

CAN YOU SPOT THE SIGNS OF STALKING?

It's stalking if you experience behaviours which are
Fixated, Obsessed, Unwanted and Repeated.

STALKING

FIXATED **OBSESSED**

UNWANTED **REPEATED**



WATCH THE FILM



Fixated
Obsessive
Unwanted
Repeated



Police Service
of Northern Ireland

I AM BEING STALKED

If you're a victim of stalking, there are many organisations which are able to offer support and advice.

- Keep a record of events, either written down or on a phone or computer. Record each event as soon as possible afterwards and put the time and date.
- Talk to family, friends, neighbours, colleagues, or your manager about the harassment if you feel comfortable doing so. They may be able to help by collecting further evidence on your behalf or by putting protective measures in place.
- Above everything, trust your instincts.

I KNOW SOMEONE BEING STALKED

Supporting a friend or family member who is being stalked can be difficult.

- Believe and validate their experiences.
- Don't minimise what they tell you or question their behaviour.
- Don't validate the behaviour of the stalker. For example, don't say *"They're just making an effort"* or *"that sounds like they were trying to be nice."*
- Instead, offer support such as *"that sounds frightening"* or *"I can see why that upset you."*
- Focus on the offender's actions, not the victim's responses.

HOW TO REPORT STALKING

If you, or someone you know, has been a victim of stalking or harassment there are a few different ways you can report it to the police.

We understand it can be difficult. Our officers and partner organisations are here to listen and work together to support you in any way we can. Importantly, your information could help us bring the offender to justice and make sure you, and other people in a similar situation, are kept safe.

- Report online at psni.police.uk
- Call 101
- Provide information anonymously through Crimestoppers on 0800 555 111
- Visit a police station

Further support is available from the following organisations:

- National Stalking Helpline 0808 8020300
- Suzy Lamplugh Trust
- Protection Against Stalking
- Paladin Service

FOR MORE INFORMATION VISIT [PSNI.POLICE.UK/STALKING](https://psni.police.uk/stalking)