

## Staying safe

It can be helpful to think of strategies to help keep yourself and others you care about safe.

- Trust your instincts. If you think that you're in danger, you probably are.
- Connect with someone who can help you explore options and make a detailed safety plan. You might consider: a trusted adult, teacher, a counselor, a mentor, or someone who works at an agency that helps people who experience dating violence or stalking.
- Write down everything that happens – keep a record or log. See [stalkingawareness.org/what-to-do-if-you-are-being-stalked/](http://stalkingawareness.org/what-to-do-if-you-are-being-stalked/) for a sample log.
- Tell people about the situation. Ask your family, school and friends to help with your safety plans. Try not to go places alone.
- Consider your use of technology and social media. Learn more about privacy and location settings.
- Learn more safety strategies at [stalkingawareness.org](http://stalkingawareness.org).

## Where to get help

**Contact your local domestic and sexual violence program**

**National Teen Dating Abuse Helpline:**

Text LOVEIS to 22522 or speak to a peer advocate at 1-866-331-9474

**National Sexual Assault Hotline:**

1-800-656-4673

**Trevor Lifeline** (for LGBTQ\* youth):

1-866-488-7386

**National Suicide Prevention Lifeline:**

1-800-273-8255 or [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)  
to chat with a crisis counselor online

**[www.engagingvoices.org](http://www.engagingvoices.org)**

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# Stalking



## What is Stalking?

Stalking is a series of actions by a certain person that makes you feel afraid, distressed or in danger. Most people in stalking situations know each other – they may be a current or ex romantic partner, a former friend, or an acquaintance. Sometimes, teens are stalked by adult authority figures (like teachers and coaches), neighbors, or family members. If someone is making you feel afraid, distressed, or in danger they may be stalking you.

### You may be experiencing stalking if you are:

- Nervous about checking your e-mail, phone or social media accounts because it might be that same person again?
- Worried about when a certain person might show up unexpectedly?
- Scared of what they'll do next?
- Worried it will never stop?
- Always looking over your shoulder?
- Confused about how someone always seems to know where you are?

## Examples of Stalking Behaviors

- Unwanted contact through repeated calls (including hang-ups), texts, snaps, e-mails or other social media messages.
- Following you.
- Sending/leaving unwanted gifts or notes for you.
- Tracking you using technology (like GPS, apps, or social media location information).
- Showing up or waiting for you (at school, home, extra-curricular activities and/or out with friends).
- Damaging or stealing your property.
- Spreading rumors about you – in person or online.
- Posting, sharing or threatening to post or share private photographs of you.
- Hacking your accounts, changing your passwords or impersonating you online.
- Threatening to hurt you or those close to you – family, friends, pets.

## Stalking and Abusive Relationships

If your partner is contacting you, checking up on you and showing up in ways that make you feel uncomfortable, that may be dating abuse and stalking.

After a breakup or falling out with a friend, if the person won't accept that you no longer want them in your life and keeps contacting you, that could be stalking.

### Stalking is Dangerous

Stalking is more than annoying – it is serious, illegal and often includes threats and violence.

While some people who are stalking go away after a while, others do not. They can persist in their behaviors for months or even years.