

Stalking Awareness Week 2021 #UnmaskingStalking runs from 19th – 23rd April

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There is no legal definition of Stalking, however it can be described as: “Two or more behaviours directed towards a victim which cause, are intended to cause, or where the perpetrator’s behaviour is reckless as to whether it causes, the victim to suffer fear and alarm.”



‘Fear and alarm’ is physical or psychological harm. It is also

fear for your safety.

Each stalking situation is unique and stalkers may have different motivations. The tactics they use are often very similar.

These include:

- Following someone
- Contacting or attempting to contact a person by any means
- Publishing material about someone without their consent
- Monitoring someone's phone, internet, email or other form of communication
- Loitering in a public or private place
- Interfering with someone's property
- Leaving unwanted gifts or notes for someone
- Watching or spying on someone

If you think you are being stalked or are suffering harassment, please report it to Police Scotland. You can do this at your local police station, by phoning 101, reporting online or calling 999 if it is an emergency.

You can also report an [incident online](#):

For further information about stalking and how to report it [visit](#) :