

STALKING: THE FACTS

WHAT IS STALKING?

Stalking is a pattern of fixated and obsessive behaviour which is repeated, persistent, intrusive and causes fear of violence or engenders alarm and distress in the victim. Stalking can consist of any type of behaviour such as regularly sending flowers or gifts, making unwanted or malicious communication, damaging property and physical or sexual assault.

2 INCIDENTS CAN CONSTITUTE STALKING



BUT VICTIMS GENERALLY DO NOT REPORT IT UNTIL THEY HAVE EXPERIENCED OVER 100 INCIDENTS

- If the behaviour is **persistent** and clearly **unwanted**, causing you **fear, distress or anxiety** then it is stalking and you should not have to live with it.
- Stalking incidents viewed in isolation may look like low level offending behaviour, but if we fail to intervene early enough, we **often see an escalation of risk** as stalkers become increasingly fixated and obsessed.
- Stalking can cause **severe psychological distress** to a victim: Depression, anxiety, sleep disturbance, paranoia, agoraphobia and post-traumatic stress disorder are all common experiences.

- Stalking is among one of the most common forms of gender-based violence with **80% of victims of stalking being women.**

IN ENGLAND AND WALES, IN 2018 THERE WERE AN ESTIMATED **1.5 MILLION VICTIMS OF STALKING** WHICH EQUATES TO APPROXIMATELY **200,000 VICTIMS IN LONDON** AND OF THOSE, CIRCA **134,000 ARE WOMEN**

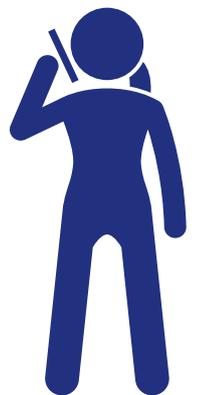
- London accounts for **9% of the total recorded stalking offences in the UK.** However, we know that these figures are only a small proportion of the stalking taking place as there are approximately 134,000 female and 66,000 male victims of stalking every year in London.

- Victims have reported significant emotional and physical harm: **30-40% of all stalking cases involve physical assault** and, in the worst cases, can end in homicide

- **94% of victims of femicide were stalked by their murderer** prior to their death.

- A recent study conducted by the Suzy Lamplugh Trust found that **91% of stalking victims reported suffering from mental health problems** following the experience of being stalked, and 78% of respondents reported symptoms consistent with PTSD.

ON AVERAGE OVER 2016-2019 **74% OF VICTIMS WHO CONTACTED THE NATIONAL STALKING HELPLINE FELT MORE CONFIDENT & 92% HAD AN IDEA OF THEIR NEXT STEPS**



NATIONAL
STALKING
HELPLINE