Letstalkstalking.com

A QUICK GUIDE FOR STUDENTS

Stalking isn't always obvious.
A guide for spotting the signs and finding support.

MORE SUPPORT & RESOURCES

Scan or visit letstalkstalking.com

WHAT IS STALKING? **Described as "a pattern of fixated, obsessive, unwanted and repeated behaviour that is intrusive**

WHAT CAN STALKING LOOK LIKE?

1. Repeated, unwanted calls, messages or attempts at contacting you
2. Following you or turning up in places where you spend your time repeatedly
3. Watching you or loitering near places where you are,
4. Monitoring your online activity
5. Sharing or publishing information about you
6. Interfering with your belongings or property

IF THIS IS HAPPENING TO YOU

TELL SOMEONE YOU TRUST

A family, friend anyone you feel comfortable sharing it with. You do not have to do it alone

REPORT IT

Use support pages to report or call 101 or use your local police website. Call 999 if you are in immediate danger

KEEP A RECORD

Note dates and times, take screenshots. Stalking is about the repeated behaviour

PRIORITISE YOUR SAFETY

Seek specialist advice, do not confront the person if dangerous

NEED SUPPORT?

National Stalking Helpline
0808 802 0300

IF A FRIEND TELLS YOU.

LISTEN TO THEM
BELIEVE THEM