

## What To Do



### CALL THE POLICE

Stalking is a crime. Call the police on **101**, or **999** in an emergency, and say you are being stalked.



### SEEK SUPPORT

Get help from stalking support services including the National Stalking Helpline [stalkinghelpline.org](http://stalkinghelpline.org).



### TALK ABOUT IT

Tell as many people you trust about what is happening to you as possible and keep track of who you have told (including GP, tutor etc).



### BE CYBERSECURE

Change your passwords, check your privacy settings, scan for spyware, visit [getsafeonline.org](http://getsafeonline.org).



### RECORD IT

Keep everything: screenshots, call logs, and keep a diary – dates, locations of incidents, any witness – and include how you felt at the time in any entries. This will help the police do their job to protect you.



### LIMIT 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.

If someone won't accept your 'no' or if you say 'stop' and they do not listen, remember that:

- It is not your fault
- You did nothing wrong
- You did not lead them on
- You do not have to go along with them to stop them getting angry or make them leave you alone

## Coercive Control Jargon Buster

### A PERPETRATOR

- Is the **person who is doing** the controlling or coercive behaviour.
- Is the person who wants to **harm, punish, humiliate or frighten** their victim.

### CONTROLLING BEHAVIOUR

- Is designed to get **power** over you.
- To make you **dependent** on them.
- To **isolate** or keep you away from people who support you.

### COERCIVE CONTROL

- Is a form of **domestic abuse**.
- Is a pattern that happens over **time**.
- Is a way of **getting power and control** over you, making you feel dependent, isolated or scared.
- It can happen **in or after** a relationship.
- It is a **crime**.

## Controlling Behaviour and Stalking



## What is Stalking?

Stalking is...

- A pattern of repeated unwanted behaviour
- Unwanted attention
- Intrusive
- (it can be) Scary
- **A crime**, even if there is no threat. It has a maximum prison sentence of up to 10 years

*Behaviours are a message from the stalker to the victim, it may mean nothing to someone else but be scary for the victim.*

## What Does Stalking Look Like?

Stalking can take many different forms, but it might be...

- Repeatedly contacting you
- Turning up uninvited
- Hanging around where you go
- Saying things about you to your friends
- Commenting on all your TikTok videos

It could also involve strange things like...

- Sending song lyrics
- DM-ing cat memes
- Sending you pizzas and making you pay the bill
- Unwanted gifts



## Ask yourself, is their behaviour **FOUR** things.

**F**IXATED

**O**BSESSED

**U**NWANTED

**R**EPEATED



## Alice's Story



**Early in 2016 Alice began a brief relationship with Trimaan Dhillon. He initially charmed her with his attentive and caring behaviour, but this soon changed.**

Dhillon started criticising Alice's appearance and the way she lived life. He was critical of her friends and of family members, so that she steadily became more isolated. He took control of her Facebook account by changing the password.

Dhillon was not prepared for the relationship to end. He bombarded Alice with phone calls, voice messages, texts and emails. Some were pleading; others were aggressive and threatening. He also contacted her family and friends.

On 12th October 2016, Dhillon drove over 100 miles from his home, parked near to Alice's flat, and waited for her to return. He then climbed over the wall and forced his way in through a window. He picked up a sharp kitchen knife and cornered Alice in the bathroom. Her flatmate returned shortly afterwards and found her dead.

## Contact

**Police**  
101 (or 999 in an emergency)

**National Domestic Abuse Helpline – Refuge**  
0800 200 0247

**Victim Support**  
0808 168 9111

**National Stalking Helpline – Suzy Lamplugh Trust**  
0808 802 0300

**Respect Phoneline (for perpetrators)**  
0808 802 4040

**Men's Advice Line – Respect**  
0808 801 0327

**Employee Support Service**  
teww.employeesupportservice@nhs.net