What are the risks?

Stalkers frequently threaten their victims, either directly or indirectly. 1 in 2 of domestic stalkers will act on a threat. Use the full DASH risk assessment (www.dashriskchecklist.co.uk) in these cases and then these 11 questions, which give an indication of the risk of future psychological and/or physical harm.

If there are any positive responses report the matter to police. Call Paladin for further support and practical advice.

Are you at risk of stalking?

Ask yourself these questions.

- 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 harassed or stalked any third party since the harassment/stalking began?
- 8. Have they acted violently towards anyone else during the stalking incident?
- 9. Have they engaged other people to help their activities?
- 10. Have they had problems in the past year with drugs (prescription or other), alcohol or mental health? Has this lead to problems in leading a normal life?
- 11. Have they ever been in trouble with the police or has a criminal history?

Stay safe - 10 tips for your safety

If you fear you are being stalked:

- Tighten up security at home, to and from home, and at work. Change the locks to your home and if you can, install a burglar alarm or camera.
- 2. Vary your daily routine if walking or driving to work or other places.
- Be careful when giving out personal details when on the phone, dealing with credit card services, social networking sites and people you meet.
- If you intend to go to the police, you'll need to provide evidence. Make sure you keep a diary of every incident, tape any phone calls. If you can, take photographs or video your stalker.
- 5. Tell people what is happening to you, particularly at work and at home.

Cyber safety/stay safe online:

- 6. Google yourself to check your digital footprint frequently.
- Change passwords often and do not use the same password for everything.
- 8. Check privacy settings on social networking sites and limit the amount of information you put on.
- 9. Keep your anti-virus software up-to-date.
- 10. Report stalking to website administrators.







If you think you are a victim of stalking contact



0207 840 8960

info@paladinservice.co.uk



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 in the spring of 2013 following the highly successful Stalking Law Reform Campaign in Parliament.
Our Co-Directors are Laura Richards, a criminal behavioural analyst & adviser; Harry Fletcher, formerly of Napo and Allison Mann, Financial Director of Safer Places, a charity working against domestic violence.

What We Do

Our trained specialist ISACs (Independent Stalking Advocacy Caseworkers) are available to ensure that high risk victims of stalking are supported and that a co-ordinated community response is developed locally to keep victims and their children safe.

How Can We Help?

We can -

- Listen to your concerns.
- Risk assess your case.
- Advise on your safety options.
- Be your voice in the system.

Don't suffer in silence - REPORT - 6 GOLDEN RULES

- R EPORT 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.
- E NSURE YOU GET GOOD PRACTICAL ADVICE contact the National Stalking Helpline 0808 802 0300 www.stalkinghelpline.org or Paladin National Stalking Advocacy Service 0207 840 8960 www.paladinservice.co.uk
- P ROACTIVE EVIDENCE COLLECTION ensure you keep all messages and gifts and keep hold of all the evidence.

 Remember, you can also film or video the stalker to collect evidence. If followed in a car, drive to an area with lots of CCTV.
- VERVIEW OF WHAT'S HAPPENING: KEEP A DIARY log what is happening including time, date and details of what happened.
- R ISK CHECKLIST If you think you are at risk, complete the stalking screening checklist: http://paladinservice.co.uk/advice-for-victims/
- T RUST YOUR INSTINCT AND NEVER MAKE CONTACT WITH YOUR STALKER If you are frightened or worried, call the police or go to safe place. Ensure you do not contact or respond to the stalker.

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

Stalking and the Law: Know your rights

- Two new offences of stalking were introduced on Nov 25 2012.
- Under the Protection from Harassment Act (PHA) 1997, (amended by Protection of Freedoms Act 2012) it is necessary to prove a course of conduct amounting to harassment (Section 2) or stalking (Section 2a) or fear of violence (Section 4) or stalking (Section 4a) which causes serious alarm or distress which has a substantial adverse effect on the victim's usual day-to-day activities' which the perpetrator knows or ought to know amounts to harassment or stalking or fear of violence.

- A course of conduct is conduct that occurs on at least two occasions.
- Most stalkers should be arrested and charged under Section 4a.
 The police have a power of entry to the perpetrators home address under Section 4a.

Contact us

If you are being stalked we can support you through the criminal justice and family court system and ensure a co-ordinated multi-agency response locally in your neighbourhood.

We can also offer expertise on risk identification, assessment and management.

If you require further practical advice contact:

Paladin National Stalking Advocacy Service

TELEPHONE 0207 840 8960

EMAIL info@paladinservice.co.uk

WEBSITE WWW.paladinservice.co.uk

