

Stalking Log

Page: _____

Year _____

Date: _____ Time: _____ Location: _____ Police: Y N Badge #: _____ File #: _____ Charge(s): _____	Description of Event: _____ 	Witness: Plate #: _____ Name: _____ Phone #: _____ Address: _____ Other Evidence: _____
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WHAT TO LOG

Some stalkers repeat one or two behaviours over and over again. Others engage in a variety of activities. Log every incident where contact, attempted contact, or indirect contact (contact made through another person) is made by the stalker with you. Also log every attempt made by the stalker to harass you through making false reports or spreading damaging information about you.

- If you cannot remember exact dates or times, estimate and indicate that it is an estimate.
- Document all sightings of the stalker even when it appears to be a coincidence. Where possible, record what the stalker was wearing and/or driving.
- Describe the exact words and gestures used in situations where the stalker threatens, attempts to communicate with, or otherwise harasses you.
- Get the names, addresses and phone numbers of witnesses to stalking events. Where someone driving by may have witnessed an incident record their vehicle license plate number.
- Use *57 to flag harassing land line phone calls (see the front of your phone book for instructions). Note that the call is flagged on your log. For harassing electronic communications ask your service provider to trace them and note the request on your log.
- Keep all physical evidence of the stalking including phone, text, email and other messages and communications, letters, gifts and other items sent or left by the stalker, damaged and/or destroyed property and/or pictures of damaged and destroyed property, receipts for repairing damaged property, etc.
- Obtain medical documentation and take pictures of injuries sustained as a result of the stalker's actions.
- If possible, video and/or audio record sightings of, and contacts made by, the stalker and note that you have the taped evidence on your log.
- Include incidents where your loved ones or others close to you are targeted by the stalker.
- Log every single incident of stalking, including those you have reported to the police and whether charges have been laid or not. Even when a file is not opened and/or charges are not laid, record the officer's badge number whenever you report stalking to the police.

STALKING IS A PATTERN OF BEHAVIOUR

Stalking occurs when one person is obsessed with another and demonstrates this through repeated actions and contacts that are uninvited and unwanted. Keep a record of every stalking event to help you identify the stalker's pattern of behaviour so you are able to keep yourself safe. A record the stalker's pattern of behaviour is also important for use by the police and the prosecutor.

Stalking is against the law. The legal term for stalking is criminal harassment. Criminal harassment has been called a "building block crime" because it consists of a number of contacts and/or actions. Some of the stalker's behaviours may be criminal on their own while others, on their own, may be everyday, even pleasant, behaviours. Often starting out with minor incidents, the stalker's behaviour may get more frequent and more threatening over time. All the individual acts of stalking (the building blocks) together show the pattern of behaviour that is criminal harassment.

The purpose of a stalking log is to compile a chronological summary of events from the first known stalking incident to the present. Without documenting each event, remembering names, dates, places and details of what was said or happened can be very difficult. Because most stalking goes on for some time before the target of it sees the pattern of behaviour as stalking, you may have to work backwards to begin with.

Dealing with a stalking situation can be overwhelming and emotionally draining. Many targets feel constantly on alert, vulnerable, out of control, stressed, fearful, guilty, embarrassed, etc. It is important to recognize that it is not your fault and you do not deserve to be stalked. .

Your safety and the safety of those close to you must always be your first priority. Stop all contact with the stalker and do not respond to the stalker's attempts to make contact with you. Tell family, friends and co-workers about the stalking and seek their support and assistance. Contact your local domestic violence or victim services program to help you with safety planning and to provide emotional support, referral services, accompaniments and advocacy. In situations of imminent danger, call 9-1-1.

The Stalker

Name: _____

Nicknames/Aliases: _____

Date of Birth: _____ Sex: _____

Ethnicity: _____ Language: _____

Description: Height: _____ Weight: _____

Hair Colour: _____ Style: _____

Eye Colour: _____ Glasses: _____

Tattoos, scars, piercings, other markings:

Address: _____

Phone #s: _____

Driver's License #: _____ Province: _____

Vehicle: Year: _____ Make: _____

Model: _____ Colour: _____

License Plate# _____ Province: _____

Workplace: _____

Work Address: _____

Work Phone #: _____

Other Frequented Locations: _____

What Else?

When reporting stalking to the police, in addition to your stalking log, you will want to provide a statement. The following may be included in your statement:

- Describe your past and current relationship with the stalker (e.g. married, dating, separated, etc.).
- If you have children together, indicate who has custody and, where applicable, how exchanges take place. Consider making arrangements to transfer the children through a third party or in a public place.
- Detail what you know about your stalker's history of violence, use of weapons, suicidal threats or behaviour, history of mental illness, addictions, tendency toward excessive jealousy, etc.
- Describe your fear. Are you afraid of physical harm? Are you afraid of mental, emotional or psychological harm? Are you afraid for the physical wellbeing of someone close to you? Explain why.

Note: Context is very important. If you are a survivor of domestic violence, your fear is compounded by the physical and/or sexual violence you suffered in the relationship. As a result, any contact, whether pleasant or threatening, may cause a strong reaction. This may seem excessive to an uninformed outsider. It is up to you to explain it by providing the background.

- Describe what you have done to lessen your fear. (e.g. moved, changed your locks, installed an alarm system, commenced therapy, bought a dog, etc.).
- Describe any contacts with your stalker that were initiated by you since the stalking began. Explain why you initiated those contacts.
- Describe a typical day before the stalking began and a typical day since the stalking began.
- Inform neighbours, family members, coworkers and friends of your situation so they can warn you when they see the stalker or the stalker's vehicle. Provide a picture for those who have never seen the stalker. When they see or hear a stalking incident, they can also complete a statement for the police.

It is important to report every single incident that is criminal on its own (e.g. protection order violations, assaults, threatening, vandalism, etc.). Include all incidents on your stalking log.

Stalking Log

Important Numbers

Family Service Regina
Domestic Violence Unit757-6675
Regina Police Service.....777-6500
Regina RCMP Detachment.....780-5560
Mobile Crisis Services.....757-0127



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