

What is stalking?

Stalking is motivated by a fixation or obsession with someone. It is described as persistent and unwanted behaviour.

Stalking can cover a wide and varied range of behaviours. It may include (but is not limited to): contacting or attempting to contact someone by any means (texts, emails, letters, social media, phone calls); publishing (or threatening to publish) intimate images of someone; sending unwanted gifts; monitoring someone's online or electronic activity; following, watching or spying on a person.

Stalking is about the context of what is happening: a seemingly 'innocent' behaviour, such as sending flowers, could be classed as stalking depending on who has sent them and how it makes you feel.

What does UK law say about stalking?

The law in the UK doesn't make any differentiation between online and offline stalking behaviours. UK law focuses on the impact the stalking is having: there doesn't need to be threats for the police to act.

What to do if you, or someone you know, has been affected?

Don't respond – stop contact with the stalker; don't respond to any contact you receive (as long as you feel safe not to).

Be safe – think about safety tips like carrying a personal safety alarm and having a fully charged mobile on you.

Speak up – talk to your family, a good friend or/and speak to Care and Concern about support available within the University and externally. It's important to let the right people know that this is happening to you so they can help you keep safe.

Report it – report to the police by calling 101. And, report to the university's Care and Concern team on 020 8411 6200 or careandconcern@mdx.ac.uk. Where the stalking is perpetrated by another Middlesex student, the University will address the issue in accordance with the Student Conduct and Discipline rules; where the perpetrator is a member of staff, the University will follow the Complaints and Grievance procedure. To find out more, see 'Reporting to the University', accessible via the home page of this document.

Keep a record – keep evidence of what the stalker is doing and how it makes you feel.

Find out more - click [here](#) to find out more about getting support and reporting to the police and/or University.

Get specialist help – call the National Stalking Helpline on 080 0802 0300 (9.30am-4pm weekdays, except 1-4pm Wednesday) or email suzylampugh.org/forms/national-stalking-helpline-enquiry-form.