

Stalking incident and behaviour log

If you are a victim of stalking, it can be critical to maintain a log of stalking-related incidents and behaviour, especially if you choose to engage with the criminal or civil justice systems. Recording this information will help to document the behaviour for protection order applications, divorce and child custody cases, or criminal prosecution. It can also help preserve your memory of individual incidents about which you might later report or testify.

The stalking log should be used to record and document all stalking-related behaviour, including:

- harassing phone calls;
- text messages;
- letters;
- email messages;
- acts of vandalism; and
- threats communicated through third parties.

When reporting the incidents to the police, always write down the officer's name and badge number for your own records. Even if the officers do not make an arrest, you can ask them to make a written report and request a copy for your records.

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

Attach a photograph of the stalker, photocopies of restraining orders, police reports, and other relevant documents. Keep the log in a safe place and tell only someone you trust where you keep your log.

Documenting stalking behaviour 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.

Contacting the police

In an emergency dial **999**. If you are deaf, deafened, hard of hearing or have a speech impairment, a text phone is available on **18000**.

For incidents, or advice you can call **101**.

You can also email the police to report incidents on **101@gloucestershire.pnn.police.uk**.

