

Stalking Quiz - when should you go to the police?

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So -what's the difference between 'creepy' behaviour and 'stalking'? And if someone's behaving in a 'creepy' or 'obsessive' way, when should you start getting worried? Below is a quiz that gives you an idea how seriously you should take the situation.

Take your time and answer each one.

- Q1. Are you very frightened?
- Q2. Has the person engaged in harassment before? (Involving you and/or anyone else)
- Q3. Has the person ever destroyed or vandalised your property?
- Q4. Does the person visit you at work, home, etc., more than three times per week?
- Q5. Has the person loitered around your home, workplace etc.?
- Q6. Has the person made any threats of physical or sexual violence in the current harassment incidents?
- Q7. Has the person harassed any third party since the harassment began? (e.g. friends, family, children, colleagues, partners or neighbours)
- Q8. Has the person acted out violently towards other people within the current stalking incidents?
- Q9. Has the person persuaded other people to help him/her? (Wittingly or unwittingly)
- Q10. Is the person known to be abusing drugs and/or alcohol?
- Q11. Is the person known to have been violent in the past? (Physical or psychological)

Your answers reveal how seriously you should take the situation. If you've answered YES to any of the questions above, this indicates you should take the situation – and the person's behaviour towards you, very seriously.