address; this service is offered at the Family Safety Center.