



Resources for Young People

Young people and children can experience stalking in different ways to adults. There are a range of resources which are aimed at young people to help you to know what to do, and to spot the risks.

In an emergency, call 999 and say you are being stalked.

The Mix

What is stalking: <https://www.themix.org.uk/crime-and-safety/victims-of-crime/stalking-9175.html>

childline

Childline is run by the NSPCC.

- You can contact them by phone: 0800 1111.
- You can email them through a Childline account: [login](#) or [sign up!](#)
- You can talk to them with a British Sign Language Interpreter:
<https://www.childline.org.uk/info-advice/bullying-abuse-safety/deaf-zone/staying-safe-online/#BSL-counselling>



You can Ask Sam a question! Ask Sam is a free, confidential service. Anyone can write in with their problem and a few letters are responded to each week. You can also read advice to people who have similar problems to you.

This post describes a stalking situation involving someone the young person knows:

<https://www.childline.org.uk/get-support/ask-sam/bullying-abuse-and-safety-asksam/stalking/>

This post describes a situation about a friend needing support: <https://www.childline.org.uk/get-support/ask-sam/bullying-abuse-and-safety-asksam/my-friends-stalker/>

NSPCC

The NSPCC also has lots of advice for parents, such as this page about social media, which includes information about stalking: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/>



National Stalking Helpline

'Am I being stalked' tool: <https://www.suzylamplugh.org/am-i-being-stalked-tool>

Phone number: 0808 802 0300

Email/online form: <https://www.suzylamplugh.org/forms/national-stalking-helpline-enquiry-form>



Paladin is the National Stalking Advocacy in the England and Wales. Their Independent Stalking Advocacy Caseworkers (ISACs) ensure victims of stalking are supported to keep them safe.

They have a caseworker dedicated to young people experiencing stalking.

Phone number: 02038664107

Email address: info@paladinservice.co.uk

Confidentiality

All of these services are bound by confidentiality promises, which means they will not share what you tell them with anyone and information remains private.

An organisation only might need to say or do something if:

- You ask them to,
- They believe your life or someone else's life is in danger,
- You're being hurt by someone in a position of trust who is able to hurt others like a teacher, religious leader, sports coach, police officer or doctor,
- You tell them about another person who is being hurt and is not able to tell someone or understand what is happening to them,
- They are told to by law, for example for a court case.

You can find more information about this here: <https://www.childline.org.uk/about/confidentiality-promise/>