



## Documentation Tips for Survivors of Technology Abuse & Stalking

### Sample Technology Abuse Log

Information About the Abuser	
Name of the person abusing or stalking you.	
Relationship of that person to you (if relevant).	
Contact information of that person	
Home address	Work address
Phone number (s)	Email address (es)
Online account (s), including screen name & type of online account (facebook, etc.)	
Other contact information (that might be relevant)	
Other information about the abuser (that might be relevant)	
Description of the Abuse	
Date:	Time:
Describe the event:	
Were there any witnesses? What are their names?	
Type of technology involved:	
Documentation	
Were you able to document the abuse?	
What type of documentation do you have?	
Other Information	
Did you report it to the police? If so, what is the report number and officer name?	
Did you go to the hospital/see a doctor? If so, what was the hospital/doctor name?	