

Seek police advice

Tell the police investigator everything, even the small detail. How the behaviours make you feel and how it is impacting on your day-to-day life.

Devon & Cornwall Police have trained stalking experts that promote stalking awareness and understanding across the force.

The police can refer you to an Independent Stalking Advocate Caseworker (ISAC) - who supports those at risk and experiencing stalking behaviours. The ISAC will support you through an investigation and any subsequent legal or court procedures, helping you navigate the criminal justice process and asking questions and challenging decisions on your behalf.

The police can apply for a Stalking Protection Order - which is a civil order, the aim of which is to protect victims of stalking and improve victims' safety. It is free of charge for the victim.

Work with the police investigator to create a safety plan that works for you.

If you or anyone else is in immediate danger call 999.

If it's not an emergency, make a report or get advice online. Scan the QR code or go to dc.police.uk/stalking

You can also call 101.

VS VICTIM SUPPORT



The ISAC post is supported by Victim Support and the Office of the Police and Crime Commissioner for Devon and Cornwall.

Seek emotional support and safety planning



National Stalking Helpline number - run by Suzy Lamplugh Trust
T: 0808 802 0300
W: stalkinghelpline.org



Suzy Lamplugh Trust - provides help and advice on stalking, personal safety and lone working.
W: suzylamplugh.org



Paladin - National Stalking Advocacy Service
T: 020 3866 4107
W: paladinservice.co.uk



The Cyber Helpline - help for victims of cyber crime, digital fraud and online harm.
W: thecyberhelpline.com



Victim Care Unit - provides information, support and signposting to appropriate organisations for victims of crime.
T: 01392 475900
W: victimcare-dc.org



Stalking

Stalking is:

F Fixated

O Obsessed

U Unwanted

R Repeated

Being stalked is not your fault, and you cannot control the stalker's behaviours.



Devon & Cornwall
POLICE

Stalking: recognise the signs

- F** Stalking behaviour is **fixated**, this means that the stalker makes the victim their focus of attention.
- O** It is **obsessive** meaning that they are attempting by any means to get contact with the victim or a reaction from them.
- U** Even if the stalker knows this behaviour is **unwanted** or if they are told to stop, they have no intention to give up.
- R** Just two or more incidents count as **repeated**. Stalking behaviour can take many forms.

- **Unwanted contact** through repeated calls (including hang-ups), texts, emails or messages.



- Sending **unwanted gifts** or letters.



- **Following** you.
- **Showing up** or **waiting for you** at your home, work or school.



- **Tracking you** using technology (like GPS, apps or hidden cameras).



- **Damaging** your property.



- **Spreading rumours** about you - in person or online.

- **Posting or sharing or threatening** to post or share intimate photographs of you.



- **Harassing** your co-workers, family or friends.

Stalkers may be someone you have dated or been in an intimate relationship with. Stalkers may also be acquaintances, family members and/or strangers.

Taken in isolation behaviours might seem unremarkable, but in the particular circumstances and with repetition, they take on a more sinister meaning.

Stalking is a serious crime and can destroy the lives of those victimised, it therefore needs to be treated with the seriousness that it deserves in order to better protect victims and address the stalkers.

- **Gathering information** about you by using the internet or going through your refuse.



- **Hacking your accounts**, changing your passwords or impersonating you online.



- **Threatening** to hurt you or those close to you. Family and friends, may also be impacted and targeted.

- Other actions that **control**, **track**, or **frighten you**.



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dc.police.uk/stalking



Personal safety

- Do not think it any less serious if there has been no physical violence. Do not minimise the behaviour and potential risk of the stalker. Stalking can escalate at any time.
- Do not change your number or block the stalker. This will not stop the behaviour - they will find another means of contact.
- Talk about it. Tell as many trusted people as possible, friends, colleagues, and neighbours. They may be able to help take steps to protect you. Consider a buddy system - someone who is on alert if you do not arrive when you are expected.
- Vary your daily routine. Don't keep the same routes at the same time each day, mix it up and make sure someone knows where you are.
- Retain **everything** - screenshots, messages, emails, calls, cards... etc.
- Record **everything** - keep a diary of times, dates, places, witnesses and include how you felt at the time.
- Get your devices / vehicles checked for malware and trackers. Take digital safety seriously. Digital-enabled stalking is increasing rapidly.
- Limit the amount of information you share about yourself on social networking sites and check your privacy settings to ensure you are not giving away more information about yourself than you intend to.
- Do not engage with your stalker in any way.
- **Trust your instincts. If you are frightened or worried call 999 and/or go to a safe place.**

