Blocking numbers

Don't block any online communication channels between yourself and the stalker (e.g. email, social media, phone number). This can be used as evidence and can increase the risk of the stalker trying to seek you out in person. Consider instead a second phone to limit the impact on your daily life.

What you can do

- Trust your instincts.
- Getting help early will assist in protecting you.
- If unsure or concerned, take your computer or phone to a specialist to be checked.
- Record all incidents, including how they made you feel.
- Screenshot and save all electronic communications. If the message or image disappears after a set time, then consider a screen recording or simply photographing the device's screen to capture the details. Keep these, and any gifts, as they could be used as evidence later on.
- Always report stalking and harassment to the police.

Stalking is a pattern of

Fixated,
Obsessive,
Unwanted,
Repeated behaviour,

which causes you alarm, distress or fear of violence. **Take it seriously and report it. We can help.**

Useful Contacts

Veritas Justice
Sussex-based Stalking Advocacy Service
01273 234 773
www.veritas-justice.co.uk

Suzy Lamplugh Trust / National Stalking Helpline
0808 802 0300
www.suzylamplugh.org

Paladin
020 3866 4107
www.paladinservice.co.uk

Report online at **www.sussex.police.uk** or **call 101.** In an emergency always **call 999**

Find us on social media

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Stalking is a crime

Take steps to protect yourself

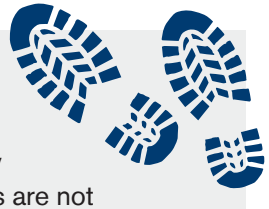
Stalking and harassment are criminal offences that are distressing and malicious and no one should have to live in fear.

Even if there's no physical violence or threat, it doesn't mean that it's not serious. **Always report it;** our specially trained officers can offer guidance, refer you to specialist support services and put safety measures in place.

There are also steps that you can take to protect yourself.

Tell your friends, family and work colleagues what is happening so they can help you stay safe.

Travel



Vary Routes – Aim to regularly vary routes and daily routines, so that your journeys are not predictable.

Use well-lit and populated routes – If you can, use routes that take you past friends and family addresses where you can shelter if needed.

Consider using a dash cam to record any incidents either whilst on a journey or when your car is parked.

Use a buddy system – Let someone know (a 'buddy') of your intended travel times and locations, and text when you arrive.

Download the Hollie Guard App – A simple shake or tap activates the personal safety app, automatically sending your location and video/audio evidence to your designated contacts. **hollieguard.com**

Home Security

- **Install a door chain** for added security when opening the doors to unknown people.
- **Install security lights or CCTV** that trigger when people approach the pathways.
- **Install video enabled doorbell** which triggers a camera when the bell is pressed. Some can send alerts to your phone along with a live video stream.
- **Check for hidden recording devices in your house**, which may have been concealed without you realising – e.g. within plug sockets.

Home Telecoms

- **Use Caller ID.**
- **Use answer machine to screen calls.**
- **Remove numbers, names or addresses from voicemail messages.**
- **Make your number ex-directory.**

Trackers

If the stalker turns up where you are when they shouldn't have knowledge of your movements, there could be a tracker on your vehicle or your possessions. Get your vehicle checked by a mechanic and thoroughly check belongings that you take out with you or your children on a regular basis.

Trackers on phones/other devices can be hidden so you're unaware, and geolocating functions can be expolited by stalkers. Change passwords and check your settings. Signs that malware has been installed on your device include overheating or a shorter battery life.

Online

- **Own yourself online** Regularly type your name into Google to see what information the internet holds on you. Close down unwanted profiles.
- **Turn off location services for apps that don't require access** on your devices to reduce the likelihood of unwanted tracking. In addition to checking device's own settings, check settings in each app.

- **Check security/privacy settings** on all sites with a personal account.
- **Don't post about where you are going,** post after you have been.
- **Consider a new email address** for social media accounts/ mailing lists. Keep shared personal information to a minimum.
- **Geo Tagging Locations** are added to photos and other media when taken, unless this is turned off.

- **Install anti-virus software** on phones and desktops.
- **Add face/thumbprint/pin entry** to mobile devices.
- **Turn off the microphone and camera for apps that don't require access.**
- **Regularly change passwords** and use something that is not linked to you.
- **Be aware messages may not be from who you think.** Websites can fake messages appearing to be from others. Always double check if something isn't quite right.