

# TIPS FOR KEEPING YOURSELF SAFE

Stalking is a pattern of repetitive and unwanted behavior that causes a person to feel fear for their safety or the safety of others. This can include following someone, sending persistent messages, showing up uninvited at their home or workplace, or using technology to monitor their activities without consent.

- **Stay Aware:** Pay attention to your surroundings and trust your instincts. If something feels off, take precautions.
- **Document Everything:** Keep a record of all stalking incidents, including dates, times, locations, descriptions of the stalker, and any witnesses. This documentation can be crucial if you decide to report the behavior.
- **Increase Your Security:** Consider enhancing your personal security measures. This could involve changing your daily routines, utilizing locksmith services to change locks, or installing security systems and cameras.
- **Inform Trusted People:** Let friends, family, and coworkers know about the situation. They can help keep an eye out for you and provide support.
- **Use Technology Wisely:** Adjust privacy settings on social media and avoid sharing location information publicly. Be cautious about who you connect with online.

## HOW TO REPORT STALKING

**Contact Law Enforcement:** If you feel threatened or unsafe, don't hesitate to call the police. Provide them with the documentation you've gathered.

**File a Restraining Order:** In many jurisdictions, you can seek a restraining order against the individual who is stalking you. This can legally prohibit them from contacting or approaching you.

### Reach Out to the Title IX Office!

Our office has information for organizations that provide resources for victims of stalking. They can offer emotional support and safety planning assistance.