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Do you know
someone
experiencing
repeated and
unwanted
behaviours that
cause fear or alarm?
**They could be
experiencing
stalking.**

Recognise



Use the acronym
**FOUR: Stalking
behaviour is Fixated,
Obsessive, Unwanted,
and Repeated.**

Respond



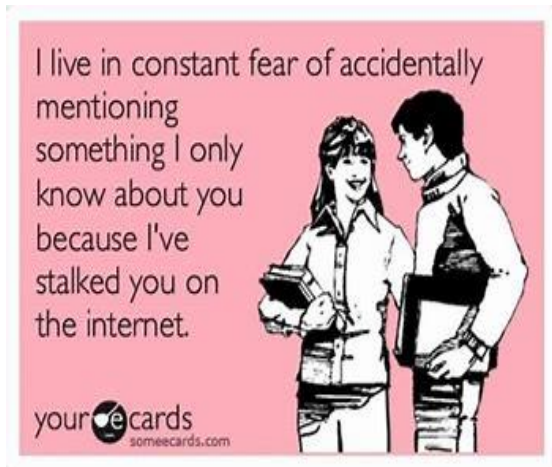
Listen to them, take
their concerns
seriously and let them
know that stalking is a
serious issue.

Refer



Encourage them to
seek specialised
support: Refer them
to Action Against
Stalking.

How do we talk about stalking?



Understanding Stalking

In the United Kingdom stalking is a criminal offence

In Scotland, stalking is an offence under **Section 39 of the Criminal Justice and Licensing Act (Scotland) 2010**

“An offence occurs when a person engages in a course of conduct on at least two separate occasions, which causes another person to feel fear or alarm, where the accused person intended, or knew or ought to have known, that their conduct would cause fear and alarm”



What Has Behaviour Got To Do With It?

Stalking behaviours can often be identified by certain characteristics.

A key question to ask is, are the actions of the person in question:



Fixated



Obsessive



Unwanted



Repeated

And do they cause fear and alarm?

Common Stalking Behaviours

- Sending unwanted letters or cards
- Sending unwanted emails, texts, or posts on social media
- Making unwanted phone calls
- Delivering unwanted gifts to a workplace or home
- Waiting outside someone's home or workplace
- Following someone or spying on them
- Sharing intimate pictures of them without their consent
- Posting information publicly about someone, making public accusations or contacting someone's employer
- Making threats.

The Impact of Stalking

Emotional & Psychological

Social

Physical

Financial

The Impact of Stalking

Scottish Crime and Justice Survey 2018

- 53% said they changed or left jobs
 - 39% said they moved home
 - 83% reported increased anxiety
 - 75% felt powerless
 - 74% had experienced disrupted sleep
 - 55% had flashbacks and intrusive thoughts
 - 24% had suicidal thoughts.
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- In 2017 a study by the University of Gloucestershire found stalking was present in 94% of the 358 cases of criminal homicides they had access to.

General Advice for victims

IF YOU ARE IN IMMEDIATE DANGER CALL 999

TRUST your instinct - *If you feel like something is wrong or unsafe then it is time to take note.*

DO NOT interact with or respond to your stalker unless it is unavoidable.

REPORT to the Police as early as you can. *Keep a record of any crime reference numbers.*

KEEP a diary or log of any incidents.

COLLECT as much evidence as you can, *such as screen shots, gifts, messages, emails,*

DO NOT block your stalker *on social media, mobile phone etc*

TELL people you can trust – *family, friends, work colleagues.*

SEEK professional advice and support

USE ONLINE communication and social media wisely - *check your privacy and change passwords*

What we offer

- Non- judgemental, confidential advice and support
- Advice and information on recording evidence and reporting to the police
- Therapeutic support to help with the psychological impact of stalking
- Ongoing support and advocacy

Things we cannot do

- We cannot support anyone under the age of 16
- We cannot support to anyone ordinarily resident outside of the UK
- We do not investigate cases or examine evidence
- We do not work with stalking perpetrators

Contact Us

Email:

support@actionagainststalking.org

Phone:

0800 820 2427

Online Referral:

www.actionagainststalking.org/referral

