

Staying Safe: Understanding and Preventing Stalking

By Turning Point

SLATE BELT - January is Stalking Awareness Month, a time to shed light on a concerning issue that affects many survivors. Stalking is a behavior that can make individuals feel scared, anxious, and unsafe. It's important for everyone to be aware of the dangers of stalking and learn how to protect themselves. In this article, we will discuss what stalking is, its potential dangers, and some safety tips to help you stay safe.

Stalking is when someone repeatedly watches, follows, or harasses another person, making them feel uncomfortable or scared. Stalkers can use various methods, such as sending unwanted messages, tracking someone's online activities, or even showing up at their home or school without permission. It's crucial to recognize these behaviors and take them seriously.

Stalking can have serious consequences for the person being targeted. It can lead to emotional distress, anxiety, and a sense of helplessness. In some cases, stalking can escalate to more dangerous situations, putting the victim's safety at risk. It's important to understand the potential dangers to encourage early intervention and prevent harm.

Safety Tips

Trust your instincts: If you feel uneasy or scared, trust your instincts. Don't ignore your feelings, and share your concerns with someone you trust, like a friend, family member, or teacher.

Be mindful online: Be cautious about sharing personal information online. Adjust your privacy settings on social media platforms and only accept friend requests or messages from people you know.

Secure Your Devices: Use strong and unique passwords for your devices and online accounts. Keep your phone, computer, and other devices secure to prevent unauthorized access.

Stay aware of your surroundings: Pay attention to your surroundings when you're out and about. If you notice someone consistently appearing where you are, inform a trusted individual immediately.

Report suspicious behavior: If you believe you are being stalked, report it to the authorities, such as the school resource officer, local police, or a teacher. They can provide guidance and take appropriate action to ensure your safety.

Seek Support: Don't face the situation alone.

Documentation: Create a log of any texts, calls, or suspicious activity that may be occurring.

Stalking is a serious issue that requires awareness and action. By understanding what stalking is and following these safety tips, you can help protect yourself and others. Remember, your safety is a priority, and there are people and resources available to support you. If you or someone you know is experiencing stalking, don't hesitate to seek help. You can reach our 24-Hour Helpline at 610-437-3369.



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