STALKER LOG

- 1. Tell someone
- 2. Gather information
- 3. Know your neighbors
- 4. Always be observant
- 5. Document, document
- 6. Think like a stalker
- 7. Vary your routes

National Domestic Violence Hotline (800)799-7233

Every time you complete this form, forward to a trusted contact

In Danger - DIAL 911

CONFIRM YOUR PHONE IS CHARGED AND HAS MEMORY AVAILABLE

Do you know	who is stalking you? \	Y N Name o	f stalker :	
Describe your	stalker :			

DOCUMENTATION

Date	Time	Location	Description of Harassment	Witness / Notes
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