

Stalking and Harassment

Self-help booklet

What is Stalking and Harassment?

Stalking can be defined as persistent and unwanted attention that makes you feel scared or distressed.

This is where one person becomes fixated and obsessed with another, with the stalker often using multiple and different methods to harass the victim.

A stalker may not make threats towards you but still use behaviours that make you feel scared. It is important to know that threats are not required for the criminal offence to be prosecuted.

Behaviours can include:

- Persistent phone calls, text messages or letters.
- Sending unwanted gifts.
- Breaking into your home or car.
- Waiting at venues such as your workplace, home, or gym.
- Gathering information about you, befriending people you are close to, or searching for information in personal or public records.
- Surveillance.

It is important to note that this is not an exhaustive list, and if behaviour you are experiencing is fixated, obsessive, unwanted and repeated, then it is stalking and harassment.



What can you do?

If you feel that you are experiencing stalking, it may help to keep a record of behaviors that you experience. An example of a log can be found in this booklet

Changing your daily routine- this will help in avoiding places a stalker might attempt to interact with you.

Carrying a personal alarm will allow you to alert passers-by that you need assistance if a stalker is harassing you in public. NSVCS may be able to provide you with one of these.

Having a second phone. If you put your old sim card in a second phone, the perpetrator will still be able to contact you, without it disrupting or disturbing you. This will assist in the collection of evidence.

It is important that you do NOT block the perpetrator, as this can increase risk.

Do not reply to any messages unless it is absolutely necessary, as this may encourage or agitate the perpetrator.

Consider a stalking protection order. These are civil orders which are made on application by the police. More information on this and how to obtain it can be found here. [Stalking Protection Orders | Three Years On | Suzy Lamplugh Trust](#)

Consider a non-molestation order, if the perpetrator is a partner, ex-partner or family member, this would prohibit them from doing a certain behaviour such as contacting you. To find out more visit - [Non-Molestation Order for Domestic Violence · NCDV](#)



How to keep safe online

Review what information exists about you online and try to minimise this.

Review privacy and security settings on any social media. Making any account private will limit how accessible your information is online.

Regularly change passwords to keep online accounts safe.

Check your devices for apps that may have been installed that can keep track of you.

What can NSVCS do?

Through our victim services, we are here to support anyone who has been affected by stalking and harassment. Our person-centred approach aims to empower and build resilience; we provide the necessary tools to navigate your recovery journey and move forward from the impact of crime. Support offered by our victims' services is free, independent and confidential, and available to victims and witnesses regardless of whether the crime has been reported or not.

We can help in the following ways:

- Emotional support
- Advocacy
- Support through criminal justice processing
- Signposting and onward referrals
- Access to Restorative Justice
- Practical Support including crime prevention and safety advice



Useful organisations

The Suzy Lamplugh Trust- a national helpline that specializes in stalking.

The Paladin Service- an advocacy trust that provides advocacy and support for victims of stalking.

Protection against stalking - a national charity working to raise public awareness through providing specialist support services. Protection Against Stalking believes that every victim of stalking should have the relevant support and protection.

The Cyber Helpline - free, expert help for victims of cybercrime, digital fraud, and online harm.

Reporting

You can also report to the police:

- In an emergency always call 999.
- In a non-emergency call 101
- Report online - [Contact us](#) | [Police.uk](#)
- Visit a local police station
- To report a crime anonymously, contact Crimestoppers at 0800 555 111, or visit [Independent UK charity taking crime information anonymously](#) | [Crimestoppers](#)



Stalking log

By using this log, you will be able to keep track of what behaviours take place and how it affects you. This will significantly assist you in the reporting process, if this is what you choose to do.

Date and time	Location (if relevant)	What happened?	Any evidence?	Did you contact the police? What did they do? Reference no.?	Impact of this incident	Changes as a result of this incident	Impact on children or others



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