

# 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 website and 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](http://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 house 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 supervisors, security officers, and reception staff at work a picture and description of your stalker and a copy of your Order of Protection.
- Tell trusted friends, family members, and neighbors about your situation and show 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/](http://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/](http://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](http://sos.tn.gov/safeathome))**

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