



The following information was found through the Stalking Resource Center (SRC).

For more resources through the SRC, follow this link:  
<http://victimsofcrime.org/our-programs/stalking-resource-center>

If you are a victim of stalking, it can be critical to maintain a log of stalking-related incidents and behavior, especially if you choose to engage with the criminal or civil justice systems. Recording this information will help to document the behavior for protection order applications, divorce and child custody cases, or criminal prosecution. It can also help preserve your memory of individual incidents about which you might later report or testify.

The stalking log should be used to record and document all stalking-related behavior, including harassing phone calls, text messages, letters, e-mail messages, acts of vandalism, and threats communicated through third parties. When reporting the incidents to law enforcement, always write down the officer's name and badge number for your own records. **Even if the officers do not make an arrest, you can ask them to make a written report and request a copy for your records.**

**Important note:** Since this information could potentially be introduced as evidence or inadvertently shared with the stalker at a future time, **do not include any information that you do not want the offender to see.**

Attach a photograph of the stalker, photocopies of restraining orders, police/law enforcement reports, campus safety reports and other relevant documents. Keep the log in a safe place and tell only someone you trust where you keep your log.

Documenting stalking behavior can be a difficult and emotionally exhausting task. A local advocate in your community can provide support, information about the options available to you, and assistance with safety planning.

***If you are a victim of stalking, we encourage you to report immediately.***

## **SHASTA COLLEGE RESOURCES**

### **On-Campus:**

**Student Health and Wellness Office:** Room 2020  
(530) 242-7580

**Shasta CARES:** Room 5012  
(530) 242-2399

**Title IX Coordinator:** Room 121  
(530) 242-7649

**Campus Safety:** Room 5015  
(530) 242-7210

### **Law Enforcement:**

**EMERGENCY CALLS** DIAL 9-1-1

**Redding Police Department**  
(530) 225-4200

**Shasta County Sheriff**  
(530) 245-6540

**Tehama County Sheriff**  
(530) 529-7900

**Trinity County Sheriff**  
(530) 623-2611

### **Community:**

**One SAFE Place**  
(Shasta County) (530) 244-SAFE (7233)

**Shasta County Crime Victims Assistance**  
(530) 225-5220

**Shasta County Mental Health**  
(530) 225-5200

**Tehama County Health Services**  
(530) 527-5637 or (800) 240-3208

**Tehama County Social Services**  
(530) 527-1911

**Alternatives to Violence**  
(Red Bluff) (530) 528-0226

**Rape Crisis Intervention and Prevention**  
(Red Bluff) (530) 342-RAPE (7273)

**Human Response Network**  
(Trinity) (530) 623-HELP (4357)

**Trinity Behavioral Health Clinic**  
(530) 623-1362

## ***STALKING INCIDENT LOG***

<b>Date</b>	<b>Time</b>	<b>Description of Incident</b>	<b>Location of Incident</b>	<b>Witness Name(s) (Attach Address and Phone #)</b>	<b>Law Enforcement OR Campus Safety Called (Report #)</b>	<b>Officer Name (Badge #)</b>

***If you need to add more incidents, attach additional sheet(s) with the same information included from the table above.***