



# STALKING INCIDENT LOG



Being a victim of stalking is never your fault. And it can be helpful to keep a log of stalking incidents. This stalking log should be used to record any of the stalker's behavior, including but not limited to: digital messages, appearances, phone calls, letters, acts of vandalism or damage, gifts, or attempts at contact through a third party. Keep the log in a secure place or with someone you trust. Advocates at the WGAC are available to help you navigate dealing with a stalker, create a safety plan, and provide emotional support. Call our 24/7 Victim Assistance Team hotline at 970-492-4242 or email us at [wgac@colostate.edu](mailto:wgac@colostate.edu) to get in touch with an advocate.

Date	Time	Description of Incident	Location of Incident	Any witnesses? Name and Phone Number	If you choose to involve police	
					Police Report #	Officer Name and Badge #

