

THE DENVER CENTER FOR CRIME VICTIMS



SAFETY TIPS TO DEAL WITH A STALKING SITUATION

Stalking occurs when a person willfully and knowingly commits acts that cause harm, including following and harassing another person, repeatedly causing that person to have reasonable fear of death or bodily harm. Aggravated stalking is when a person commits the act of stalking and causes bodily harm, property damage, or confinement, or a person breaks the provisions of a bond or violates a protective order requiring the person to keep from contact with the victim and/or the victim's immediate family members.

Stalkers count on the fact that victims will be too frightened or embarrassed to reach out for help. There are things you can do if you are being stalked!

- **If you are threatened by anyone, take it seriously.** Listen carefully and record the incident. Share the information with a trusted friend, family member, coworker or supervisor.
- **In the presence of a trusted witness, tell the stalker to stop any kind of personal contacts.** Send a registered letter that you have signed in the presence of a notary. Keep a record of any contacts and copies of letters to provide to law enforcement authorities. If the unwanted contacts or behaviors do not stop, continue recording them in a detailed journal noting the exact date, time, location and description of each contact.
- **Save harassing phone calls by using a cassette type telephone answering machine to screen your calls.** Cassettes can be removed, dated and saved. **The telephone company has many options that can be helpful**, such as caller identification/blocking, call rejection, star (*) 57 call trace, unlisted phone number, and directory non-listing or non-published. **Call 911 if the caller gives you reason to believe your life or property are in imminent danger.**
- **Keep physical evidence.** Save all harassing letters and the envelopes to show the postmarks. If notes are left on your vehicle, your office desk or on the door of your home, do not remove them until you have a witness to accompany you. Note in your journal the placement of the note and presence of the witness.
- **Call your police community resource officer and request a home security check.**
- **Provide coworkers, office security, neighbors, and family members with the stalker's description or picture and a description of the stalker's vehicle, if you have one.** Inform these individuals of your encounters with the stalker. Record information on the encounters as well as whom you have alerted.
- **When coming to or leaving work, always walk with other employees.** If you must leave earlier or later than normal, call security or a coworker for an escort. Keep family and friends informed of your whereabouts.
- **Take a self-defense course.** These courses can assist you with assertiveness and resources.

Stalking is a CRIME! DOCUMENT and then REPORT the situation to the POLICE.