

# What is Stalking?



## FOUR

Fixated | Obsessive | Unwanted | Repeated

### Fixated

- Constantly thinking about where you are or what you're doing
- Interpreting everyday events as "signs" about you
- Believing a connection exists despite no encouragement
- Struggling to accept boundaries or rejection



### Obsessive

- Repeatedly checking your social media activity
- Watching for patterns in your routine
- Becoming distressed when you don't respond
- Feeling driven to make contact despite consequences



### Unwanted

- Messages or calls after being asked to stop
- Turning up unannounced at places you go
- Gifts or letters you didn't ask for
- Using different accounts or numbers to contact you



### Repeated

- Contact across multiple days or weeks
- Escalation from online contact to physical presence
- Behaviour restarting after police or third-party intervention
- Repeated attempts following clear warnings



## Stalking Behaviours



Monitoring or Tracking



Following you to your work or home



Constant Unwanted Contact



Contacting Friends or Family to Get Close to You

Stalking is serious and distressing. If you are scared or concerned about someone's behaviour, you can get free, confidential help from the below services:

Victim Support Cumbria - 0300 303 0157 Monday-Friday, 9am-5pm.

Cumbria Police on 101 or 999 in an emergency.

The National Stalking Helpline - 0808 802 0300

