



# One-minute guide

## Domestic Abuse Advice: Safety Tips

### Stalking

- General advice would be not to block any contact as this makes it more likely for the stalker to attend the address. However, a survivor could decide not to contact the stalker, to archive any messages and to place calls on mute, therefore enabling a record of calls and messages without having to read the messages or answer the calls. Instructions on how to do this on an iPhone can be found here: [How to Silence a Contact on iPhone \(iOS 15 Update\) \(iphonelife.com\)](https://www.iphonelife.com) You can turn on [Do Not Disturb](#) mode on your iPhone for individual contacts without the contact being notified.
- Always keep your mobile phone with you and charged
- Make sure that someone knows where you are, and send a text or leave a voice mail/voice note when leaving and arriving at your destination
- Keep a diary of events. Write down the date, time, location, and details of what happens and how these events made you feel.  
It's also a good idea to include information about any other witnesses who can confirm what happened. Download the Bright Sky APP/ Hollie Guard APP
- Keep copies of letters, text messages and emails, take screenshots of these and any other online messages (e.g. on Facebook)
- Try to get 'evidence' of any events that happen at your home. You may like to consider purchasing a ring doorbell or similar device.
- Give a picture of the stalker to friends at work and school
- Consider changing routes to and from work/school, to make it difficult for your stalker to know your daily routines
- Adjust working hours (if possible)
- Have a colleague walk you to your car
- Inform neighbours about the situation. Provide a photo/description of the stalker as well as a photo of the stalker's vehicle.
- Identify escape routes out of your house. Teach them to your children.
- Change locks and upgrade home security system, if possible
- Update passwords to accounts frequently
- Change answers to your security questions so that the stalker is not able to reset your password or gain access to the account
- Adjust default settings on phone, apps and websites so that your location is not automatically shared
- Do an internet search on your name to make sure none of your personal information is posted by others. If you find information posted about you, notify the site's webmaster immediately and request that the information be removed.



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- Don't give out your online identification information. If the stalker has had access to your phone or computer, they may be monitoring what you do via Spyware, key logging software or other means. In this case, a stalker can see any changes that you make. You may want to:
  1. Use another, safer device (for example, a friend's phone, the computer at a library)
  2. Acquire a new device (if feasible)
  3. Seek a protection order



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### Signposting

- Hollie Guard app - [Hollie Guard Personal Safety APP](#)
- Paladin - [Paladin National Stalking Advocacy Service - Who We Are \(paladinservice.co.uk\)](#)
- Suzy Lamplugh - [National Stalking Helpline | Suzy Lamplugh Trust](#)
- Cyber stalking - [Personal - Get Safe Online](#)
- Victim Support - [Stalking and harassment - Victim Support](#)
- Refuge - Staying safe online. - Defines tech abuse and offers advice on securing your technology. - [Information and support on tech abuse | Refuge Tech Safety](#)
  
- **Send an emergency SOS message from your iPhone:** An emergency SOS message is a way of alerting your friends or family you're in trouble, and need urgent help. It will send your location to your contacts – and sometimes an audio clip and pictures – without you having to type out a message in the middle of an emergency. It may also call 999 for you. [Use Emergency SOS on your iPhone – Apple Support \(UK\) – https://support.apple.com/eg-gb/HT208076](https://support.apple.com/eg-gb/HT208076)
- **Path Community App – Safety App** - Walk home safely with automated check-ins and crowd sourced safe areas. [Path Community - Alone, Together \(https://www.pathcommunity .co\)](https://www.pathcommunity.co)