

## **Security Recommendations for Stalking Victims**

### **Safety Option at your Home:**

1. Be alert for any suspicious persons
2. Positively identify callers before opening doors, install a wide angler viewer in all primary doors
3. Install a porch light at a height which would discourage removal
4. Install dead bolts on all outside doors. If you cannot account for all keys, change door locks. Secure spare keys. Place a dowel in sliding glass doors and all sliding windows
5. Keep garage doors locked at all times
6. Install adequate outside lighting
7. Keep outside landscaping trimmed and to a minimum if possible
8. Keep fuse box locked and have battery lanterns in residence
9. Maintain unlisted phone number
10. Any written or telephone threat should be treated as legitimate and should be checked out, report to appropriate LE in your area and get a copy of the officer's report
11. Be alert for any unusual packages, boxes, gifts. Make sure to contact LE and have it documented and photographed if possible
12. Maintain all-purpose fire extinguishers in your home and garage, as well as working smoke detectors
13. Make list of emergency numbers and make readily available at all phones
14. When away from home, use a timer for lights and TV so it appears someone is home
15. Keep all doors and windows locked, even when home
16. Prepare and practice an escape route out of your home with you and your children
17. Identify "safe locations" to go to in case of emergency
18. Teach children to dial "911"
19. A family dog is one of the most effective alarm systems
20. Know the whereabouts of your family/children
21. Children should be accompanied to and from school, events, etc...
22. Routes taken for daily routines should be varied
23. Require identification from all repair and sales people PRIOR to permitting entry into your home
24. Park in secure areas when possible
25. Inform trusted neighbors, co-workers, friends, schools, etc... about stalking that is taking place, providing description/photo of stalker if possible and devise a plan if a stalking incident occurs
26. Utilize Address Confidentiality Program or PO Box for mail
27. If renting your home, inform landlord of the stalking that is taking place, provide photo/description of stalker, and devise safety measures

### **Personal Safety Measures**

1. Remove home address and phone number from personal checks
2. List your utilities under a different name when possible
3. Utilize a PO Box or Address Confidentiality Program if possible
4. File for confidential voter status
5. Destroy discarded mail
6. Phone lines can be installed in a location other than the person's residence and call-forwarded to your home
7. Place your rental agreement in another person's name if possible
8. Use internet to search your name and that of your children to see if anything has been put on the internet about you, this is also a way to check on safety measures
9. Send postcards rather than US Post Change of Address cards to friends, businesses, etc... giving the mail box address and requesting that they remove the old address from their files and rolodexes
10. All current creditors should be given a change of address card to the mail box address. Some credit reporting agencies will remove past addresses from credit histories if a request is made, see if you are able to get this done.
11. File a change of address with the DMV to reflect the new mail box address. Get a new driver's license with the new address on it

### **Vehicle Safety**

1. Park in well lit areas
2. Make sure you use a locking gas cap
3. Visually check your car prior to entering
4. Be alert for vehicle that are around you
5. Know safe locations you can go do if you feel you are being followed and/or in danger
6. Try to vary your route as much as possible
7. Do not stop to assist stranded motorist
8. Keep cell phone with you in the car and have a charger with you so cell phone is constantly charged

(adapted from Privacy Rights Clearinghouse; [www.privacyrights.org](http://www.privacyrights.org) )