STALKING INCIDENT AND BEHAVIOR LOG

It's important to keep a detailed log of stalking incidents and behaviors. Complete each entry to the best of your knowledge/ability.
It can be helpful to start by documenting old/past instances, and then work your way forward to present-time.

Date and Time	**Description of Incident**	**Location of Incident** (physical location, technology used, online platform, etc.)	**Witness Name(s)** (include address and phone number if possible)	**Evidence Attached?** (photos, video, screenshots, items, etc.)	**Report Made To** (department, officer name, badge #)

Adapted from SPARC's "Documentation Log and Victim Handbook"

SPARC STALKING PREVENTION, AWARENESS, AND RESOURCE CENTER

If you are being stalked by a family member or current/former intimate partner, HAVEN is here to help.

HAVEN Helping Abuse and Violence End Now

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