

## **Stalking Log**

1. Begin with the date you told them not to contact you anymore

Date	Contact or Action	Evidence
01/01/2016	I texted Jamie and told them to leave me alone and stop contacting me	screenshot
01/02/2016	Jamie slashed my tires	Arrest 16-0002

### **Include:**

2. The date you blocked the respondent's phone number
3. Whatever dates you blocked respondent on each and every social media site – if you had to do this several times, log each time you did it
4. Each date the police were called (include the police report # if you have it)
5. The date you changed your phone number – if you had to do this several times, log each time you did it
6. The date any gifts given to you (or left for you) by the respondent and what the gifts were
7. The dates (if any) that the respondent posted on social media and mentioned you explicitly or posted private photos of you.
8. Cluster unwanted contact together by day:

Date	Contact or Action	Evidence
01/02/2016	Jamie called me 4 times, texted 32 times, sent 1 email, left 2 voice messages, messaged me on Facebook 13 times, sent me 2 snapchats.	Screenshots & voice messages
01/4/2016	Jamie sent me 2 emails	emails

### **However,**

- a. Pull out and detail specific threats:

Date	Contact or Action	Evidence
01/02/2016	Jamie texted me that they were coming to my house to kill me.	Screenshot

b. Pull out and detail all in-person contact:

Date	Contact or Action	Evidence
01/06/2016	Jamie was waiting for me at work. Jamie pushed me. They wouldn't leave until I called office security.	Office video footage, letter from security at my office, offense report 16-000023, etc

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[illegible]

[illegible]