

RECOVER ARRIVE BECOME

CLINICAL THERAPY PRACTICE

HEALTHIER
THINKING
BRIGHTER
TOMORROWS

STALKING SAFETY

PRACTICAL STEPS TO PROTECT YOURSELF

Increase your safety. Protect your privacy. Get support. You are not alone.

Stalking can be scary and overwhelming, but there are steps you can take to be safer. This guide offers practical information to help you protect yourself and get the support you need.



UNDERSTAND STALKING

Stalking is a pattern of repeated, unwanted behavior that makes you feel scared, harassed, or unsafe. It can include:

- Repeated calls, texts, emails or messages
- Following, watching, or showing up unexpectedly
- Contacting people around you (family, friends, coworkers)
- Monitoring your social media or online activity
- Impersonation or creating fake accounts
- Unwanted gifts, threats, or property damage
- Using technology to track or contact you



STRENGTHEN YOUR PRIVACY

- Review your social media privacy settings and friend/follower lists.
- Avoid posting your location in real time.
- Ask friends and family not to tag you, share your location, or post information about your routines without permission.
- Change important passwords and use unique passwords.
- Turn on two-factor authentication (2FA) whenever possible.
- Be cautious about accepting new friend or follower requests.
- Consider limiting what is publicly available about you (address, phone number, place of work, children, routines).



CHECK YOUR DEVICES AND ACCOUNTS

- Look for unfamiliar account logins or connected devices.
- Review location-sharing settings on your phone, apps, and social media.
- Check for apps you don't recognize, especially those with access to your location, camera, or microphone.
- Keep your phone, computer, and apps updated.
- Consider using a strong passcode and biometric lock.
- If you suspect your device is being monitored, get help from a technology-safety specialist before removing anything, as suddenly disabling access can sometimes alert the person.



DOCUMENT WHAT HAPPENS

- Keep a detailed log of incidents (date, time, location, what happened).
- Save screenshots, voicemails, emails, texts, and social media posts.
- Keep copies of threatening messages or other evidence.
- Note names of witnesses.
- Store your documentation in a safe place the person cannot access (e.g., cloud account with strong security, trusted person, or physical copies).



BUILD A SAFETY NETWORK

- Tell a few trusted people what is happening.
- Consider a code word for emergencies.
- Let your workplace, school, building security, or childcare provider know, as appropriate.
- Ask trusted people not to share information about you.
- Plan places you could go if you need to leave quickly.
- Keep important phone numbers accessible.



GET SUPPORT AND EXPLORE OPTIONS

- You do not have to confront the person who is stalking you.
- A victim advocate can help you develop an individualized safety plan and explain reporting, protection orders, confidentiality, and other options available in your area.
- An attorney can advise you about your specific situation.
- Consider documenting and reporting stalking to law enforcement.
- Local domestic violence or stalking advocacy programs can provide support, resources, and guidance.



IMPORTANT RESOURCES

Help is available. Reach out for support.

911

In an emergency
or if you are in
immediate danger



**National Domestic
Violence Hotline**
1-800-799-7233
Text START to 88788
thehotline.org



SPARC
Stalking Prevention,
Awareness & Resource Center
stalkingawareness.org



**National Center
for Victim Assistance**
1-855-4-VICTIM
(1-855-484-2846)
victimconnect.org



You are not alone.

Your safety, well-being,
and peace of mind matter.
Take one step at a time,
and reach out for support.

RECOVERY • HEALING • RESILIENCE • YOU

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