

Resource 1: Stalking Scenario

Timeline – Cerys

Cerys really likes Li so asks them out at a party but is turned down.



Cerys sends a friend request to one of Li's friends.
She wants to see Li's social media to find a way to win over Li.



Li's profile settings don't allow non-friends to see content so Cerys sends a friend request which is not accepted.



Cerys goes to a popular hangout hoping to meet Li. She sees them and asks them out a second time but Li says no again.



Cerys gets angry at Li – she just wants to go on a date together. A friend says she should leave and recommends talking to someone when she is calmer.



Cerys tries to access Li's social media profile again using a fake profile that mimics a friend's account.



Cerys tells friends about creating the fake profile to find out more about Li. They tell Cerys this is a bit obsessive and she should just accept Li isn't interested.



The fake profile gets Cerys access to Li's social media. She finds a way to hack into Li's photos and conversations – she just really likes Li and wants to find a way to make Li see they are perfect for each other. Cerys uses geolocation to find Li while they are out.



Cerys gets angry when Li turns off geolocation on their social media account and thinks Li had help to stop Cerys getting access to their account settings.



Cerys bombards Li with messages– none of which are answered – so tries to get Li to agree to meet by threatening to reveal the private photos and conversation screenshots she had saved.

Resource 1: Stalking Scenario

Timeline– Li's friend Roe

Roe sees Li turn down Cerys at a party but thinks Li only said no as they're upset over an ex. Roe thinks Li should date again so secretly hopes Cerys will try one more time.



Roe doesn't really know Cerys but accepts their friend request.



Roe shares photos of the party and tags Li. Roe notices Cerys comments a lot on each one with Li in it.



Roe thinks it's sweet Cerys is still interested in Li so sends an encouraging message and recommends they visit a place where Li often hangs out.



Roe hears Cerys got angry with Li when they were out at the local hangout and asks Li what happened – Li says Cerys is being really scary and wants her to stop as they aren't interested. Roe says Li's overreacting – Cerys just really likes Li.



Roe hears that Cerys has created a fake profile to spy on Li but dismisses it as gossip. Roe doesn't think there's much wrong with fake profiles anyway so doesn't tell Li.



Roe stops hearing from Li as much and wonders what's up. The last time they spoke, Li was really withdrawn – Roe assumed it was because Li was still upset over their ex so didn't ask for details. College is quite busy so doesn't really think about it that much.

Resource 1a: Stalking Scenario Timeline

Cerys asks Li out at a party but Li says no



When Cerys sees Li again, she keeps asking Li out – Li keeps saying no



Cerys gets angry and upsets Li



Cerys asks Li's friend Rae for help in getting Li to date her



When this didn't work, Cerys threatens to post embarrassing photos of Li online unless they go on a date

Teacher Notes

Resource 1: Stalking Scenario

Timeline

Cerys' Perspective:

- Cerys' behaviours would clearly be considered stalking.
- We do not know Cerys' beliefs around why Li did not agree to a date but the repeated rejections would have been clear – if Cerys discussed any beliefs of ambiguity about Li's feelings with trusted friends or family, they would likely have said Li was clearly not interested. This has clearly become an obsession rather than romantic interest likely to result in a relationship – this should be a trigger for Cerys to stop, think, and seek help.
- There were points where friends told Cerys her behaviour was worrying – at this point Cerys could have sought help to discuss any feelings and compulsions she was experiencing. Talking things through with family or friends may be enough to help process emotions and understand what is acceptable and what is not. Working with a therapist can help someone process strong feelings without assigning blame or judgment. A GP may be able to refer someone to specialist services in some cases.
- Cerys would likely be aware she has committed illegal actions so could self-report at this stage to reduce the risk of further harm to Li.

Roe's Perspective:

- It's nice that Roe wants Li to be happy but match-making in this way ignored Li's clear 'no'. If Roe wanted to explore things further, she could have spoken with Li. Saying where to find Li clearly went against Li's wishes.
- Li was feeling worried about Cerys' behaviour. Roe minimising these feelings and saying the situation is romantic could contribute to Li not seeking help and could have dissuaded Li from talking to Roe in future – even though Li really needs support right now.
- While Roe is not to blame for Cerys' behaviour, there are further steps Roe could have taken to support Li – reflecting on these can help us see things differently.
 - When it became clear that there may have been misuse of social media, Roe could have reported the situation online and/or told Li so they could remove the fake friend from their account. Li had a better understanding of the ongoing picture so was the best person to judge how seriously to take such rumours. Li may well have sought further help and/or reviewed their online security which could even have prevented things getting worse.
 - There are lots of reasons why a friend can seem withdrawn – it's best to ask them about it if possible. Given all that had happened, Roe could have reached out to check in about the situation.
 - Roe could have sought additional information or advice at any point to check whether her assumptions were helpful/valid. Organisations such as the Alice Ruggles Trust have detailed information about stalking which could help Roe reflect on her advice in this situation.

Resource 2: Barriers to Help-Seeking

- People might delay seeking help as they are worried about being seen to over-react, or about getting people into trouble unnecessarily.
- Someone who shames their partner deserves to be made to feel scared and uncomfortable
- Inappropriate behaviour is to be expected if someone's upset
- It can be hard to judge if someone's interested or not so it's worth trying a few times so people don't miss out on something great
- It might just be a coincidence when someone keeps bumping into a person, particularly in a small community
- The police don't take stalking seriously so there's no point contacting them