

QUICK REFERENCE IF YOU ARE BEING STALKED OR BELIEVE THAT YOU ARE BEING STALKED



It is important that you seek support to manage the stalking and its impact on your life. Consider the following recommendations:

Avoid all contact with your stalker

- At the earliest stage, give one clear, firm message to the stalker that their attention is unwanted and you want no further contact from the person.
- If you have children with the stalker, consider filing for custody or seek legal advice.

Contact the Police

- Stalking is a crime. If you are being stalked, contact the police immediately, especially if the stalking persists for more than 2 weeks.

Document all incidents

- Keep a log of every stalking incident with dates, times and detail of incident.

Increase your Personal Safety by Creating a Safety Plan

- A safety plan allows you to think about things that could happen and what you could do in the event that it does.

IF I CHOOSE TO STAY WITH MY ABUSIVE PARTNER

Be aware. Pay attention to changes in mood and behaviour and take action.

1. When an argument erupts move to a safe room. Avoid the bathroom, kitchen and garage where there are many potential weapons. Try to be in a room with outside access like windows and doors.
2. Teach others, including children, to get out of the room where the abuse is occurring and to call 911 out of view of the abuser.
3. Have a safety pack already prepared and stored where it can easily be accessed and the abuser will not find it.

I DO NOT LIVE WITH MY ABUSIVE PARTNER BUT WANT TO END THE RELATIONSHIP

Ending an abusive relationship may be dangerous. Take extra precautions and consider the following safety strategies:

- Take all threats seriously and contact the police.
- Make it clear that you want the relationship to end.
- Make it clear to the person that you do not want them to call you or see you and that you do not want any of their friends or family to try to contact you.
- Stop any and all contact with the person. If your ex-partner begins stalking, phoning or following you, document the times, events, and your fear level. This evidence is important if a criminal harassment charge is to be laid.
- Get a new unlisted phone number but also keep your old telephone number. Do not give out your new number to the abusive partner or their associates.
- Teach others not to give out any information about you. Find out those who might be associated with the abuser and do not give them any information.
- Create a new email address but keep the one known to the abuser to capture harassing email messages. Do not reply back. Save these messages and take them to the police.
- If you have children with the partner, get legal advice and other support to help you make decisions about the safety of your children.

CREATING A SAFETY PLAN

- Identify who you can tell and discuss how they can help (code words).
- Rehearse escape plan with children.
- Open separate bank accounts, if possible.
- Hide money and spare change.
- Find places in the neighbourhood, open 24 hours 7 days a week.
- Take the children with you.
- Get a police escort if you fear violence and if you need to return to your home.

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ONLINE SAFETY

Emails

- Make your email names anonymous, so that you are not easily identified. Only give out your new email address to trusted contacts.
- Strong passwords are critical. Change all your passwords.
- Once you've created a new email account, check to make sure your real name is not displayed. Send yourself an email and check to see if your real name is displayed alongside your email name in the sender field.

Instant Messaging (IM) and Social Networking Sites

- If you use IM or social networking sites like Facebook and Twitter, use your new email to create a new account. When setting up the account, be sure to choose a username that does not identify you. Don't use any photos of yourself or photos that could be uniquely associated with you.
- Set your account to private (friends only) and be careful when adding friends so that your abusive partner does not have access through a friend's login.
- Turn off the location functionality that might show where you are whenever you post. Also shut Bluetooth functions off mobile devices.

E-Shopping

- Close all current e-shopping accounts and open new ones using your new email and secure password. This will help prevent the individual from gaining access to your new delivery details and credit cards.



SAFETY PACK

Keep your safety pack hidden in a place where you can grab it quickly. Or ask someone, a close friend or shelter, to hold on to your pack.

Items with a * indicate important items.

All other items are considerations to have on hand.

Safety pack should include:

- Identification for self and children *
- Driver's License & Passports *
- Health Card & Provincial drug plan *
- Birth Certificate *
- Social Insurance Card *
- Status Card *
- Copies of custody orders / restraining orders/ Emergency Protection Orders (EPO), court orders *
- Immigration or work permit papers and visa *
- Marriage license or Divorce Decree *
- Recent picture of you, kids, and abuser *
- Cash, debit card, and/or credit cards
- Medication, hearing aids, glasses
- Keys (house, car, work, safety deposit box)
- Extra set of clothing for you and your kids
- Address book with important contacts
- Baby food, formula, diapers
- Small saleable objects (jewelry)

COMMUNITY SUPPORT SERVICES

- **Family Violence Information Line, phone toll-free in Alberta: 310-1818** Open 24 hours, 7 days per week. All calls are answered by trained staff and kept confidential. Services available in 170 languages.
- **Government of Alberta emergency funding, phone toll-free in Alberta: 1-866-644-5135.**
- **To locate a shelter close to you or if you need someone to talk to, phone toll-free in Alberta: 1-866-331-3933.**