

## What is stalking?

Stalking is defined as a pattern of unwanted behaviour, directed at a specific person, which causes that person to change their routine or feel afraid, nervous or in danger. Examples of stalking behaviours include: Repeated, unwanted phone calls, texts, messages, etc. that may or may not be threatening.

- Call 999 if you or someone else is in immediate danger.
- Contact your local police if it's not an emergency, speak to the Safeguarding Team for advice.



### FOUR signs

The **FOUR** warning signs of stalking - if the behaviour you're experiencing is:

**Fixated, Obsessive, Unwanted, Repeated**

Contact the police if you're being stalked - you have a right to feel safe in your home and workplace.

Stalking is illegal and can include being followed or constantly harassed by another person - for example being sent unwanted emails.



### Practical ideas

Things you can do, straightaway, if you think your child is experiencing harassment or stalking include:

Keeping a diary of events. Write down the date, time, location and details of what happens. It's also a good idea to include information about any other witnesses who can confirm what happened.

Keeping copies of letters, text messages and emails, and taking screenshots of other online messages (e.g. on Facebook).

Trying to get 'evidence' of any events that happen at your home - but be careful to do this discreetly. Waving a camera at someone who is harassing you is unlikely to help and could make things worse.



**Everyone has a right to feel safe in their home,  
place of education and workplace.**

## Personal Safety

Share this short video from Barnados about staying safe [Stay switched on](#) with your young person.

Advice to share about staying alert

- Arrange to meet up with friends and avoid travelling on your own
- Be confident and look like you know where you are going
- Where possible, stick to busy and well-lit pathways and places.
- Pay attention to what is going on around you
- Keep your mobile handy but out of sight
- Never arrange to meet up with people you don't know! Never accept a ride from strangers
- Do not take gifts from people you do not know

### Where to go for more advice and guidance

<https://crimestoppers-uk.org/keeping-safe/personal-safety> Crime Stoppers

<https://hollieguard.com/> Hollie Guard safety app

<https://www.itsnotokay.co.uk/children/keep-safe/> It's not ok, Child exploitation website.

## Modern slavery....

is the illegal exploitation of people for personal or commercial gain. It covers a wide range of abuse and exploitation including sexual exploitation, domestic servitude, forced labour, criminal exploitation and organ harvesting.

### 8 signs of modern slavery

- Evidence of a workplace being used for accommodation.
- Workers are distrustful of authorities.
- Workers look uneasy, unkempt or malnourished.
- Signs of psychological trauma.
- Untreated injuries.
- Evidence of control over movement (being picked up and dropped off in groups)
- Signs of substance misuse.

### Reporting modern slavery

There could be victims of exploitation working in domestic servitude or forced labour on your street. If you suspect modern slavery, you can speak to the Safeguarding team who can support you to report it to the Modern Slavery Helpline on 08000 121 700 or the police on 101. In an emergency always call 999. Don't leave it to someone else. For more information access the latest bulletin from Gangmasters & Labour Abuse Authority [here](#)



For **support** and **guidance** on all Safeguarding and Prevent matters please contact a member of the Safeguarding Team. This can be done in person or via email [safeguarding@rnngroup.ac.uk](mailto:safeguarding@rnngroup.ac.uk).

Please visit the website for updates