

Stalking Safety Tips

Risk Assessment

Questions to ask a victim: Has anyone ever:

- Followed or spied on you more than twice?
- Made repeated, unwanted phone calls to you?
- Stood outside your home, school, office?
- Left unwanted gifts or items for you to find?
- Vandalized or damaged your property?
- Repeatedly threatened you/those close to you?
- Showed up at places you were for no apparent reason?

Safety Plan or Victims of Stalking

- Do not attempt to negotiate with a stalker, avoid contact or communication!
- Telling a stalker ten times to leave you alone is nine times to many, be consistent
- If you have an order of protection, carry it with you at all times, keep extra copies!
- **IF YOU HAVE AN EMERGENCY, CALL 911!**
- If you think you are being stalked, call the police. Make sure each incident is reported to the police, keep the complaint number and obtain a copy of the report.
- Allow an answering machine to screen all of your phone calls and save the messages. Save any letter, packages or gift from the stalker.
- Vary your routes to and from work or school. Inform your building, office or campus security guards that someone is stalking you. Travel with a companion whenever possible.
- Keep your windows and doors locked securely at home and in your car.
- Obtain a cellular phone for use outside of your home and during travel.
- Install deadbolts and chain locks, have your locks changed and keep extra keys. If possible, install a motion sensor light and an alarm system. Keep lights and a radio on at different times. Don't sleep near a window and keep your shades drawn.
- Tell trusted family members, friends and neighbors that you are being stalked. Provide them with a photo and description of the stalker and any vehicle they may drive.
- Get an unlisted phone number or a phone number in someone else's name. Use a pager and give the number only to close family members and friends that will not have contact with the stalker.
- If you feel that you are being followed, drive to a police or fire station. If the stalker does not know where you live, do not drive home.
- Install wide-angle viewers and positively identify all visitors before opening your door.

- Visually check front and rear passenger compartments before entering your vehicle, check your tires and vehicle for damage. Always park in well lit areas.
- If you have any children, notify their schools of the situation, provide a photo and description.
- Maintain a private post office box if your residence is confidential
- Obtain Caller Id, order a complete blocking of your phone number to ensure your number is not disclosed. Utilize anonymous call reject or call blocking. Notify the annoyance call bureau of harassing phone calls. After you file a police report, you may be eligible for call trace.

Tips for Harassing & Threatening Phone Calls

- If you have become the victim of harassing telephone calls, it is very important that you keep records of the dates and time of the calls, whatever the caller says, and any specifics regarding their accent or speech.
- Once you have developed a log of harassing telephone calls, contact your local police department and file a report. If you receive a threatening telephone call, file a police report immediately.
- You may also contact the annoyance call bureau at your local phone company for additional information and services.
- Do not panic when the telephone rings. Follow the advice listed on the handout.
- As soon as you hear obscenities, improper questions or no response, hang up the telephone.
- Allow an answering machine to screen your telephone calls. Save messages left on you machine, this may be used as evidence at a later time.
- Do not state your name or number on your answering machine, if you are a female that lives alone, ask a male friend to leave a greeting/message on your answering machine for you.
- If it is available in your area, obtain Caller Id and utilize anonymous call reject
- Do not attempt to play detective. Do not try to extend the call to try to figure out who is calling. Do not let the caller know that you are upset or angry. This is the type of reaction the caller wants and needs.
- Do not try to be clever. A witty response may be seen as encouragement.
- Do not let everyone know about your telephone calls. Many calls are actually made by someone you know, such as an acquaintance, family member or friend.
- Do not talk to strangers. Be careful when the caller says they are taking a survey. If you have any concerns about the legitimacy of a call, obtain the caller's name, company and telephone numbers. A legitimate caller will not mind if you need to verify information.

- Never volunteer your name to an unknown caller. Never give your personal information, such as credit card numbers or your social security number to an unknown caller.
- Place calls with caution, especially personal ads. Use a post office box for replies. If you must use your telephone number, do not list your address.
- Report obscene or annoying calls to the police department. Make a record of the calls, noting the date, time, type of call, a description of the voice, and any background noise you hear.
- **IF YOU HAVE AN EMERGENCY, CALL 911!**

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