Stalking: Are You Safe?

When 21-year-old Wesleyan junior Johanna Justin-Jinich was shot dead last spring, allegedly by a man who’d sent her hostile e-mails, women started to worry: Could rude texts or Facebook posts from a guy turn into that? “Technology provides additional tools for the stalker to use, but stalking itself has not increased,” says Cindy Southworth, director of technology at the National Network to End Domestic Violence. An estimated 2.5 million women in the U.S. are stalked each year, and experts say a few basics will help keep you safe both off- and online:

1. **DON’T BE LAX ABOUT YOUR E-SECURITY.** Give only close friends access to your Facebook page and Twitter feed. Be choosy about who receives your e-mail address.

2. **BE FIRM WITH PESKY GUYS.** If a guy is contacting you and you’re not interested, “Reply—just once—to his text or e-mail, ‘Don’t text me,’ period. Don’t give him a glimmer of hope,” says detective Deirdri Fishel, a domestic violence specialist with the State College Police Department in Pennsylvania.

3. **KNOW WHEN TO CHANGE YOUR PASSWORDS.** “If you break up with someone who’s angry or difficult, reset your passwords, even if you think he doesn’t know them,” says Alexis Moore, founder of Survivors in Action, a nonprofit that helps crime victims.

4. **PRINT, RECORD, GATHER EVIDENCE.** If you’re being harassed, be sure to print e-mails, take a picture of your computer or cell phone screen, save voice mail messages—preserve every piece of pertinent communication immediately. “The instinct is to hit delete, but that makes the case much harder to prosecute,” says Fishel.

5. **REPORT IT.** “The pattern I hear over and over from women is ‘It started out annoying, and then it became creepy...and then it became scary,’” says Fishel. Don’t ignore your instincts, and if something triggers your inner alarm, call a domestic violence hotline (try 800-799-7234) or the police, and ask for a special victims officer. “Never feel silly reporting something,” says Seattle detective Mark Jamieson. “We can help keep you safe.”

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**THE COUNCROSSWORTH**

**The 6 Greatest Celebrity Pets of All Time**

Bo Obama isn’t the first furball to steal our hearts. Meet the Glamour judges’ Hall of Fame, and tell us if we missed your favorite at glamour.com.

**BY JESSICA SEIGEL**

1. **Seaman the Dog** The friendly Newfoundland helped Sacajawea greet Native American tribes circa 1805, leading the way west for the Lewis and Clark expedition.

2. **Maf the Poodle** The fluffy gift from Frank Sinatra delighted Marilyn Monroe in her last days.

3. **Polly the Parrot** First Lady Dolley Madison’s French-speaking macaw was saved before invading British troops set fire to the presidential mansion in 1812.

4. **Checkers the Cocker Spaniel** Richard Nixon’s emotional “Checkers speech” defending his pet win support—and the vice presidency.

5. **Caimito de Guayabal the Spider Monkey** Kahlo’s most famous works show her impish monkey by her side like a child.

6. **Meatball the Bulldog** Adam Sandler dressed his beloved pup in a mini tux and yarmulke and made him the “best man” at his wedding.

**Expert judges:** Cesar Millan, a.k.a. the Dog Whisperer; Artist Knox, star of Beverly Hills Groomer; Lai Uboerd, pet psychic and author of Celebrity Pets Tell All; Michael Schedler, author of One Nation Under Dog