



PERSONAL SAFETY SERIES

IF YOU THINK YOU'RE BEING FOLLOWED

Do not go home.

If your instincts tell you someone may be following you, you do not need to prove it before changing your plan. Your goal is to get around people, create distance, call for help when needed, and avoid leading the person to your home.

IF YOU FEEL THREATENED OR THE PERSON IS CLOSING DISTANCE

Call 911. Give your location, direction of travel, a description of the person or vehicle, and tell the dispatcher you believe you are being followed.

IF YOU'RE ON FOOT

- Change direction or cross the street. If the person mirrors your movement, keep moving toward help.
- Move toward a staffed, populated place such as a store, restaurant, hotel lobby, hospital, police/fire station, or other open business.
- Avoid shortcuts through alleys, isolated parking areas, trails, or other secluded spaces.
- Do not confront the person. Your priority is distance and help.
- Call someone you trust. If you are scared or in danger, call 911.

IF YOU'RE IN A VEHICLE

- Do not drive home. Keep your doors locked and stay in the vehicle if getting out would put you closer to the person.
- Drive toward a police/fire station, hospital, busy gas station, or another open, populated location.
- If you believe you are in immediate danger, call 911 and follow the dispatcher's instructions.
- If safe to notice, remember vehicle color, make/model, plate, and direction of travel - but do not create a crash trying to document it.

IF THIS IS HAPPENING REPEATEDLY

- After you are safe, write down dates, times, locations, descriptions, vehicles/plates, messages, witnesses, and what happened.
- Save screenshots, voicemails, emails, and other evidence. Repeated unwanted following or monitoring may be part of a stalking pattern.
- Consider individualized safety planning with local law enforcement or a victim-services advocate.

REMEMBER

You are allowed to change direction, enter a business, ask an employee for help, call police, or change your plans because something feels wrong. You do not need to wait until you are certain.