

## Stalking Safety Tips

Stalking is unpredictable and dangerous. No two stalking situations are alike. There are no guarantees that what works for one person will work for another, yet you can take steps to assess the situation and increase your safety.

### Threats to Your Safety:

- Being followed
- Receiving threatening or unwanted e-mail, phone calls, mail or notes
- Having your car, bike or other belongings tampered with or destroyed
- Unwanted gifts
- Tampering of your home, work area or car, so that you know someone has been there
- Observing the person who is following you in your neighborhood, where your work or go to school, and/or public places that you frequent
- Injury to your pets and/or children or threats to harm them
- Other actions that are done to instill fear in you

The risks to your safety are higher if the person stalking you has weapons, has threatened suicide or to kill you, has told you about a history of hurting others, and/or if there has been a history where he/she has physically or sexually assaulted you.

---

### Things You Can Do:

- **If you are in immediate danger**, call **911**.
- **Trust your instincts**. Don't minimize the danger. If you feel you are unsafe, you probably are.
- **Take threats seriously**. Danger generally is higher when the stalker talks about suicide or murder, or when a victim tries to leave or end the relationship.
- **Contact MSU Safe Place** or another domestic violence/stalking program. They can help you devise a safety plan, give you information about local laws, weigh options such as seeking a protection order, and refer you to other services.
- **Develop a safety plan**, including things like changing your routine, arranging a place to stay, and having a friend or relative go places with you. Also, decide in advance what to do if the stalker shows up at your home, work, school, or somewhere else. Tell people how they can help you.
- **Keep evidence of the stalking**. When the stalker follows you or contacts you, write down the time, date, and place. Keep emails, text messages, phone messages, letters, or notes. Photograph anything of yours the stalker damages and any injuries the stalker causes. Ask witnesses to write down what they saw.
- **Contact the police**. Every state has stalking laws. The stalker may also have broken other laws by doing things like assaulting you or stealing or destroying your property.
- **Consider getting a personal protection order (PPO)**. This is a legal document that is signed by a judge, telling the person who is stalking you to leave you alone. In order to get a PPO, you need to know the name of the person stalking you. The Personal Protection Order Office can be reached at (517) 483-6545.
- **Tell family, friends, roommates, and co-workers** about the stalking and seek their support. The more people who know about the situation, the safer you may be.
- **Tell security staff at your job or school**. Ask them to help watch out for your safety.