STALKING INCIDENT AND BEHAVIOR LOG

13.5 million PEOPLE are STALKED each year

If you are a victim of stalking, it can be critical to maintain a log of stalking-related incidents and behavior. This can be especially helpful if you choose to engage with the criminal or civil justice systems. Recording this information will help to document the behavior for protection order applications, divorce and child custody cases, or criminal prosecution. It can also help you remember individual incidents later, which you might need for reporting purposes.

The stalking log should be used to record and document all stalking-related behavior. When reporting the incident, write down the person's name and agency you reported to, including any badge or identification number they may have. If you make a report to someone, you can ask them to provide you with a copy of it for your records.

Important note: Since this information could potentially be introduced as evidence or inadvertently shared with the stalker at a future time, **do not include any information in the log that you do not want the stalker to see**.

Examples of incidents and behavior to log include: harassing or repeated phone calls, texts, and messages; following or waiting for you; sending you letters or gifts; tracking you; damaging your property; spreading rumors about you; posting private information or photos of you; impersonating you; hacking into your accounts; threatening you or those close to you; and threats communicated through other people.

Attach a photograph of the stalker, photocopies of restraining orders, police reports, and other relevant documents to the log. Keep it in a safe place and only tell someone you trust where you keep your log. Some people like to keep a digital copy of the log on their computer or phone. It's important to think about whether the stalker might have access to your phone or computer.

Documenting stalking behavior can be a difficult and emotionally exhausting task. A local advocate in your community can provide support, information about the options available to you, and assistance with safety planning.

WHAT IS STALKING?

While legal definitions of stalking vary from one jurisdiction to another, a good working definition of stalking is:

A pattern of behavior directed at a specific person that would cause a reasonable person to fear for their safety or the safety of others, or suffer substantial emotional distress.

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Date	Time	Description of Incident	Location of Incident (physical location, technology used, online platform)	Witness Name(s) (attach address and phone number)	Evidence Attached? (photos, video, screenshots, items, etc.)	Report Made To (name, office/org, badge or identification #)

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