



Stalking

Stalking is unwanted, intrusive behavior and can take many forms including unwanted gifts, following, photographing, letter writing or digital stalking, such as unwanted comments on social media.

Stalking behaviours cause people to feel frightened and isolated and are normally committed by someone that you know.

Have you experienced stalking at University?

There are different reasons and motivations for stalking behaviour. Even if the behaviours are to gain attention or considered a joke, if it is unwanted behaviour from anyone, whether an intimate partner, ex-partner, or a unknown person, it can be a criminal offence.

What if this is happening to me now?

If you feel immediately in danger, please report this behaviour to the Police. Victim First run a drop in on campus bookable here:

[Victim First bookable appointments.](#)

They can offer emotional and practical advice to enable and empower you to feel safe.

Tell someone

Opening up to a trusted friend or family may help, you might also want to talk to a personal tutor, warden or member of Security. Telling someone that you are being subject to stalking means you are no longer managing this alone.

Report to the Police

As stalking is a criminal offence, we would encourage you to report incidents of stalking behaviour in Leicestershire by calling 101. If it is an emergency and you require an urgent response call 999.

Take digital security seriously

Who has access to your phone and laptop? GPS and tracking software? Is your location enabled on social media apps such as Snapchat or Facebook? These are all questions to consider when assessing your personal digital safety. If you need support and think someone may have accessed your device, please visit the PC clinic in the library. They will help or signpost you to someone who can.

Vary your route and use a buddy system

Link up with a friend or buddy, change your route into campus and think about varying your hobbies or social life for a period. Consider other personal protection options, like having emergency phone numbers in your mobile and knowing where security/police are based across campus and Loughborough town.

Emotional support

Experiencing stalking is frightening and isolating, accessing emotional support is important to help you process your experiences.

Collect evidence

Using a log (example below) to collate evidence is empowering and helps build a case against the person who is exhibiting stalking behaviours.

Evidence Log							
Date & Time	Location (if relevant)	What happened?	Any evidence?	Did you contact the police? What did they do?	Impact of the incident	Changes as a result of this incident	Impact on the children or others?

What will the University do?

A Duty Assessment and Inclusion (DAI) Adviser, will listen and offer emotional and practical advice. Every individual experience is different, and we will assess your situation. If the alleged perpetrator is another student, you may choose to take disciplinary action.

We can support you by helping with adjustments to study or sit exams, submitting Mitigating Circumstances claims, making a safety plan, accessing services like Student Advice and Support for housing or financial support or accessing help from external agencies such as The Suzy Lamplugh Trust.

For more information or advise you can speak to a Duty Assessment and Inclusion (DAI) Adviser by completing a self-referral form found [here](#):

[Duty, Assessment and Incident Referral Form.](#)