

Stalking Safety Plan

1. Immediate Safety Measures

- **Trust Your Instincts** – If something feels wrong, take it seriously.
- **Avoid Direct Contact** – Do not respond to the stalker's attempts to reach you.
- **Inform Trusted People** – Share your concerns with family, friends, or coworkers.
- **Vary Your Routine** – Change up your daily routes and habits to make tracking harder.

2. Document & Report Incidents

- **Keep a Stalking Log** – Record dates, times, locations, and descriptions of incidents.
- **Save Evidence** – Keep screenshots, voicemails, texts, emails, and any physical evidence.
- **Report to Authorities** – If safe, file a police report and get case numbers.
- **Get Legal Protection** – Ask about restraining orders or legal options.

3. Personal Safety Strategies

Increase Home Security:

- Lock all doors and windows.
- Install security cameras or motion lights.
- Change locks if needed.
- Avoid sharing your address publicly.

When in Public:

- Stay aware of your surroundings.
- Avoid isolated areas.
- Have a safety companion or check-in system.
- Carry a personal safety device (alarm, whistle, or pepper spray if legal).

Emergency Plan:

- Identify safe places to go in case of danger.
- Have a pre-packed emergency bag (IDs, cash, phone charger, clothes).
- Set up a code word with trusted people for emergencies.

4. Digital Safety & Privacy

Enhance Online Security:

- Strengthen passwords and enable two-factor authentication.
- Review and update privacy settings on social media.
- Block and report the stalker's accounts.

Check for Tracking Devices:

- Inspect your phone for spyware apps.
- Scan your car and belongings for GPS trackers.
- Avoid sharing your location online.

Secure Communication:

- Use a secondary phone number or email for important contacts.
- Be cautious about giving out personal information.

5. Build a Support System

Identify Trusted Contacts:

- Share your situation with supportive friends, family, or coworkers.
- Have emergency contacts saved in your phone.

Find Professional Support:

- Seek help from a stalking advocacy organization or support group.
- Consider counseling to process trauma and fear.

Workplace Safety:

- Inform HR or a supervisor if needed.
- Have a safety plan for getting to/from work.

6. Self-Care & Emotional Wellness

- **Set Boundaries** – You are not responsible for the stalker's actions.
- **Manage Stress** – Practice deep breathing, journaling, and grounding techniques.
- **Focus on Empowerment** – Remember that you deserve to feel safe and in control.
- **Celebrate Small Wins** – Every step you take to protect yourself is progress.