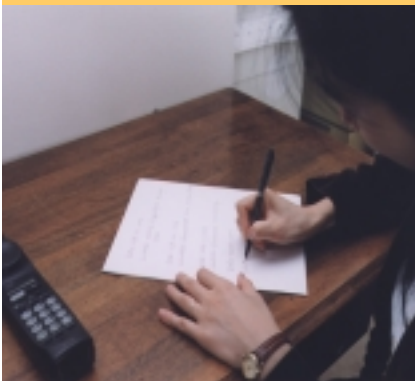


Staying Safe Practical Tips for Personal and Home Safety



If you are being harassed, keep a written record of everything that happens. Keep a list of names, dates and what occurred. This is very important for investigation and prosecution purposes.

Criminal Harassment

Criminal harassment is a serious crime. It's not about love, it's about power and control. It's abusive and illegal. If you, or someone you know is being stalked, you need to get help right away.

Trust your instincts. If someone is making you feel threatened with repeated or unwanted contact, inappropriate intrusions in your life, is watching or following you, or threatening you or your family, you need to talk to someone who can help.

A stalker could be anyone. It could be a spouse or partner, someone you once dated, a co-worker, a client, a fellow student or a total stranger.

It is most commonly women who are stalked, though children, adolescents and men may also be victims of criminal harassment.

If you are being harassed, keep a written record of everything that happens. Keep a list of names, dates and what occurred. This is important for investigation and prosecution purposes.

Tell everyone. Family, friends, co-workers, childcare workers. Ask them to document any contact with the stalker. Show them a picture if you have one. Be very upfront about asking for their help with your safety. Ask them to be discreet and report to you any contact they may have with the stalker.

Research and implement basic safety precautions in your daily life. Your local police agency can provide you with information on personal and home safety. Please check out the additional information items available on this site.

Have an emergency plan. Make sure friends or relatives know about your situation and that you have a place to go if you need to.

Have important numbers close by or programmed into speed dial. A cell phone is very effective in an emergency.

Most importantly, if you are being harassed, call the police. Seeking help is the best way to keep you, and your family, safe.