



## What the White Ribbon Campaign Says About...

# Stalking

Stalking is a serious crime. It includes conduct directed at, or towards, an individual by another that causes a victim to fear violence . . . or causes the victim to feel afraid, alarmed or distressed.

- 1.2 million women and 900,000 men are affected by stalking
- One third of victims have lost their home, job or relationship as a result of stalking
- Only 7% of aggravated stalking is carried out by a stranger. All other is either by an 'intimate', or 'someone known to them'
- 50% of victims are told that they are overreacting
- Cyberstalking, or stalking someone via electronic means such as by sending repeated emails or texts is also a crime

### Why some Men stalk :

- Most stalkers are not psychotic, although some may have other mental illness including depression and substance abuse. Some feel anger and hostility towards the victim stemming from actual or perceived rejection. Controlling behaviour is also a primary motive.

### What All Men Can Do to Stop stalking:

- Wear a white ribbon – a pledge never to commit, condone, or remain silent about violence against women
- Support women in being taken seriously when they make a complaint.
- Remind people of the Protection from Harassment Act 1997 with penalties for stalking of 6 months in prison and £5,000 fine.
- Support network for [surviving stalking](#)
- National Stalking Helpline: 0300 636 0300

**While some men are part of the problem,  
all men can be part of the solution!**