



North Dakota Legislative Council

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LEGISLATOR SECURITY BEST PRACTICES

This memorandum provides information on legislator security best practices. The following is a list of simple practices legislators can employ in their daily lives to enhance their personal security.

1. **Be aware of your surroundings.** Avoid texting while walking to better observe suspicious behavior or potential threats. If you are in a committee room or other enclosed space, always take a moment to become familiar with the nearest entrance and exit.
2. **Practice good Internet hygiene.** Avoid posting pictures of vacations or trips on social media which disclose your location in real time and let potential bad actors know your home is empty. Wait to post pictures until you have returned home. Also avoid disclosing a large number of personal details on your social media pages which may allow others to guess your passwords or commit other fraudulent activities. When listing contact information on public facing websites, use a P.O. box rather than a home mailing address.
3. **Mix up your routine.** Avoid parking in the same spot and coming and going at the same time every day. If you like to jog, vary your route or bring a jogging buddy or a large canine friend.
4. **Be proactive.** If you are receiving contact from other individuals which is threatening or intimidating, whether in person, through email, or over the phone, document and report that conduct. Documenting inappropriate contact can help better identify red flags in the patterns or frequency of inappropriate contact. Reporting inappropriate conduct also can assist law enforcement in determining whether an individual is engaging in inappropriate contact with more than one legislator or developing concerning patterns.
5. **Follow your gut.** Instincts are a gift, do not ignore them over fear of looking silly. Always prioritize your safety over your pride.