



## **Stalking and Safety Planning**

The following information is suggestions of ways to plan for safety. Do what works for you, as you know the situation better than anyone.

- Program 911 into your phone.
- Let your friends, family, neighbors, co-workers, and security know about the situation.
  - Give them photos of the stalker/harasser, as well as identifying information about their car, license plate, etc.
  - At work have your calls screened and be notify if they see evidence that the person has come near your home or work.
- Obtain a protection order and distribute copies to local law enforcement.
  - For more information contact 303-492-8855
- Keep a detailed log of all contacts or suspected contacts, including saving any e-mails, written notes, telephone calls, texts or other messages.
  - Save and document everything.
- Take extra safety measures to protect your personal information.
- Any written or telephone threats should be taken seriously. Notify the proper authority.
- Be alert of any unusual packages, boxes or devices found on your premises.
- Keep friends and family informed of your whereabouts. Use your support network.
- Vary your routine periodically, as well as the routes you take. Again use your support systems.
- Change phone numbers, passwords and PINs.
  - Document all changes made as a result of the stalking.
- Trust your instincts.
- **DO NOT KEEP THIS A SECRET!!**

If you have not told the stalker/harasser to stop, here are some samples of a no-contact statement\*:

- I am not interested in having a relationship with you. Do not continue to call, stop by, or have any contact with me whatsoever.
- I want you to stop contacting me. If you continue to contact me, follow me, be on my property, or call or message me in any way, I will call the police.
- I am ending our relationship. Do not make any attempt to try and renew it. I will not change my mind. I do not wish to have any contact with you now or in the future. If you try to contact me, I will take legal action against you.
- I will no longer tolerate this unwanted contact and harassment. If you try to contact me again in any shape or form, I will call the police.

\*Once this is communicated either by email or messaging, do not have any more contact with the harasser/stalker. If they continue to contact you, DO NOT respond but DO keep a log of the contact and get law enforcement involved. Victim Assistance can help with this process or answer any questions you may have.