

# ARE YOU A VICTIM OF STALKING?

## What is stalking?

Stalking is a **PATTERN OF BEHAVIOR** directed at a specific person that would put a reasonable person in FEAR.

### *Some things stalkers do:*

- Follow you and show up wherever you are.
- Repeatedly call you, including hang-ups.
- Damage your home, car, or other property.
- Send unwanted gifts, letters, cards, or e-mails.
- Monitor your phone calls or computer use.
- Use technology, like hidden cameras or global positioning systems, to track where you go.
- Drive by or hang out at your home, school, or work.
- Threaten to hurt you, your family, friends, or pets.
- Find out about you by using public records or online search services, hiring investigators, going through your garbage, or contacting friends, family, neighbors, or co-workers.
- Other actions that control, track, or frighten you.

# HOW TO USE THIS LOG

This stalking log should be used to record and document all stalking-related behavior, including harassing phone calls, letters, e-mail messages, acts of vandalism, and threats communicated through third parties. When reporting the incidents to law enforcement, always write down the officer's name and badge number for your own records. Even if the officers do not make an arrest, you can ask them to make a written report and request a copy for your records.

**Important note:** Since this information could potentially be introduced as evidence or inadvertently shared with the stalker at a future time, **do not include any information that you do not want the offender to see.**



## STALKING INCIDENT LOG

For more information on Stalking,

contact:

- Your local Domestic Violence or Sexual Assault Program
- The Stalking Resource Center online at <http://www.ncvc.org/src>

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