

“What to Do in Case” Series

Greensboro Police Department

You are being stalked:

- Tell the person pursuing you “No” ONCE then do not have any further personal contact with him or her.
- Do everything you can to avoid all contact with your stalker. Change your routine, phone numbers and email accounts.
- Let your family and friends know what is going on. Develop a safety plan.
- File a police report and get a restraining order.
- Gather evidence and keep a log of the unwelcomed contact.

