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**(505) 246-8972**

**(505) 243-9199**

**NM ASIAN FAMILY CENTER**  
**(505) 277-5428**

## HOTLINES:

**DVRC HELPLINE:  
(505) 248-3165**

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**1 IN 17 MEN WILL**

STALKING  
SAFE

# STOP THE STALKER

If you are in immediate danger, call 911.

Develop a safety plan. Change up your daily routine, arrange a place to stay, and have a friend or relative go places with you.

Keep a log of evidence. Take notes of the time and date of all stalking behaviors, including messages and phone calls sent to you by the person.

**DO NOT** contact the stalker, or respond to their attempts to contact you.

Get in touch with a domestic violence crisis program, or **victim services agency**. They can give you information on local laws, help you weigh options like filing protection orders, and connect you with other resources.

**If someone you know is being stalked:**

- Listen.
- Show them your support, and allow them to make choices about how to handle the problem.
- Do not blame the victim for their situation.
- Encourage them to seek help.

*Warning signs of stalking behavior should never be ignored or downplayed. Your safety is paramount.*

Have you had someone follow you and show up wherever you are? Either online or in person?

Has someone been sending unwanted or excessive gifts, letters, direct messages, or emails to a friend?

Do you feel like someone is monitoring your phone calls, computer use, or social media activity?

Has somebody posted information or spread rumors about someone you know on the Internet, in a public place, or by word of mouth?

## KNOW THE SIGNS

**YOU'RE NOT ALONE**

