

Safety planning guide

Taking steps to protect yourself from stalking isn't just about safety; it's about reclaiming control over your life and setting boundaries that empower you to feel secure and supported.

Let this plan be a foundation of strength as you move forward, knowing that help, support, and solutions are within reach.

1 Personal safety measures

- Clearly communicate to the stalker that their attention is unwanted (if safe to do so) and refrain from further interaction. Log all incidents, documenting dates, times, and descriptions to create a record for authorities.
- Alter routines to avoid predictability – take different routes to work, change frequently visited locations, or modify daily schedules. Being less predictable helps reduce opportunities for the stalker to encounter or follow you.
- Establish a code word with trusted friends or family to signal if you're in danger or need immediate help without alerting the stalker.
- Ensure your home is secure by installing door locks, security cameras, and motion lights. If possible, consider a security system, and change your locks if the stalker had any previous access.

2 Support network

- Share your situation and the photo of the stalker with close friends, family, and neighbors. Ask them to alert you if they notice unusual activity near your home or workplace.
- Choose a friend or family member who can accompany you during routines like grocery shopping or commuting, especially at times you feel unsafe.
- Research local organizations that offer assistance to stalking victims, such as victim advocacy groups or counseling centers. These organizations can provide emotional support, resources, and sometimes even legal advice.

3 In case of immediate danger

- Identify safe places you can go if you feel in immediate danger, such as a police station, friend's home, or public area.
- Have an emergency bag ready with essentials like a phone charger, spare keys, a copy of your incident log, a change of clothes, important documents, and a list of emergency contacts. Keep it somewhere accessible.
- Many smartphones have emergency SOS features that alert contacts in a crisis. Familiarize yourself with how these work on your device and activate them if necessary.

4 Legal measures

- If you haven't already, consider filing a report with law enforcement to document your case. Bring any evidence you've collected, such as your stalking log, saved messages, or witness statements.
- If available in your area, consider applying for a restraining order or protection order against the stalker. Many regions have laws in place to assist stalking victims.
- Connect with a lawyer or legal advocate who specializes in stalking cases to understand your rights and options. They can guide you on further steps to ensure your safety.

5 Mental health and self-care

- Consider counseling to process feelings of fear, stress, and anxiety that often accompany stalking. Many mental health professionals specialize in trauma and can offer valuable coping strategies.
- Engage in activities that bring you peace and enjoyment, such as exercise, meditation, or hobbies. Keeping a strong sense of self can help you stay resilient and focused during this challenging time.
- Many victims find comfort in connecting with others who have experienced similar situations. A support group can provide reassurance, empowerment, and practical advice from those who understand.

And remember – you are not alone in this fight.

Stalking is a crime

Documenting stalking behavior can be difficult and emotionally exhausting, but this is a powerful step in reclaiming control and building a case against unwanted behaviors. By documenting each incident with details — dates, times, locations, and descriptions — you create a clear record of patterns, intensity, and escalation. This can become invaluable evidence if you decide to pursue legal action, file for a protective order, or seek help from support services.

Stalking can be a highly isolating experience, with only the victim often aware of the full extent of the harassment. Therefore, maintaining a first-hand record helps to detail the case and ensure the complete scope of the crime is documented.

When it happened? Date and time	What happened? Description	Where it happened? Location (offline\online)	Evidence Screenshots, photos, etc.	Who witnessed it? If possible, gather phone numbers of witnesses who could support you.
	Incidents of being watched or monitored			
	Instances where the stalker monitors, comments excessively, sends friend requests			
	Instances where the stalker tries to contact or show up at your workplace, school, or other frequent locations			
	Any behaviors where the stalker questions your family, friends, or colleagues to get personal information or updates about your life			
	Note unauthorized access attempts to your online accounts, email, or bank accounts			
	Document instances of tampered locks, stolen items, damaged property, or signs of forced entry at your home or vehicle			
	Record any instances where pets are threatened, harmed, or go missing, which may indicate the stalker's efforts to intimidate or punish you			
	Posting private information or photos of you			
	Record any written communications directed at you, your friends, family, or acquaintances. Include specific words or phrases that indicate harm, threats, or unwanted harassment.			
	Document all forms of unwanted gifts, notes, or items that were posted, delivered, or addressed to you.			

What can you do if your close one has become a victim of stalking?

Supporting victims of stalking requires empathy, awareness, and practical action from family and friends. But your help is essential to empower your close one to fight against this threat.

Listen without judgment

One of the most powerful ways to help is to provide a safe space where the victim feels comfortable sharing their experiences. Avoid minimizing their concerns or questioning their perceptions. Victims may already feel uncertain or isolated, so supportive, non-judgmental listening can help them feel validated and understood.

Help with documentation and monitoring

Stalking often involves repeated behaviors, so documenting each incident is crucial. Friends or family members can help victims by creating a log of incidents, including dates, locations, and descriptions of each encounter. This documentation can later support any legal action or restraining orders the victim may wish to pursue. Additionally, assisting the victim in monitoring any updates on the stalker's social media or physical activities can help create a deeper awareness of the stalker's intentions or location. Friends and family can also help by reporting unwanted accounts on social media platforms.

Assist with research and safety planning

Finding the right resources — legal, psychological, or technological — can be overwhelming for victims, especially if they are anxious about their safety. Supportive friends and family members can help by researching local anti-stalking laws, identifying reputable organizations, finding contacts for counseling or support groups, or even exploring safe technology practices to protect privacy.

Accompany them to file reports or seek support

Going to authorities or support services can be intimidating. Offering to accompany the victim for emotional support — whether to file a police report, attend a court hearing, or visit a local advocacy group — can make a huge difference. This support also signals that they are not alone and that others care about their safety and well-being.

Provide practical support

Daily routines may be disrupted due to fear or ongoing harassment. Helping with practical needs, like providing transportation, securing their home, offering a temporary safe place to stay, or helping with childcare, can reduce their stress and make them feel safer.

Respect their decisions and boundaries

Each stalking situation is unique, and victims may have different ideas about how they wish to handle it. Even if their decisions seem cautious or slow, respecting their choices and reinforcing that they are in control of their actions is vital.

Encourage professional help and self-care

Victims often suffer from emotional trauma, including anxiety, fear, and depression. Encourage them to consider counseling or therapy, especially with professionals experienced in stalking or trauma. Reinforce the importance of self-care, rest, and maintaining supportive relationships as part of their recovery.



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