**Stalking and Harassment Support is Available**

Partners across Norfolk are joining forces to raises awareness of stalking and harassment and remind victims help is still available during this difficult time.

One in five women and one in 10 men experience stalking at some point during their adult life – on average a victim will encounter 100 incidents before reporting it to the authorities.

Despite the current lockdown, stalking and harassment can still take many forms including cyber stalking and partners in Norfolk are keen for victims to know they are not alone.

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| **Insert talking head comment (if applicable) -** as an example please see the OPCCN website info [link here](https://www.norfolk-pcc.gov.uk/news/victims-of-stalking-and-harassment-advised-support-is-available/)  |

Legal guidance highlights that just two incidents can be classified as stalking.

If you are experiencing stalking or harassment, please do not suffer in silence. **REPORT IT**

Contact the police if you’re being stalked or harassed - you have a right to feel safe in your home and workplace.

**Call 999 if you or someone else is in immediate danger.**

Contact your [local police](http://www.norfolk.police.uk/) if it’s not an emergency.

* Report it as early as possible to the police and tell others what is happening
* There are support agencies to help
* Keep all the evidence
* Keep a diary
* Trust your instinct

**Cyberstalking**

#### Stalking can involve elements of both online-contact, for example emails or messages posted on social networking sites, and offline contact, for example sending gifts or following.

#### Cyberstalking should be treated as seriously as stalking, whether the stalking takes place online of offline.

#### **Cyber Safety/Stay safe online**:

* Google yourself to check your digital footprint frequently
* Change passwords often and **do not** use the same password for everything.
* Check privacy settings on social networking sites and limit the amount of information you put on.
* Be aware of geo-location and tagging on social networking sites and ensure that this is disabled on your smartphone
* Keep your anti-virus software up-to-date.
* Report stalking to website administrators.
* If you believe that your computer or smartphone has been hacked or compromised, stop using them immediately and where possible seek specialist support such as your mobile phone provider or computer repair experts for advice.

**Personal Safety**

We all want to feel safe and secure, especially in and around our own homes.

Whether we live alone or with a partner, friends or family, keeping safe is something we can all get advice and support with.

**If you are being stalked** [**click here**](https://www.suzylamplugh.org/Pages/Category/personal-safety-advice)for personal safety advice from the **Suzy Lamplugh Trust.**

The website includes an array of safety information including:

* [Personal safety at home](https://www.suzylamplugh.org/personal-safety-at-home)
* [Safety Online](https://www.suzylamplugh.org/safety-online)
* [Personal safety and the Law](https://www.suzylamplugh.org/personal-safety-and-law)

**Harassment** can be any repeated behaviour that is unwanted and makes a person feel threatened, scared or upset. Behaviours can include:

* Frequently contacting you or attempting to contact you including online contact
* Driving past your home or work
* Following you or watching you
* Damaging your property

**Stalking** is a particular kind of harassment and generally describes a long-term pattern of persistent and repeated behaviour.

Stalking behaviour may include:

* Unwanted phone calls, letters, e-mails, text messages, or any form of communication
* Loitering near the victim or where they live or work
* Spying on the victim
* Following the victim
* Accosting the victim in private or public
* Entering the victim’s home or workplace
* Sending or leaving materials or gifts
* Ordering or cancelling goods and services
* Threats
* Property damage
* Violence.

While some behaviours that constitute harassment will be similar to those manifesting in stalking situations, a key difference between these offences is that **a stalker is more likely to be obsessively fixated on one specific individual – their victim**.

The stalker may have delusions that they are in a relationship with the victim when no relationship actually exists for example and even if the victim moves or changes their name, the stalker will do everything possible to track them down.

Domestic stalkers (past relationship or family) are the most concerning types of stalkers with 50% carrying out their threats.

**National Support Organisations**

You can get advice from the following agencies.

**National Stalking Helpline**

**Telephone:** 0808 802 0300 / Monday to Friday, 9:30am to 4pm (except Wednesday 1pm to 4pm)

**Website:** [https://www.suzylamplugh.org/](https://www.suzylamplugh.org/refer-someone-to-us)

**Stalking Helpline Enquiry Form** <https://www.suzylamplugh.org/forms/national-stalking-helpline-enquiry-form>

[**Paladin National Stalking Advocacy Service**](https://paladinservice.co.uk/)

**Telephone: 020 3866 4107 –** Monday to Friday **9am to 3pm** weekdays (except Wednesdays **10am to 5pm)**

**Website:** <https://paladinservice.co.uk/>

**Email**: info@paladinservice.co.uk and they will make arrangements for a call at a convenient time

**Network for Surviving Stalking**

**Website:** <https://www.scaredofsomeone.org/>

**Protection Against Stalking**

**Website:** <http://www.protectionagainststalking.org/>

**Email:** support@protectionagainststalking.org

**Local Support**

**Norfolk and Suffolk Victim Care Service**

**Telephone:** 0300 303 3706

**Website:**[www.nsvictimcare.org/contact-us/](http://www.nsvictimcare.org/contact-us/)

**Email:** nsvictimcare@victimsupport.org.uk

**Further online resources to help stay safe**

* [Facebook Safety Centre Advice](https://www.facebook.com/safety/groups/law/)
* [Safety and Privacy on Facebook: A Guide for Survivors of Abuse](https://scontent-lht6-1.xx.fbcdn.net/v/t39.2365-6/12532959_223225768011403_1455037678_n.pdf?_nc_cat=108&_nc_sid=ad8a9d&_nc_ohc=xRXhwK4ultgAX9615R4&_nc_ht=scontent-lht6-1.xx&oh=b1ddc291e71ca57c05b41d8c42f0606f&oe=5EBC705A)
* [Privacy and Safety on Facebook](https://www.facebook.com/help/443357099140264/?ref=sc)