

MANAGING UNWANTED ATTENTION



LEARNING OUTCOMES

- Define the terms stalking and harassment
- Identify the behaviours associated with stalking
- Explain what to do if someone feels they or someone they know is the target or perpetrator of stalking or harassment

HARASSMENT & STALKING

Harassment:

Harassment is repeated unwanted behaviour that offends someone or makes them feel distressed.

Stalking:

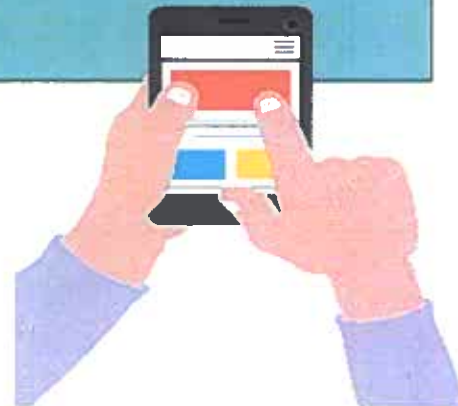
Stalking is a pattern of unwanted and persistent behaviour, motivated by a fixation or obsession towards a person, that causes them to feel distressed or fearful.

**At school - tutors, school nurse,
counsellor**

Police - 999 or 101

**National Stalking Helpline - 0808 802
0300 & email support and online
tools www.stalkinghelpline.org**

The Mix - [crime and safety section](#)




**SOURCES
OF
SUPPORT**

**THE Alice
Ruggles
Trust** 

SUPPORTING A FRIEND

idea



- **Call the police**
- **Seek support**
- **Tell trusted people**

- **Be cyber secure:**
 - **change passwords**
 - **check privacy settings**
 - **scan for spyware**
 - **visit getsafeonline.org**

- **Avoid contact**
- **Vary routines**
- **Record all contact**

**IF BEING
STALKED**



Resource 1: Concept Map

Definitions of stalking and harassment:

Differences between stalking and harassment:



Examples of stalking behaviours:

Likely feelings of someone being stalked:

EXTENSION ACTIVITY



Resource 3: What could they do?

Jayden and Soraya are part of a big friendship group. Soraya agreed to go with Jayden to the cinema as she thought he was cute, even though he had a reputation for getting angry over small things. On the date Soraya felt uncomfortable as Jayden expected to go back to his house together afterwards but she didn't want to and wasn't interested in seeing him again.

Soraya rang a friend to meet her at the end of the date so she felt safe getting home. He shouted at her that she was a tease then slammed the door on his way out. A few days later, she started receiving flowers and chocolates from Jayden saying that he was sorry for the way he acted and that it was only because he liked her so much. He asked her for another chance.

Soraya was worried about his reaction if she said no so said she was busy but said they'd hang out when they were out with friends. Jayden turned up every time she went out as lots of plans were made in their group chat. She did her best to avoid him and make her feelings clear but this wasn't working so she started saying 'no' to nights out in order to avoid him. He started to come into the coffee shop where she worked and tried to flirt with her. This has all been making Soraya feel really uncomfortable.

It is **never** a person's fault if someone is behaving in an unhealthy way towards them but there were times when Soraya could have made different choices.

- What actions helped to diffuse the situation and/or keep Soraya safe?
- How could Soraya have acted differently to try to stop the stalking behaviour earlier?
- What could she do now to help keep safe and try to stop the unhealthy behaviour?
- What could Jayden do to change his behaviour?
- How could the friendship group help the situation, in particular what could Jayden's best friend say/do?