STALKING LOG

It is important for stalking victims to document individual acts of stalking in order to demonstrate the pattern of behavior required to meet the legal definition of stalking. This is especially true for victims who wish to call the police, file a protective order or otherwise seek relief through the legal system. A stalking incident log can be a useful tool for this purpose. Stalking incident logs should be used to track phone calls, text messages, emails, threats, unwanted in-person contact and other tactics the stalker may implement. In addition to tracking these incidents via the stalking log, victims should save all evidence of stalking including electronic contacts, voicemails, letters and gifts.

Victims should store this information in a safe place where it can't be found by their stalker. Consider storing the information with an advocate, a friend or family member, or letting a trusted person know where the stalking log is kept. Stalking logs are best used in conjunction with a safety plan developed between the victim and a domestic violence advocate. Victims can connect with an advocate for safety planning, documentation, and other services offered by domestic violence programs by calling the 24-hour Statewide Domestic Violence Hotline at 1-800-33-HAVEN.

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DATE	TIME	DESCRIPTION OF INCIDENT	LOCATION OF INCIDENT	WITNESS NAME(S) (ATTACH ADDRESS AND PHONE #)	POLICE CALLED? (REPORT #)	OFFICER NAME (BADGE #)

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