

Stalking

Stalking is a pattern of repeated and unwanted behaviour which causes you to feel distressed or scared. Stalking can be done by men or women

Stalking can happen with or without a fear of violence. This means that if you are receiving continual unwanted contact that is causing you distress but the person has never threatened you; this is still stalking and is not acceptable. You may have dated, married or been a friend with your stalker. Just because you know/knew the stalker does not mean that the situation is your fault - it is still stalking and it is wrong.

Stalking behaviour can include:

- Telephone calls
- Following
- Making false complaints to employers or teachers
- Monitoring or spying
- Hacking
- Visiting place of work or education

Abuse takes many forms, and it is not always physical. You may not realise what is happening to you is abuse.

We have put together some questions to help you work out if you are in an [abusive relationship](#)

4 things to remember:

- Do not engage with your stalker in any way
- Talk to family, friends, neighbours, colleagues, or your manager about the harassment if you feel comfortable doing so. They may be able to help by collecting further evidence on your behalf or by putting protective measures in place
- Be aware of how much of your personal information is in the public domain and take steps to protect your data
- Above everything, trust your instincts.

If you think you are or have been stalked, you can call our helpline on **01273 622 822**. We're here on **Tuesday and Wednesday mornings 9.30 - 12.30**. If you can't get through the first time, please do try again or email us helpline@riseuk.org.uk

If you are in **immediate danger**, you can call the police on **999**, if you are unable to speak listen and when prompted press **55**

For more information visit our [website](#)

Want to get involved and raise awareness? Why not attend our [Ask Me Ambassador Taster Session](#)