

Stalking is a crime

Stalking is a pattern of:



**Fixated
Obsessive
Unwanted
Repeated behaviour**

**which causes you alarm,
distress or fear of violence.**

**Take it seriously and report it.
We can help.**



Stalking can be similar to harassment, but more aggressive. The stalker will have an obsession with the person they're targeting and could even be targeting more than one person at a time.

Someone you know could be stalking you; an ex-partner or a person you were friends with, or it might be a stranger. If it's someone you know, or knew, it doesn't mean that it's your fault; it's still stalking and it's an offence.

Stalking behaviours may include:

- Regularly following someone
- Repeatedly going uninvited to their home
- Monitoring someone's internet use, email or other electronic communication
- Hanging around somewhere they know the person often visits
- Interfering with their property
- Watching or spying on someone
- Identity theft (signing-up to services, buying things in someone's name)

It can happen online

Social networking sites, chat rooms, gaming sites and other forums are often used to stalk and harass someone, for example:

- To get personal information
- To communicate (calls, texts, emails, social media, creating fake accounts)
- Damaging the reputation
- Spamming and sending viruses
- Tricking other internet users into harassing or threatening
- Identity theft
- Threats to share private information, photographs, copies of messages

How do I report to police?

**Report online. Call 101.
In an emergency call 999**

Officers and staff have received specialist training and are here to listen and support you.

Support is available:

**Suzy Lamplugh Trust
National Stalking Helpline**

0808 802 0300
www.suzylamplugh.org