

What Is Stalking?

A pattern of behavior directed at a specific person that would cause a reasonable person to fear for their safety or the safety of others, or suffer substantial emotional distress

If you are a victim of stalking it can be crucial to maintain a log of stalking-related incidents and behavior. This is especially helpful if you choose to engage with criminal or civil justice systems. Documenting this information will help to show behavior for protection order requests, divorce and child custody cases, or criminal prosecution.

Since this information could potentially be introduced as evidence or inadvertently shared with the stalker at a future time, **do not include any information in the log that you do not want the stalker to see.**

Stalking can include: harassing or repeated phone calls, texts and messages; following or waiting for you; sending you letters or gifts; tracking you; damaging your property; spreading rumors about you; posting private information or photos of you; impersonating you; hacking into your accounts; threats to you or people close to you; threats communicated through other people.

13.5 million
people are
stalked
each year

Obtaining a Stalking Protection Order

A stalking protection order (SPO) is a court order that protects victims of stalking or cyberstalking. It can prevent the perpetrator from contacting the victim, entering certain locations, or engaging in other activities.

In Washington state, a SPO can be issued if the petitioner can prove that:

- The respondent has engaged in stalking behavior that is unlawful and has caused the petitioner to feel intimidated, frightened, or threatened
- The respondent knows or should know that their behavior is causing those feelings

The petitioner can file for a SPO on behalf of themselves, a minor child, a vulnerable adult, or another adult. However, if the petitioner has been stalked by an intimate partner or family member, they should consider seeking a domestic violence protection order instead.

To obtain a SPO, you can speak with a law enforcement officer or the Protective Order Advocates.

You can file a SPO online or in person at the courthouse.

Breaching a SPO is a criminal offense.

Documenting stalking behavior can be a difficult and emotionally exhausting task. A local advocate in your community can provide support, information about the options available to you, and assistance with safety planning.



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STALKING

It's not a joke.

It's not romantic.

It's not okay.

STALKING IS A CRIME!

Recognizing and Responding to Stalking

STALKING INCIDENT AND BEHAVIOR LOG

Date	Time	Description of Incident	Location of Incident (physical location, technology used, online plat-	Witness Name(s) (attach address and phone number	Evidence Attached? (photos, vide, screenshots, items, etc)	Report Made To (name, office/org, badge or Identification #)

IF YOU ARE IN IMMEDIATE DANGER DIAL 911