

WHAT IS STALKING?

It is hard to give an exact definition of stalking because stalkers will often use multiple and differing methods to harass their victims. Stalking can consist of any type of behaviour such as regularly sending flowers or gifts, making unwanted or malicious communication (including calls, texts and emails), damaging property and physical or sexual assault. If the behaviour is persistent, unwanted and is causing you fear, harassment or anxiety then it is stalking and you should not have to live with it.

WHAT IS THE LAW THAT DEALS WITH STALKING?

Legally stalking is dealt with under the Protection from Harassment Act 1997 in England and Wales, Protection from Harassment Order 1997 in Northern Ireland and section 39 of the Criminal Justice and Licensing Act 2010 in Scotland. These Acts are all different however they do all refer to harassment or stalking as being a 'course of conduct' which causes distress, alarm or fear of violence. A course of conduct must consist of at least two incidents. You can find more information about each of these laws on the Helpline website.

WHAT DOES THE NATIONAL STALKING HELPLINE DO?

The National Stalking Helpline provides guidance and information to anybody who is currently or has previously been affected by harassment or stalking. The Helpline can provide guidance on:

- The law in relation to stalking and harassment
- Reporting stalking or harassment
- Effective gathering of evidence
- Ensuring your personal safety and that of your friends and family
- Practical steps to reduce the risk

HOW DO I CONTACT THE HELPLINE?

The Helpline is open 09:30 to 16:00 weekdays except Wednesdays when it is open 13:00 to 16:00. The Helpline is not open on bank holidays.

You can call the Helpline during opening hours on **0808 802 0300**. Calls are free from all landline telephones and also from mobiles using the O2, Orange, T Mobile, Three (3), Virgin, and Vodafone networks. Calls will not be shown on BT landline bills. If you are using another telephone provider please enquire with them about whether 0808 80 numbers will appear on your phone bill.

SIMPLE TIPS

- Put a STOP to stalking
- Say no – Tell the person once that you do not want any further contact then do not respond to them any more.
- Take Notes - Keep a diary and save evidence like text messages, emails and screenshots of any online activity.
- Options – Call the National Stalking Helpline to discuss your options.
- Police – Stalking behaviour is illegal and the police can take action.

**IT'S *not* A JOKE.
IT'S *not* ROMANTIC.
IT'S *not* OK.**

**stop
STALKING**

www.ncvc.org/src