

LET'S TALK STALKING.

In the UK, stalking affects 1 in 5 women and 1 in 10 men in their lifetime. If you feel concerned ring the National Stalking Helpline on 0808 802 0300 or see our website:

[suzylamplugh.org/Pages/Category/national-stalking-helpline](https://www.suzylamplugh.org/Pages/Category/national-stalking-helpline)

- **Stalking** is motivated by a fixation or obsession with someone.
- It is described as **persistent and unwanted behaviour**.
- The law in the UK doesn't make any differentiation between online and offline stalking behaviours.
- Stalking can cover a wide and varied range of behaviours. It may include (but is not limited to): contacting or attempting to contact someone by any means (texts, emails, letters, social media, phone calls, etc); publishing (or threatening to publish) intimate images of someone; sending unwanted gifts; monitoring someone's online or electronic activity; following, watching or spying on a person.
- Stalking is about the context of what is happening: a seemingly 'innocent' behaviour, such as sending flowers, could be classed as stalking depending on who has sent them and how it makes you feel.
- UK law focuses on the impact the stalking is having, there doesn't need to be threats for the police to act.

WHAT CAN YOU DO?

Don't respond

1 Stop contact with the stalker, don't respond to any contact you receive (as long as you feel safe not to).

Tell the Police

2 If you are being stalked, let the police know what is happening to you.

Stay vigilant

3 Keep evidence of what the stalker is doing and how it makes you feel.

Hello?



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Be safe

4 Think about safety tips like carrying a personal safety alarm and having a fully charged mobile on you.

Tell someone

5 Let your University know about any stalking behaviours that are happening so they can help keep you safe.

Give us a call

NATIONAL STALKING HELPLINE

9:30am-4pm weekdays, except
1-4pm Wednesday



0808 802 0300



[suzylamplugh.org/forms/
national-stalking-helpline-enquiry-form](https://www.suzylamplugh.org/forms/national-stalking-helpline-enquiry-form)