



STALKING/HARASSMENT

“WHAT IF...” SAFETY PLAN

Experiencing stalking and/or harassment, whether from a family member, an ex, a supervisor or colleague, or a stranger, it can be physically dangerous and emotionally exhausting. Here are some steps and ideas that may help you navigate this experience. Your Care Advocate can help you through the process. If you are not already connected with a Care Advocate, you can schedule an appointment via our [Connect with The Care Center](#) form or call the Care Line at 702-895-0602 for immediate assistance

HOME

If you are concerned that this person knows where you live or has access to your home, here are some ideas:

- ☐ Add security systems (you may be able to apply for the Care Survivor Fund to cover costs)
 - ☐ You can use this to track the systems.
- ☐ Create an emergency plan with you, roommates, children, partners or relatives in case the person(s) stalking or harassing you shows up at your place (identify safe exits, where to go, who to contact, keeping your keys & shoes in an easy place to leave quickly, etc.).
- ☐ Update neighbors (if you feel comfortable) and let them know what they should do if they see the person(s) harassing or stalking you.
 - ☐ This may be calling/texting you to let you know, calling police, documenting it, etc.
- ☐ Keeping a copy of your Temporary Protection Order with you at all times and also at your work, car, school, or other places you frequent may be helpful. If you don't have a Temporary Protection Order but are interested in one, a Care Advocate can help connect you to a community agency to support you through the process.
- ☐ Keep doors and windows closed and locked.
- ☐ Connect with a community advocate to enroll in CAP (confidential address program) if you are concerned about your address being public.

SCHOOL

If you are concerned because this person is also a student or knows that you are a student, here are some ideas:

- ☐ You can download the [Rebel Safe App](#) to request a campus security escort for walking to and from your car or classes. You can also use it to contact University Police directly.
- ☐ A Care Advocate can review options with you such as filing a [Title IX](#) report for an investigation or protective accommodations, applying for a No Contact Order through the [Office of Student Conduct](#), or filing a report with [University Police](#).

- ☐ Create a plan with your friends/peers that may include:
 - ☐ Identify friends that you feel comfortable sharing your situation with.
 - ☐ Walk with your friends to and from classes or your car
 - ☐ Let your friends know what you would like them to do if you are confronted or run into the person stalking/harassing you.
 - ☐ This may be documenting it, asking them to leave, contacting police, or helping you get to a safe place.
 - ☐ Identifying a safe place on campus to get to if confronted or concerned for your safety (some examples: [SRWC](#), [Library](#), [Student Union](#) or [University Police Services Office](#))

WORKPLACE

If you are experiencing stalking or harassment at your workplace and if you are concerned because this person is also an employee or knows that you are an employee at your company, here are some ideas:

- ☐ If you have a Temporary Protection Order, you can give a copy to your workplace so that they are aware of the situation.
- ☐ Create an emergency plan with your colleagues, supervisor(s) and work security in case the person(s) stalking or harassing you shows up.
 - ☐ Do you want to work in a different office or desk so that you are not visible from the front door?
 - ☐ Do you want to let security know that this person is harassing/stalking you and to remove them if they try to enter?
 - ☐ Do you want to create a code word that your colleagues can use to alert you that the person stalking/harassing you is there?
 - ☐ Identify safe exits and how to get to them if something escalates.
 - ☐ Identify security buttons, how to call security, etc.
 - ☐ Identify someone to walk you to and from your car .
 - ☐ Ask if colleagues can document any calls or contact that comes from the person stalking/harassing you.
- ☐ Ask if you can have your schedule changed.
- ☐ Ask to have your contact information removed from any work websites or directories.
- ☐ Get connected to an attorney if your workplace is threatening to fire or let you go due to the stalking/harassment (one option may be the [Legal Aid Center of Southern Nevada](#)).
- ☐ Contact HR if the person stalking/harassing you is a colleague (Title IX if you are a student worker).

GENERAL

Here are some general ideas:

- ☐ Document any interactions including texts, calls, physical interactions, social media messages, etc. as well as any witnesses or police reports with a [stalking log](#). This can help you track patterns, use to extend a Temporary Protection Order or file a police report.
- ☐ Have your phone on and charged (with a portable charger) at all times, with your emergency contact saved.
- ☐ Turn off your location on your phone.

- ☐ If concerned about being tracked, you may be able to bring your phone to a phone company to scan it for tracking devices or check your car for any tracking devices.
- ☐ If you are receiving constant calls or texts—it is up to you if you want to block that person. Blocking them may increase escalation in other ways such as showing up physically or using other numbers/devices to contact you. You can work with your Care Advocate to create a plan around this escalation and your concerns. Also it is common for law enforcement to suggest that you verbally express that you do not want to receive contact from this person anymore. The Care Center acknowledges that this may be physically dangerous and/or emotionally distressing to do. We will support whatever decision you make.
 - ☐ [Here is an article](#) from Google to learn how to block someone via Gmail
 - ☐ You may want to contact social media sites Help Center to report someone or have them blocked
- ☐ Set your social media accounts to private.
- ☐ Avoid sharing your location on social media and ask friends or family to avoid posting your location.