

# Talking About Stalking Toolkit



**Police Service**  
of Northern Ireland

# Talking About Stalking Toolkit

(partners)

## Introduction

Welcome to the Police Service of Northern Ireland's, understanding stalking and the support available to victims, toolkit - a series of assets and key messages that we need your help to reach all communities. We would greatly appreciate your support by sharing our content and key messages on your channels and in your networks, if you feel it is appropriate.

## What is stalking?

Since April 2022 Stalking has officially been a criminal offence in Northern Ireland. Since then, officers have arrested 230 alleged stalkers.

Statistics suggest that people will suffer up to 100 incidents before reporting to Police and that the pattern of fixated, obsessive, unwanted and repeated behaviours that they are experiencing often results in fear, trauma and a reduction in the victim's quality of life.

## Stalking Protection Orders (SPOs)

SPOs provide another tool for police, as well as the courts, to help protect victims and improve their safety.

The orders now enable early police intervention, pre-conviction, to address stalking behaviours before they escalate.

When in place, an order can require a person to stop carrying out specific actions, but importantly can also impose prohibitions and positive requirements to further protect the victim and anyone connected to them, such as family or friends.

## We want to:

- Increase awareness of stalking in all communities
- Increase reporting
- Make victims aware of the support available to them

The assets included in this toolkit will be shared across social media and online and physical assets will become visible in high footfall areas of our communities. We want people to be talking about stalking both online and in person.

## What's in the toolkit?

- Assets
- Key messages
- How to Share
- Contacts
- Support

### How to access assets

There are numerous items of content that you can share on your channels and within your networks.

This includes:

- Animation
- Social media graphics
- Poster for you to put up in your local community
- Leaflets for you to hand out

All of the assets are hosted on a dedicated webpage on the Police Service of Northern Ireland’s website and downloadable from here:



[www.psnl.police.uk/safetyand-support/keeping-safe/protecting-yourself/stalkingand-harassment](http://www.psnl.police.uk/safetyand-support/keeping-safe/protecting-yourself/stalkingand-harassment)

**STALKING IS A CRIME**

**STALKING IS A PATTERN OF:**

**FIXATED  
OBSESSIVE  
UNWANTED  
REPEATED**



SCAN TO FIND OUT MORE

BEHAVIOURS THAT CAUSE DISTRESS OR FEAR OF VIOLENCE. PLEASE TAKE IT SERIOUSLY AND REPORT IT. POLICE CAN HELP.

Department of Justice  
An Roinn Dlí agus Cirt  
Minister of the Law  
www.justice-ni.gov.uk

we care we listen we act

Police Service of Northern Ireland

**NATIONAL STALKING HELPLINE**

PRACTICAL ADVICE AND INFORMATION TO ANYONE WHO IS CURRENTLY OR PREVIOUSLY HAS BEEN AFFECTED BY HARASSMENT OR STALKING.



PHONE: 0808 8020300

psni.police.uk ☎☎☎☎☎  
Report online. Call 101. In an emergency call 999

we care we listen we act

Police Service of Northern Ireland

OFFICERS HAVE ARRESTED

**230**

ALLEGED STALKERS

psni.police.uk ☎☎☎☎☎  
Report online. Call 101. In an emergency call 999

we care we listen we act

Police Service of Northern Ireland

“MY STALKER TOOK AWAY MY FEELING OF FREEDOM. LIVING WITH LOOKING OVER MY SHOULDER, AT TIMES FEARING FOR MY LIFE.”

psni.police.uk ☎☎☎☎☎  
Report online. Call 101. In an emergency call 999

we care we listen we act

Police Service of Northern Ireland

**STALKING PROTECTION ORDERS**

WILL PREVENT PERPETRATORS FROM CONTACTING VICTIMS

« SWIPE »

psni.police.uk ☎☎☎☎☎  
Report online. Call 101. In an emergency call 999

we care we listen we act

Police Service of Northern Ireland

**STALKING PROTECTION ORDERS**

BAN THEM FROM GOING TO CERTAIN PLACES

« SWIPE »

psni.police.uk ☎☎☎☎☎  
Report online. Call 101. In an emergency call 999

we care we listen we act

Police Service of Northern Ireland

**STALKING PROTECTION ORDERS**

FORCE PERPETRATORS TO SEEK HELP TO ADDRESS THEIR BEHAVIOURS

« SWIPE »

psni.police.uk ☎☎☎☎☎  
Report online. Call 101. In an emergency call 999

we care we listen we act

Police Service of Northern Ireland

**STALKING PROTECTION ORDERS**

BREACHES COULD LAND STALKERS UP TO FIVE YEARS IN PRISON

psni.police.uk ☎☎☎☎☎  
Report online. Call 101. In an emergency call 999

we care we listen we act

Police Service of Northern Ireland

## Key messages

Please use the key messages below as guide for when you are talking about stalking.

## What is stalking?

Behaviour that is fixated, obsessive, unwanted, repeated. Think FOUR. Don't ignore the warning signs, visit the Police Service's website to read the warning signs.

## Did you know stalking is now a criminal offence in Northern Ireland?

Under the Protection from Stalking Act (Northern Ireland) 2022 stalkers are punishable by up to 10 years in prison. Victims don't have to suffer in silence. If you think you are experiencing stalking, this is serious.

**Report to Police online, via 101 or 999 in an emergency.**

## Stalking can be more than just physical

Online stalking and harassment is also a crime. We know this can take over your life. Know the signs, report to Police.

## Have you seen any warning signs of stalking?

Red flags include:

- Regularly following someone and tracking their movements
- Repeatedly going uninvited to their home or workplace
- Checking someone's internet use, email or other communications
- Hanging around somewhere they know the person often visits
- Interfering with their property
- Watching or spying on someone
- Identity theft (buying things in someone's name)

## What happens if I report to Police?

Detectives in the Police's Public Protection Branch are committed to investigating all reports of stalking, all reports are taken incredibly seriously. They have specifically trained detectives who will treat you with sensitivity and respect and support you throughout the entire criminal justice process.

## Help and support is available to victims of stalking and harassment

The Suzy Lamplugh Trust have a National Stalking Helpline that offers practical advice and information to victims.

**Phone: 08088 020 300.**

## What are stalking protection orders?

These orders are another tool in police's armory to protect victims of this debilitating and dangerous crime.

Officers want to stop stalkers in their tracks by putting in place measures that will prohibit their actions.

## How to follow and share

We would encourage you to share the assets included in this toolkit across your own channels and in local community groups that you may be a member of/host.

Please follow our accounts and tag us when you do post.

**Instagram:**  
**@policesservice.ni**

**Twitter:**  
**@PoliceServiceNI**

**Facebook:**  
**@PoliceServiceNI**

We would also encourage you to use the key messages to start talking about stalking and the support available.

There is no time limit – keep sharing and having those conversations, on and off line, when and where you can.

## Contacts

For any queries about this awareness raising campaign or artwork requests please contact the Police Service of Northern Ireland's Strategic Communications and Engagement Department.

**Email:**  
**Natalie.mcfall@psni.police.uk**

## Support

You can find more advice and information on Stalking on the Police Service of Northern Ireland's website:



<https://www.psni.police.uk/safety-and-support/keeping-safe/protectingyourself/stalking-and-harassment>

**If you think you're being stalked or concerned about someone you know, call the Police Service of Northern Ireland on 101 or contact the National Stalking Helpline on 08088 020 300. In an emergency always call 999.**



[psni.police.uk](https://psni.police.uk)