



Active Support Group CIC



Tracy Brabin
Mayor of West Yorkshire

Mayor's Safer Communities Fund

Understanding **Stalking**

www.activesupportgroup.com

Contents

- 1** *What is stalking?*
- 2** *Different types of stalkers*
- 3** *Are you being stalked?*
- 4** *Safety*
- 5** *How to report*
- 6** *Protective Orders*
- 7** *Our Contact*

You can leave feedback at:
<https://activesupportgroup.com/feedback-1>

What is Stalking?

Stalking is unwanted behaviour carried out by obsessive or fixated individuals whose actions disrupt their victim's life. Stalking results in alarm, distress or fear of violence in a victim. It may also escalate to other crimes.

Four main characteristics of stalking behaviour are:

1. Fixated
2. Obsessive
3. Unwanted
4. Repeated

The effect of such behaviour is to curtail a victim's freedom, leaving them feeling that they constantly have to be careful .



In many cases, the conduct might appear innocent (if it were to be taken in isolation), but when carried out repeatedly so as to amount to a course of conduct, it may then cause significant alarm, harassment or distress to the victim.

Different types of Stalkers



The rejected stalker (54% of studied cases) is the most common type, has the highest prevalence of violence and will pursue the victim, often a former partner, for either reconciliation or revenge.

The resentful stalker (15% of studied cases) intends to cause fear and distress to a victim in response to perceived mistreatment. Legal sanctions, though often necessary, may exacerbate their behaviour, and they may require psychiatric treatment.

The intimacy seeking stalker (10% of studied cases) wants an intimate relationship with their victim and may have delusions about their relationship with the victim due to mental illness. They are unlikely to respond to legal sanctions and often require psychiatric treatment to cease stalking behaviours.

The incompetent stalker (11% of studied cases) attempts to forge a relationship with the victim in socially inappropriate ways. Legal sanctions can be effective. However, to prevent stalking of new victims in the future, perpetrators may require psychological treatment to change their behaviour and build social skills.

Are you being Stalked?



If you, or someone you know, is being stalked or harassed there are things you can do to help deal with it. You don't have to put up with this behaviour or suffer in silence.

If you're being stalked or harassed:

- Keep all contact with the stalker or harasser to a minimum.
- Talk to trusted family, friends, neighbours, colleagues, or your manager about what's happening, if you feel comfortable doing so.
- Trust your instincts and remember it's not your fault.
- Report stalking or harassment to the police.

You don't need to collect 'evidence' before you report stalking or harassment to the Police. If you are keeping a record of what's happened, it's useful if you:

- Record each incident as soon as possible afterwards and note the time and date.
- Note details of any witnesses who may have seen or heard anything.



How To Report

Stalking or harassment can be reported online. Reports submitted online are handled by the police control room in the same way as those made by speaking to an officer directly.

Is it an Emergency?

If someone is in immediate danger, a crime is taking place, or has just happened, call **999** immediately and ask for the police.

For those with hearing or speech impairments, a textphone service is available at **18000**, or text **999** if pre-registered with the **emergencySMS service**. British Sign Language (BSL) users can use **999 BSL** to access a remote BSL interpreter.

If calling **999** but unable to speak, the call should still be made, followed by the appropriate silent call instructions.

For non-emergency situations or to seek advice, call the police's national non-emergency number **101**, which is available 24/7.

To report a concern you can use Safer Bradford Website using the link below it has contact details for the team directly.

<https://www.saferbradford.co.uk/report-a-concern/>

Protective Orders

Protective Orders Against Stalking and Harassment

There are different types of protective orders designed to help safeguard individuals from further stalking or harassment. Most of these are issued by the police or courts, but a non-molestation order can be applied for independently.

Protective Orders Issued by the Police or Courts

Stalking Protection Order

A stalking protection order is designed to protect individuals who have been victims of stalking.

This order can prohibit the stalker from:

- Visiting locations where the victim lives or frequently visits.
- Contacting the victim in any way, including via phone, post, email, text messages, or social media.
- Recording images of the victim.
- Mentioning the victim on social media, either directly or indirectly.

It can also require the stalker to:

- Surrender devices such as mobile phones, computers, and tablets to the police.
- Provide passwords and passcodes for all devices and social media accounts.
- Undergo a mental health assessment.
- Attend a drug and alcohol programme.
- Sign in at a police station regularly.

A stalking protection order lasts for a minimum of two years.

Breaching a protection order without a valid reason is a criminal offence.

If a stalker or harasser is suspected of breaching an order, it should be reported to the officer handling the case.

Apply for a non-molestation order are available through legal resources or support services.

This order usually lasts between six and 12 months.

Breaching a non-molestation order without a valid reason is a criminal offence.



Safety

Remember It's not your fault that this is happening to you and you shouldn't have to feel as if you need to adjust your behaviour any more than any of us do to stay safe from harm.

You might want to consider:

- Carrying a personal alarm.
- Parking in well-lit areas or where there is CCTV.
- If you are being followed, heading for a place of safety.
- Making sure your home is secure.
- A voicemail message should never tell people that you're out or away.
- Protect your devices.
- Check the privacy settings on all your social media accounts.
- The National Cyber Security Centre has advice on how to check your settings on all the major social media platforms (Facebook, X.com, YouTube, Instagram, LinkedIn, Snapchat and TikTok)

Our Contact



01274 918377



Info@activesupportgroup.com



www.activesupportgroup.com

You can leave feedback at: <https://activesupportgroup.com/feedback-1>