



Staying Safe When Someone Is Stalking, Tracking, or Following You

Safety planning is risk management and is different for everyone. Contact Daya for personalized support: 713-981-7645 or <https://dayahouston.org>.

Learn *safe places to go* near your home, office, school and other places you visit often, in case you are followed. Knowing the routes to nearby libraries, 24-hour businesses, homes of friends, relatives and neighbors or fire/police stations can help you feel less alone and more safe.

Decide *who you will trust* to help you such as neighbors, coworkers, friends or family members. When you need reassurance that you're not alone and what you're going through is real, or you are in an emergency, your allies can help support you. You decide what you share and with whom.

Make and share a *code word*, phrase or emoji to use with allies when you are in danger. Share your phone location with people who can come to you or call 911. Keep your phone charged and have emergency contact numbers programmed, under fake names as needed. Memorize a couple of key phone numbers so you always have them.

If you are being tracked electronically, *clear your browser data* and use hidden browsers, or friends' devices or library computers to research resources you need for support. Delete phone call history and/or text messages if your phone use is monitored. Avoid posting your location on social media.

Change your routine to make it more difficult for someone to predict where you will be at all hours of the day. Take a different route or kind of transportation, swap cars or parking spots with a friend or neighbor, or shop in a different grocery store. If it is safe to, speak to your boss or a trusted colleague. Adjust your work hours or have someone walk you to and from your car.

To get away from a person causing you harm, *plan an excuse* ahead of time. Have one or more believable ways to get away from an uncomfortable situation. If you live with them, sleep in a common space or closer to someone you trust. Put something noisy on the door to the area to alert you to their presence.

Keep your doors and windows locked whenever you aren't using them. Change the locks if they have a key. Install motion-sensitive lights outside and ask neighbors to keep an eye out. Keep a [log of stalking incidents](#) to help you stay organized. If you get a protective order, keep a copy with you at all times. Share copies with neighbors or your apartment complex and with your job or school.