

What are the risks?

Stalkers frequently threaten their victims, either directly or indirectly. 1 in 2 domestic stalkers will act on a threat. You or a professional can use the full DASH risk assessment (dashriskchecklist.co.uk) plus the 12 extra stalking questions (S-DASH as below) which give an indication of the risk of future psychological and/or physical harm.

If you answer yes to any of the questions report the matter to police. Call Paladin for further support and practical advice.

Risk Considerations

1. Are you very frightened?
2. Is there previous domestic abuse or stalking/harassment history?
3. Have they vandalised or destroyed your property?
4. Have they turned up unannounced more than three times a week?
5. Have they followed you or loitered near your home or workplace?
6. Have they made threats of physical or sexual violence?
7. Have they stalked any third party since the stalking began?
8. Have they acted violently towards anyone else?
9. Have they engaged other people to help them?
10. Have they had problems in the past year with drugs (prescription or other), alcohol or mental health?
11. Have they threatened/attempted suicide? Have they nothing left to lose? Consider finality.
12. Have they ever been in trouble with the police or do they have a criminal history?

If you are being stalked:

1. Report to police on 101 or 999 in an emergency.
2. Stalking is fixation = fear & serious alarm & distress. It is not to be confused with nuisance/harassment.
3. Tighten up security at home, going to and from home and at work. Change the locks to your home if compromised and, if you can, install a burglar alarm or camera.
4. Vary your daily routine.
5. Think before you share personal information.
6. Keep a diary (time/date) and all evidence.
7. Changing your number can escalate risk and lose evidence. Buy a 2nd phone if possible.
8. Tell people what is happening to you.
9. Call Paladin for advice on protective orders e.g. Non-Molestation and Restraining Orders.
10. There is no such thing as coincidence with stalking.

Cyber safety/stay safe online

1. Google yourself to check your digital footprint frequently.
2. Do not share passwords.
3. Change passwords often and use different passwords.
4. Come off 192 and the open electoral roll.
5. Check privacy settings on social networking sites and limit the amount of information you put online.
6. Keep your anti-virus software up to date.
7. Report stalking to website administrators.

paladin
National Stalking Advocacy Service

Paladin NSAS (trading as Paladin-National Stalking Advocacy Service),
a charitable company limited by guarantee.
Charity Number 1163801 / Company Number 09772287 PO BOX 72962, London N7 1DZ

WHAT STALKERS DO
UNWANTED GIFTS
FIXATION
STALKING
DAMAGING YOUR PROPERTY
RELENTLESS
UNWANTED INTERNET CONTACT
STALKING
DANGEROUS DRIVING
OFFLINE INTERVENTION
COMPUTER
USING GRAFFITI
VIOLENCE
PHONE SPYING
SOCIAL NETWORK STALKING
SENDING GIFTS
CONTACTING VIA A THIRD PARTY
HACKING INTO ACCOUNTS
STALKING

If you think you are a
victim of stalking
contact

paladin
National Stalking Advocacy Service

0203 866 4107
info@paladinservice.co.uk



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What is stalking?

Stalking is a pattern of repeat and persistent unwanted behaviour that is intrusive and engenders fear. It is when one person becomes fixated or obsessed with another and the attention is unwanted. Threats may not be made, but you may still feel scared. Even if there is no threat this is still stalking and it is a crime.

Who is at risk from stalking?

Anyone is at risk from stalking.

Who is a potential stalker?

Stalking can be perpetrated by men or women, of any age. Ex-partners, acquaintances or strangers, stalking can be perpetrated by anyone. Stalkers come from all backgrounds and do not form one 'type'. Stalkers are not homogenous and the motivation for stalking can vary.

Who we are

Paladin was established to assist high risk victims of stalking in England and Wales in July 2013 following the highly successful Stalking Law Reform Campaign in Parliament spearheaded by Laura Richards (our Founder) and others.

What we do

Our unique team of trauma-informed accredited Independent Stalking Advocacy Caseworkers (ISACs) ensure that high risk victims of stalking are supported and that a coordinated community response is developed locally to keep victims and their children safe.

Our Team Can:

- **Listen to your concerns**
- **Risk assess your case**
- **Provide advocacy** – with a focus on closing down the stalker's world, not the victim's
- **Advise on your safety options**
- **Be your voice in the system**

Don't Suffer in Silence

REPORT - 6 Golden Rules

Report it and Tell Others

Report it to the police and ensure other people know about what is happening. Tell your family, friends, neighbours, workplace, children's nursery or school.

Ensure you get Good Practical Advice

Contact Paladin National Stalking Advocacy Service:
0203 866 4107 | www.paladinservice.co.uk

Proactive Evidence Collection

Ensure you keep all evidence e.g. messages, gifts. Remember, you can (if safe) also film or video the stalker to collect evidence. If followed in a car, drive to an area with lots of CCTV.

Overview of what's happening: keep a diary

Log what is happening including time, date and details of what happened.

Risk checklist

If you think you are at risk, complete the stalking screening checklist:
paladinservice.co.uk/advice-for-victims

Trust your instinct and never make contact with your Stalker

If you are frightened or worried, call the police or go to a safe place. Ensure you do not contact or respond to the stalker.

Stalking and the Law: know your rights

- Stalking was made a crime under the Protection from Harassment Act (PHA) 1997 (amended by Protection of Freedoms Act 2012). It is necessary to prove a course of conduct under Section 2a stalking or Section 4a stalking.
- **A course of conduct** = stalking behaviour that occurs on at least two occasions.
- The two stalking offences were introduced Nov 25th 2012.
- Most stalkers should be arrested and charged under Section 4a for causing either serious alarm & distress or fear of violence. The police have a power of entry to the perpetrators home address under Section 4a.
- On prosecution or acquittal a Restraining Order should be put in place to protect the victim/s.
- The custodial sentence for stalking is a maximum of 10 years.


Contact Us

If you are in immediate danger call 999 and ask for the police.

If you are being stalked we can support you through the criminal justice and family court system and ensure a co-ordinated local multi-agency response. Our case workers are trauma-informed experts on risk identification, assessment and management.

When people tell us they are being stalked, we believe them. Stalking can happen to anyone and when stalkers make threats we take them seriously.

If you require further practical advice contact:

 0203 866 4107

 info@paladinservice.co.uk

 @paladinservice