

What To Do If You Are Being Stalked

- 1. DO NOT MAKE ANY CONTACT WITH THE STALKER**
- 2. Collect all notes, gifts, message tapes.** You will play an integral role in building a legal case against your stalker, so you will need to keep detailed records to document all stalking episodes. Do not throw away unwanted items you receive; they will serve as valuable pieces of evidence. Keep a journal of the time, date, and content of all contacts.
- 3. Screen your calls, and tape or record any phone messages from the stalker.** Get caller I.D. and consider getting a second phone line that will be used by other people so that your original line will be used solely by the stalker and his or her messages can be taped more easily.
- 4. Put a hold on your directory information.** You can request that the university not release any information such as your address, phone number or e-mail address to anyone without your consent. To do so, go to the Office of the Registrar at 21 North Park Street, Suite 7223 (262-3811).
- 5. Report all contacts and encounters to the police immediately.** Contact the **Madison Police Department** or the **UW Police Department** at **911**.
- 6. Consider obtaining a temporary restraining order against the stalker.** Depending on your situation, this may or may not be a wise idea. Contact the Dane County Family Court Commissioner's Office at 608-266-4166 or go to Room 104 of the City-County Building, 210 Martin Luther King, Jr. Blvd., in Madison, to get more information or to fill out a restraining order. (See [Domestic Abuse and Harassment Restraining Orders](#) website for more information on restraining orders).
- 7. Inform roommates, neighbors, RA's/House Fellows, professors, TA's, co-workers, and security staff where you live or work.** Prepare them for the possibility that the stalker may look for you there and ask them to support you. Do the same with the key people in any organization to which you belong. Inform them not to give out directory information about you or discuss any matters about your life with them. The moment the stalker shows up in a work or social setting is not the time to explain the situation to everyone.
- 8. Consider getting a cell phone.** If you need to call 911 from your cell phone, tell them your location first, so they will be able to reach you; once they find you, you can tell them you are being stalked.
- 9. Walk or run with others, and ask security for escorts to your car.** Walk home from the library/coffee shop/bar in groups, call Safewalk or Saferide, or take a taxicab if you cannot find other people to walk with.
- 10. Contact campus and community outreach and assistance organizations** such as the **Student Advocacy & Judicial Affairs in the Offices of the Dean of Students** (75 Bascom Hall, 263-5700), **Wisconsin Coalition Against Domestic Violence** (255-0539) and the **Wisconsin Coalition Against Sexual Assault** (257-1516) for additional information and assistance.

References

- Ricksecker, M., & Kaiser, R. (2004, May 5). Stalking: Living in the shadow of fear.
- Spitz, M.L. (2003, October). Stalking: Terrorism at our doors—how social workers can help victims fight back. *Social work, 48*(4), 504-512.