

STALKING INCIDENT AND BEHAVIOR LOG FOR COLLEGE STUDENTS



**7.5 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 campus disciplinary system, the police, or are thinking about getting a protection order. Recording this information will help to document the behavior for campus conduct or disciplinary hearings, Title IX investigations, protection order applications, or criminal prosecution. It can also help you remember individual incidents later, which you might need for reporting purposes.



WHAT IS STALKING?

While legal definitions of stalking vary from one jurisdiction to another, Title IX and the Clery Act have a good working definition:

Engaging in a course of conduct directed at a specific person that would cause a reasonable person to (1) Fear for the person's safety or the safety of others; or (2) Suffer substantial emotional distress.

The stalking log should be used to record and document all stalking-related behavior. When reporting an incident to someone, write down that person's name and workplace information, including any badge or identification number they may have. You can ask them to make a written report and request a copy 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 and 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 campus resource center or local advocate (often someone who works at a domestic or sexual violence crisis center program) in your community can provide support, information about the options available to you, and assistance with safety planning.

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