

# **CHECK IT**

## **Stalking Safety**

### **Planning Booklet**

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**Forbes Gym 151**



**checkithumboldt**



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## **Stalking Safety Planning Booklet**

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### **Stalking is serious.**

If you or a loved one is experiencing stalking, you may consider using this guide to create a safety plan. Safety planning can allow you to plan for scenarios before they happen and maximize your safety when experiencing stalking.

**You are not alone.**



# Safety Planning Considerations

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**You are not responsible for the harm you're experiencing.**

The only one responsible for the harm you're experiencing is the one perpetrating it. The most important thing is to keep you and your loved ones safe, and safety planning is one way you can do this. Here are some things to keep in mind while creating a safety plan:

**Consider collaborating with someone.**

Formulating a safety plan with a friend, family member, or a professional could be beneficial. You can even speak with someone from Cal Poly Humboldt's Campus Advocate Team **(707) 445-2881** to get support with creating a safety plan.



# **Safety Planning Considerations**

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## **Finding balance is important.**

Keeping yourself and your loved ones safe is very important, but so is finding a balance between implementing safety planning and living out your life. You shouldn't have to give up your life to stay safe.

## **Your safety plan should evolve.**

As situations change and evolve, so should your safety plan. This allows your plan to stay up to date and can keep the perpetrator from learning your routines, routes, etc.



**Code word to use if I am in danger:**

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**If there is an emergency, I can call...**

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**Here are some people who can walk with me...**

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**I have informed these people about my situation...**

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## Emergency bag checklist:

- Important documents (birth certificates, social security cards, passports, etc.)
- Cash, credit cards, etc.
- Cell phone
- Medications
- Clothing
- Supplies for children/pets
- Spare sets of keys
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# Safety Planning Tips

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## Ceasing Communication

If possible, tell the perpetrator **once** that you do not want contact, and attempt to cut all ties with them.

### Additional tips to consider:

- Changing routes to/from school, work, home, etc.
- Adjusting hours (if possible)
- Changing locks/install security devices in home (alarm, Ring camera, etc.)
- Taking self-defense classes/start weightlifting
- Having friends/family over to your house/stay at their houses more often



# Safety Planning Tips

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## Cyberstalking

Stalkers oftentimes use technology as a means to further perpetrate harm. Here are some tips to help mitigate cyberstalking:

- Changing phone number or email address
- Changing passwords for any accounts, your phone. etc.
- Blocking perpetrator's phone number and/or on social media
- Refraining from posting whereabouts on social media
- Turning off others' access to your Google Calendar
- Checking your devices for spyware





# Incident Log Considerations

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## **Why should I fill out an incident log?**

Incident logs can be helpful if you are considering seeking assistance from criminal and/or civil justice systems (i.e. protection orders, divorce, criminal prosecution, etc.). It may also help you identify any patterns of behavior the perpetrator may be engaging in.

## **What should I log as an “incident?”**

Incidents to consider logging include the perpetrator following or waiting for you, damaging your property, sending repeated calls/texts/messages, and threatening you/those close to you. Log whatever you think would be helpful to document.





# Resources

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**Campus Advocate Team  
(24/7 confidential support):  
(707) 445-2881**

**Humboldt Domestic Violence  
Services  
(24/7 confidential support):  
(707) 443-6042**

**National Domestic Violence  
Hotline  
(24/7 confidential support):  
800-799-7233 or thehotline.org**

**Stalking Prevention,  
Awareness, & Resource  
Center (SPARC):  
stalkingawareness.org**

