



# STALKING IS... **FIXATED** **OBSESSED** **UNWANTED** **REPEATED**

**Are you worried you are being stalked or about someone's obsessive or controlling behaviour? Here's how to spot the signs and get help now!**

Stalking behaviour is **fixated**, this means that the stalker makes the victim the focus of their attention, it is **obsessive** meaning that they are attempting any means to get contact with or a reaction from the victim (far more than would be considered normal). Their obsession means that they will continue the behaviour even if they are told to stop or when they know it is **unwanted**. Just two or more incidents count as **repetitive**. Stalking behaviour can take many different forms.

## **CASE STUDIES**

Sean was **fixated** with Mariam, he found it difficult to think about anything else. All his energy was directed towards ways of getting her attention. He always caught the same bus and tried to sit as near as possible to her. He commented on every picture that she posted on Instagram. This sounds like he just likes her, but if he continues the behaviour after Mariam lets him know that she is not interested, then this is stalking.

Ari was **obsessed** with Ty. The things she did to get noticed by Ty were far beyond normal. She messaged her more than 20 times a day – even though Ty never replied – she hung around outside her house and left gifts for her. This behaviour was clearly unwanted by Ty. Ari was stalking Ty.

Dai used to go out with Anna, but Anna finished the relationship. Dai did not want it to end. He kept going to the café where she worked. Sometimes he pleaded with her to come back to him and sometimes he was aggressive; he even told her he would kill himself if she didn't carry on going out with him. This **repetitive** behaviour is stalking.

**For more help or advice,  
call the National Stalking Helpline  
on 0808 802 0300 or visit  
[www.aliceruglestrust.org](http://www.aliceruglestrust.org)**

THE Alice  
Ruggles  
Trust   
PUTTING AN END TO STALKING



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## JUST A FEW THINGS STALKERS MAY DO

- Hang around outside your home, school or workplace
- Send unwanted gifts or messages
- Constantly try to contact you, even after you have told them not to
- Physically assault or threaten
- Track your movements or phone
- Hack into your social media or threaten “revenge porn”
- Show up wherever you go

## WHAT YOU SHOULD DO?

- **Call the police – stalking is a crime.** Call 101 (or 999 in an emergency).
- **Seek support.** Get help from stalking support services, such as [www.stalkinghelpline.org](http://www.stalkinghelpline.org)
- **Be cyber secure.** Change your passwords, check your privacy settings, scan for spyware, visit [getsafeonline.org](http://getsafeonline.org)
- **Curb contact.** Keep any contact with the stalker to an absolute minimum.
- **Vary your routine.** Don't go to the same coffee shop at the same time each day, mix it up and make sure someone knows where you are.
- **Talk about it.** Tell as many trusted people as possible and keep track of who you've told.
- **Record everything.** Keep a diary, screenshots, calls, times, dates, places, any witnesses – include how you felt at the time.

## HOW TO HELP A FRIEND

- **Listen.** Take your friend seriously, let them know it's not their fault.
- **Help them tell people.** Encourage them to tell the police. Offer to let their friends know so that they are not inadvertently creating opportunities for the stalker.
- **Help them stay safe.** Go through the “What you should do” checklist with them.
- **Don't put yourself in danger.**

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