CHECKLIST

Harassment and stalking response checklist

- [ ] Record every incident with date, time and details of what happened
- [ ] Tell the person in writing that their contact is unwanted and must stop
- [ ] Save all messages, emails and call logs as evidence
- [ ] Report the behaviour to the police and obtain a crime reference number
- [ ] Ask the police about a harassment warning if the conduct is ongoing
- [ ] Apply for a civil injunction if you need immediate protection
- [ ] Speak to a solicitor about whether a non-molestation order is appropriate
- [ ] Stop responding to the person once you have asked them to cease contact