

What is a stalking log?

Stalking is a pattern of repeated and unwanted attention that may include following, harassing, contact (in-person, through technology, or otherwise), or other actions that cause you fear. Students who are experiencing stalking are encouraged to keep a log of all incidents including e-mails, IM's, texts, voicemails and times they have encountered their perpetrator in person, whether that is in their college, their classroom, or any other place. Logs should also include any incidents of gifts or other items the stalker sends.

Should you choose to move forward with criminal charges, this log as well as any material items can be given to the police as evidence and will help to prove what is happening. These logs can also be useful when applying for a protective order.

How to use this log:

Make note of any incident of following, harassing, contact, or other actions, whether in-person, through technology, or through another format, including any gifts or items sent to you. Include as much detail as you can, including whether you filed a police report and any other witnesses. You can also attach pictures or copies of emails or text messages, or other items as needed.

Keep this log in a safe place; you can keep a copy with the police, SJP, or with your Title IX Resource Navigator as well.

If you need assistance in filling out a log, making a report with the police and/or filing for a protective order, please call a Title IX Resource Navigator at x 3311/713-348-3311 or email titleixsupport@rice.edu, or off campus you may call Houston Area Women's Center at (713) 528-2121 or the Montrose Center (LGBT+) (713) 526-3211.

