

Safety Checklist

If You Begin to Feel Uncomfortable—

Contact the police if you receive two calls, letters, emails, or gifts from the same person that seem suspicious or if the same person approaches you on several different occasions. No threats need to have been made.

Do not talk to the person yourself to try to clarify things or make them understand your feelings.

Do not return gifts or letters. Save these and email/phone messages for the police. Document any contact with the person. Do not eat any food items sent from a stranger. Do not open any unexpected packages or letters. Take them to the police.

When You Move To A New City (or if a stalker becomes a problem)—

An on-air name that is different from your real name makes security and safety much easier. Many broadcasters use on-air names. If you choose to use your own name on the air, consider the suggestions that follow:

On-line, make use of all privacy options on Google, Facebook, etc. Make yourself as invisible as possible to cyberstalkers or anyone looking for personal information about you.

Use a private mailbox service to receive all personal mail. You can list your box number as an apartment number. Make certain that the mailbox service will not release your address to anyone other than law enforcement.

Write to the credit reporting agencies and give them your new address. Ask that they remove your old address from any past

credit history. You might also want to ask the three main credit bureaus to flag your account to alert you to any fraudulent access.

Avoid putting your home address on personal checks or business cards. Use the station's address. Pay with a credit card in your community to avoid showing your ID.

Never give your own phone number/address on the phone, in a store, or on-line. Use the number/address of your station.

If renting an apartment, place the rental agreement in another person's name. If you must use your name, ask the landlord not to give your name to the city directories. Do not rent an apartment on the ground floor or one that has easy access through windows or balconies.

Have a friend or reputable locksmith install dead bolt locks on all doors. Secure all sliding glass doors and windows with locks. Keep all doors and windows locked. If possible install extra outside lighting.

Demand identification from all repairmen and salesmen prior to entry. Even ask the police for identification prior to entry. Ask neighbors not to give out any information about you to anyone.

Do not put personal information on the station's web page. Imagine what goes on the web page is the same as a chat room where you are corresponding with someone who seems too interested in your personal life. Keep your comments very general.

Ask that your name and address be left off any address list made up for station employees. Alert the station employees (especially the receptionist, assignment desk, and camera people) not to give out personal information about you such as your birthday, address, or marital status. If you are single, you might consider wearing a wedding ring on the air to give the impression that you are married.

Never reveal on-air when you or a colleague are going on vacation. That is an invitation for a break-in if a stalker has learned your address.

When You Are Commuting to Work—

Be alert! Many attacks happen in cars going or coming from home or work. Watch for vehicles that might be following you. Always keep at least half of a tank of gasoline in your car.

Have an exact time you are to arrive at work and check in with the same person every day when you arrive. This is especially important if you work an early morning shift. If you are driving in the early morning hours, use your cell phone to talk to someone at the station while you drive in.

Park in a different place everyday both at home and at work and vary the route you drive to work. If you will be leaving after dark, park in a well-lit area. Get someone from security or master control to walk you to your car.

Avoid driving an easily recognizable car and do not use a vanity license plate. Keep your car doors locked at all times both when unattended and when you are driving. Look into the front and rear of your car before entering the vehicle.

Notice where police stations, hospitals, fire stations, and other public places are on your driving route. If you are being followed, drive to a well-populated area like a hospital or fire station and sound your horn to attract attention. Remain in your locked car. Use your cell phone to call for help.