

01 Being Followed in Public

ACT NOW Someone follows you on foot for several blocks

Do: Go into an open business and tell staff: "I'm being followed, call 911." Stay near people until help arrives.

Do: Note the person's description and direction of travel while you wait.

ACT NOW A car follows you at the same speed through multiple turns

Do: Do not drive home. Drive straight to a police or fire station.

Do: Call 911 with your location and the plate number if you can see it.

CAUTION The same unfamiliar person keeps appearing at your gym, cafe, or commute stop

Do: Vary your routine and travel times for the next several days.

Do: Photograph the person from a safe distance and log each sighting with date and time.

CAUTION A stranger starts a conversation, then later shows up somewhere else you go

Do: Keep any interaction brief; avoid confirming your schedule or address.

Do: Tell a coworker or friend about the pattern so someone else knows.

ACT NOW Someone stands outside your home or workplace and stares without approaching

Do: Do not go outside alone. Call building security or 911 depending on location.

Do: Photograph or video from indoors only if it is safe to do so.

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02 Unwanted Calls, Texts & Voicemails

CAUTION You get dozens of calls or texts in one day from the same number

Do: Send one written message stating contact is unwanted, then stop replying entirely.

Do: Screenshot every message with the date and time visible before you block.

CAUTION Calls continue from blocked or unknown numbers after you block the main one

Do: Turn on Do Not Disturb with an allow-list for people you trust.

Do: Ask your carrier about call-blocking tools or changing your number.

ACT NOW A voicemail contains a direct or implied threat

Do: Do not delete it. Call police the same day and ask to file a report.

Do: Back up the voicemail file to your own email or cloud storage.

CAUTION The person emails your workplace or relatives after you stop responding

Do: Notify your employer's HR or security team and forward the message.

Do: Ask family members not to reply and to save any messages they receive.

CAUTION You receive unwanted gifts, flowers, or packages at home or work

Do: Do not open or discard them; photograph the item and shipping label first.

Do: Contact the retailer or courier to report it and block further orders.

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03Cyberstalking & Social Media

CAUTION Someone creates a new account to reach you again after you block them

Do: Report and block each new account through the platform's harassment tool.

Do: Screenshot the profile and messages before the account can be deleted.

CAUTION A person likes or comments on years-old posts, showing close monitoring

Do: Set your accounts to private and review your current followers list.

Do: Strip location data from past posts and turn it off for future ones.

ACT NOW Someone posts your address, workplace, or daily schedule online

Do: Report the post to the platform immediately as doxxing or harassment.

Do: Contact police — publishing this to threaten or intimidate can be a crime.

CAUTION A stalker uses an old password or shared family plan to view your activity

Do: Change all passwords and enable two-factor login from a device they've never used.

Do: Remove them from any shared phone, streaming, or cloud plan today.

CAUTION The person messages your friends or followers asking questions about you

Do: Ask friends to decline politely and screenshot whatever they're sent.

Do: Consider a short pause on public posting until things settle.

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04 Ex-Partner Stalking

CAUTION Your ex keeps showing up at places tied to your new routine

Do: Adjust your routine where you can, and tell people at those places what's happening.

Do: Start a dated incident log from the very first occurrence.

ACT NOW Your ex threatens to harm you, themselves, or someone else if you don't respond

Do: Take every threat seriously; call 911 if it signals immediate danger.

Do: Save the message and contact a domestic violence advocate about a protective order.

CAUTION Your ex uses children, friends, or family to relay messages to you

Do: Set a clear boundary with go-betweens about not passing messages along.

Do: Route any necessary child-related contact through a monitored co-parenting app.

CAUTION Your ex contacts your new partner or appears when you're together

Do: Tell your new partner the full situation so they aren't caught off guard.

Do: Document each contact, including anyone who witnessed it.

ACT NOW Your ex contacts or approaches you in violation of a protective order

Do: Call police immediately to report the violation; do not handle it yourself.

Do: Keep a copy of the order with you, in your car, and at work.

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05 Workplace Stalking

CAUTION A coworker or client keeps showing up at your desk or waits by your car

Do: Report the pattern to HR or a supervisor in writing, with specific dates.

Do: Ask about a schedule change, an escort to your car, or badge-access limits.

CAUTION Unwanted messages arrive through work email or a company chat app

Do: Forward the messages to HR and IT without deleting the originals.

Do: Ask IT whether the sender's access can be restricted or logged.

ACT NOW A stalker shows up at your workplace after being told to stay away

Do: Alert security or reception immediately and have them call police if needed.

Do: Share a photo of the person with your team and front desk in advance.

CAUTION You're assigned to travel or work alone with someone you're afraid of

Do: Request a schedule or assignment change through HR, citing safety concerns.

Do: Loop in a manager you trust so you aren't handling it alone.

CAUTION The stalker contacts your employer to make false complaints about you

Do: Ask HR to document the contact and every complaint detail in writing.

Do: Provide your own written account and evidence of the wider pattern.

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06 School & Campus Stalking

CAUTION A classmate waits outside your classes or dorm on a regular basis

Do: Report the pattern to campus security or your Title IX office.

Do: Ask about a no-contact order between you and the other student.

ACT NOW Someone follows you across campus after dark

Do: Use a campus safety escort or rideshare instead of walking alone.

Do: Call campus police from any emergency call box on campus.

CAUTION A student contacts your professors or roommates asking about your schedule

Do: Ask professors and roommates not to share your schedule or location.

Do: Ask the registrar or housing office about a privacy hold on your records.

CAUTION Unwanted messages arrive through a school email or learning platform

Do: Screenshot and report them to IT and the dean of students' office.

Do: Ask whether the platform can block or restrict messages from that user.

ACT NOW A stalker shows up at your dorm room door

Do: Do not open the door; call campus police or 911 right away.

Do: Ask your resident advisor about a room change or extra door security.

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07GPS Trackers & Hidden Devices

CAUTION Your phone warns that an unknown tracker is moving with you

Do: Follow the app's steps to locate it without removing it right away if stalking is suspected.

Do: Photograph the device and its location before deciding your next step with police.

ACT NOW You find a tracker attached to your car

Do: Don't remove it somewhere you feel unsafe; drive to a police station first if you can.

Do: Report it to police — secretly tracking someone can itself be a crime.

CAUTION Your phone battery drains fast or location settings change on their own

Do: Review location-sharing apps and remove anyone you didn't personally approve.

Do: Update your phone's software and passwords from a separate, trusted device.

CAUTION A shared family-tracking app still shows your location to an ex or relative

Do: Leave the shared plan and set up a new account they cannot access.

Do: Check your car's connected-services app for drivers you don't recognize.

ACT NOW You suspect a tracker or listening device is hidden in a gift or item

Do: Do not use or destroy the item; store it safely as potential evidence.

Do: Contact police or a professional sweep service before handling it further.

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08 Stranger or Fixated Stalking

CAUTION A stranger fixates on you after one brief interaction, like a delivery or service call

Do: Avoid confirming personal details such as your schedule or address to people you don't know well.

Do: Log any follow-up contact attempts with dates and a description.

ACT NOW A stranger insists you're in a relationship with them that doesn't exist

Do: Don't argue the belief away in person; disengage and involve police for guidance.

Do: Save any letters, gifts, or messages as evidence of the pattern.

CAUTION Someone keeps appearing at places you regularly visit, like a park or place of worship

Do: Alert staff or leadership there so they can watch for the person.

Do: Change your usual times for attending for a while, if you can.

CAUTION A stranger tries to get your contact information through people you know

Do: Ask mutual contacts not to share your information going forward.

Do: Review privacy settings on any public profiles or directories.

ACT NOW A fixated stranger shows up at your home after finding your address

Do: Don't answer the door; call 911 and move to a locked interior room.

Do: Look into how your address was found and consider a data-broker removal request.

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09 Stalking Involving Your Children

ACT NOW A stalker approaches or contacts your child directly

Do: Tell your child's school or caregivers immediately, with a photo if you have one.

Do: Report the contact to police — this often raises a case's urgency.

CAUTION The stalker asks your child questions about your schedule or home

Do: Coach your child, age-appropriately, to say "I don't know" and tell an adult right away.

Do: Update your child's school pickup-authorization list to exclude the stalker.

CAUTION A co-parent uses custody exchanges to prolong contact or monitor you

Do: Use a public, well-lit exchange location, ideally a police station lobby.

Do: Ask the court about a neutral, third-party exchange service.

ACT NOW The stalker threatens to take or harm your children

Do: Treat this as an emergency — call 911 and notify the school immediately.

Do: Contact a family law attorney or advocate about emergency custody protections.

CAUTION Your child gets messages or friend requests from the stalker's accounts

Do: Block and report the accounts, saving copies of the messages first.

Do: Review your child's privacy settings and limit posts revealing your routine.

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10 Neighbor Stalking

CAUTION A neighbor watches your home or photographs you from their property

Do: Install a visible doorbell camera and note when you notice this happening.

Do: Contact non-emergency police early to document the pattern.

CAUTION A neighbor keeps finding reasons to approach or detain you outside

Do: Keep it brief; state clearly you don't want to talk and go back inside.

Do: Ask your property manager or HOA about mediation or a formal complaint.

ACT NOW A neighbor enters your yard, porch, or building hallway without permission

Do: Treat this as trespassing; call police, especially if it happens again.

Do: Improve exterior lighting and locks, and consider a camera at entry points.

CAUTION A neighbor repeatedly files false complaints against you

Do: Keep your own written record of events and any official responses.

Do: Ask your landlord to document the pattern in your file.

ACT NOW A neighbor confronts you aggressively or blocks your path

Do: Don't engage; get to a safe indoor spot and call 911 if you feel threatened.

Do: Ask police about a restraining or protective order if it continues.

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11 Online Dating & Met-Online Stalking

CAUTION A match gets upset when you end contact and messages you on multiple apps

Do: Block and report them on every platform where they reach you.

Do: You don't owe an explanation — a clear stop is enough on its own.

ACT NOW Someone you met online shows up at a place you only mentioned in a private chat

Do: Leave the area for somewhere public and staffed right away.

Do: Review what details you've shared in chats and tighten them going forward.

CAUTION Someone pieces together your workplace or home from small details you mentioned

Do: Avoid confirming their guesses; change the subject or end contact.

Do: Search your own name to see what's easy to find publicly.

CAUTION A former match creates new profiles to keep messaging after being blocked

Do: Report each new profile through the platform's safety tools.

Do: Keep screenshots that show the pattern of repeated new accounts.

ACT NOW An online contact threatens to share private photos or messages unless you respond

Do: Do not comply — this is a form of extortion and a crime.

Do: Report it to the platform and police, and preserve the threatening messages.

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12 Doxxing & Exposed Personal Info

CAUTION You find your home address listed on a people-search or data-broker site

Do: Submit a removal request to that site and to major data brokers.

Do: Use a data-broker removal service to track requests across many sites at once.

ACT NOW Someone posts your address with language encouraging others to visit or contact you

Do: Report it as doxxing or a coordinated harassment risk immediately.

Do: Contact police — this can support both a stalking and a harassment charge.

CAUTION Your phone number is shared in an online group or forum

Do: Change your number if possible, or use a call-screening app meanwhile.

Do: Report the post to the forum's moderators and request its removal.

CAUTION Old photos or personal details resurface on a new site or blog post

Do: Request removal directly from the site, citing harassment where relevant.

Do: Search your own name periodically and set an alert for new mentions.

ACT NOW Private or intimate images are shared without your consent

Do: Report it under the platform's non-consensual imagery policy for fast removal.

Do: Contact police — sharing intimate images without consent is a crime in most states.

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13 Escalating Threats

CAUTION A message hints at harm without stating it outright, like “you’ll be sorry”

Do: Save the message exactly as received, with the sender clearly visible.

Do: Report it to police even if you’re unsure it formally “counts” as a threat.

ACT NOW A threat names a specific time, place, or method of harm

Do: Call 911 immediately — this is treated as a high-risk warning sign.

Do: Warn anyone else named or nearby so they can also take precautions.

CAUTION Threats increase around a triggering date, like a court date or anniversary

Do: Alert your safety network and advocate ahead of known trigger dates.

Do: Review and refresh your safety plan before those dates arrive.

ACT NOW The person shows or mentions having access to a weapon

Do: Treat this as an emergency; call 911 and avoid being alone.

Do: Tell police about the weapon specifically — it changes how a case is handled.

CAUTION A threat is made to a friend or family member instead of to you directly

Do: Have that person save the message and consider filing their own report.

Do: Combine both records when you report the pattern; it strengthens the case.

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14 Protective Order Violations

ACT NOW The person named in your protective order contacts you by call or text

Do: Do not respond; call police to report the violation right away.

Do: Save the message as evidence before deleting anything.

ACT NOW The person shows up somewhere the order requires them to stay away from

Do: Leave the area if it's safe, and call 911 immediately.

Do: Note the exact time, distance, and any witnesses present.

CAUTION A protected contact channel, like a co-parenting app, is used to send off-topic or harassing messages

Do: Report the misuse to your attorney or the court that issued the order.

Do: Keep using only the approved channel, and log any off-channel attempts.

CAUTION Someone else delivers a message on the restrained person's behalf

Do: Treat it as an attempted violation and report it to police or your attorney.

Do: Ask the go-between directly to stop relaying any further messages.

ACT NOW The person damages your property or harms a pet in violation of the order

Do: Call police immediately; don't clean up the scene before it's documented.

Do: Photograph everything and request a copy of the report for court.

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15 Stalker Shows Up at Your Home

ACT NOW Someone is at your door you didn't invite

Do: Don't open it; verify who it is through a peephole or camera first.

Do: Call 911 if it's the person stalking you or anyone acting suspiciously.

CAUTION You notice signs someone has been near your home, like moved items or footprints

Do: Photograph what you find and avoid touching anything that could be evidence.

Do: Add a security camera and motion lighting at entry points.

ACT NOW The stalker attempts to enter your home

Do: Get to a locked room, call 911, and stay on the line until help arrives.

Do: Keep a practiced escape route and a packed go-bag ready ahead of time.

CAUTION The stalker leaves notes or items at your doorstep

Do: Photograph items in place before moving them, and save any notes as evidence.

Do: Report the pattern to police even without a direct threat included.

CAUTION A delivery or rideshare app reveals your address to someone on a shared account

Do: Use a P.O. box or workplace address for deliveries where you can.

Do: Review saved addresses in shopping and rideshare apps tied to shared logins.

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16 Stalking by Extended Family or In-Laws

CAUTION A relative monitors and reports your activities to someone you're avoiding

Do: Set a clear boundary about what you will and won't share with them.

Do: Limit invitations to family events where contact would be unavoidable.

CAUTION An in-law shows up uninvited after a separation or divorce

Do: Put your boundary in writing so there's a clear record of what you asked.

Do: Involve your attorney if the contact ties into a custody or divorce case.

ACT NOW A family member threatens you on behalf of someone else

Do: Treat it as seriously as a direct threat and call 911 if it feels urgent.

Do: Document the relationship and message — it may show coordinated conduct.

CAUTION Relatives keep sharing your new address or number after you've asked them not to

Do: Explain clearly, in writing, why this puts your safety at risk.

Do: Limit what personal information you share with relatives who can't keep it private.

CAUTION A family gathering becomes an opportunity to corner or pressure you

Do: Bring a support person and plan an early exit ahead of time.

Do: Tell the host your boundaries before the event, not during it.

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17Contact Through Mutual Friends or Community

CAUTION A mutual friend keeps forwarding messages “just in case you want to know”

Do: Ask them directly and firmly to stop relaying any messages at all.

Do: Explain that forwarding messages can help sustain the stalker's contact.

CAUTION A community or religious leader is asked to help “reconcile” you with the stalker

Do: Decline any mediation with someone whose contact frightens you.

Do: Explain the safety concern to the leader privately, without needing to justify it.

ACT NOW A friend group pressures you to reply because the stalker “just wants closure”

Do: You don't owe a response — prioritize your safety over others' comfort.

Do: Share a hotline number with friends so they understand the real risk.

CAUTION The stalker attends events they know you'll be at, through mutual connections

Do: Ask the host in advance for a heads-up or a guest-list check.

Do: Have an exit plan and a friend who knows to leave with you if needed.

CAUTION Someone in your community shares your schedule without realizing the risk

Do: Explain plainly why the information is sensitive, without over-explaining.

Do: Limit how far in advance you share plans publicly.

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18 Stalking of Older Adults

CAUTION An older adult gets repeated unwanted visits from a former caregiver or acquaintance

Do: Loop in a trusted family member or facility staff to help monitor visits.

Do: Update the approved-visitor list at any care facility or front desk.

ACT NOW Someone pressures an older adult for money alongside unwanted contact

Do: Treat this as possible financial exploitation and contact adult protective services.

Do: Ask a trusted family member to help monitor or freeze accounts if appropriate.

CAUTION An older adult is afraid to report stalking for fear of losing independence

Do: Reassure them that reporting doesn't automatically mean losing autonomy.

Do: Offer to go with them to file a report or call an advocate together.

CAUTION A stalker contacts an older adult's caregivers or doctors to gather information

Do: Ask care providers to confirm any information requests directly with family.

Do: Add a note to medical and care records restricting information release.

ACT NOW An older stalking victim seems confused about who is safe to trust

Do: Involve a social worker or adult protective services promptly for support.

Do: Avoid confronting them directly; focus on connecting them with help.

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19 Stalking After You've Moved or Changed Numbers

CAUTION The stalker finds your new phone number soon after you change it

Do: Check which accounts and apps still list your old number and update them.

Do: Ask your carrier about extra privacy protections for the new line.

ACT NOW The stalker shows up at your new address within days of moving

Do: Treat this as a serious escalation and contact police and an advocate right away.

Do: Review how the address may have leaked, including mail and delivery accounts.

CAUTION Mail is still being forwarded in a way that could reveal your new address

Do: Set up a P.O. box for a transition period instead of home delivery.

Do: Contact USPS directly rather than relying on automatic forwarding for sensitive mail.

CAUTION Your new employer or landlord is contacted by someone claiming to check references

Do: Warn your employer or landlord about the situation in advance.

Do: Ask them to confirm any information requests with you before responding.

CAUTION You're worried public records, like a new lease, reveal your address

Do: Ask about an address confidentiality program offered in many states.

Do: Use a safe mailing address, like an advocate's office, on forms that allow it.

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20 Supporting Someone Else Who's Being Stalked

CAUTION A friend tells you they're being stalked but downplays it

Do: Take it seriously anyway, and gently share resources like a hotline number.

Do: Avoid pressuring a specific action — support their pace and their choices.

CAUTION You're asked to hold onto evidence or be a witness for someone else's case

Do: Keep anything you're given exactly as received, noting when and how you got it.

Do: Be ready to describe what you saw or heard factually if police ask.

ACT NOW You witness a stalker approaching or threatening someone in person

Do: Call 911 if it looks dangerous rather than stepping in physically.

Do: Note a description, vehicle, and direction of travel for police.

CAUTION A coworker or relative asks you to relay messages from a stalker to their victim

Do: Decline, and explain that relaying messages can help sustain the stalker's contact.

Do: Encourage direct contact with police or an advocate instead.

CAUTION Someone you know seems to be isolating out of fear of a stalker

Do: Stay consistently in touch with small check-ins rather than waiting to be contacted.

Do: Offer specific help, like going with them to file a report, instead of open-ended offers.

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