THE Alice Ruggles Trust

PUTTING AN END TO STALKING

“He came to buy items from the shop I worked in 4 times a day and would only be served by me...”

This is STALKING

Young people are statistically the most at risk of stalking. 16-25 year olds made up a ⅓ of all stalking cases in 2024

If something feels wrong. Don’t ignore it.

#Thisisstalking

THE Alice Ruggles Trust

PUTTING AN END TO STALKING

“He was everywhere I went, I’d go to the coffee shop, park, cinema he would always be there....”

This is STALKING

1 in 5 women and 1 in 11 men will experience stalking in their lifetime

If something feels wrong. Don’t ignore it.

#Thisisstalking

THE Alice Ruggles Trust

PUTTING AN END TO STALKING

They called me 10 times per day even after I begged them to stop...

This is STALKING

An ex-partner is your most likely stalker but it could also be a friend, colleague or stranger

If something feels wrong. Don't ignore it.

#Thisisstalking

THE Alice Ruggles Trust

PUTTING AN END TO STALKING

“There was coffee on my doorstep day after day, although it seemed innocent I was terrified...”

This is STALKING

Approximately 31% of victims have to take sick leave from work because of the impact of stalking

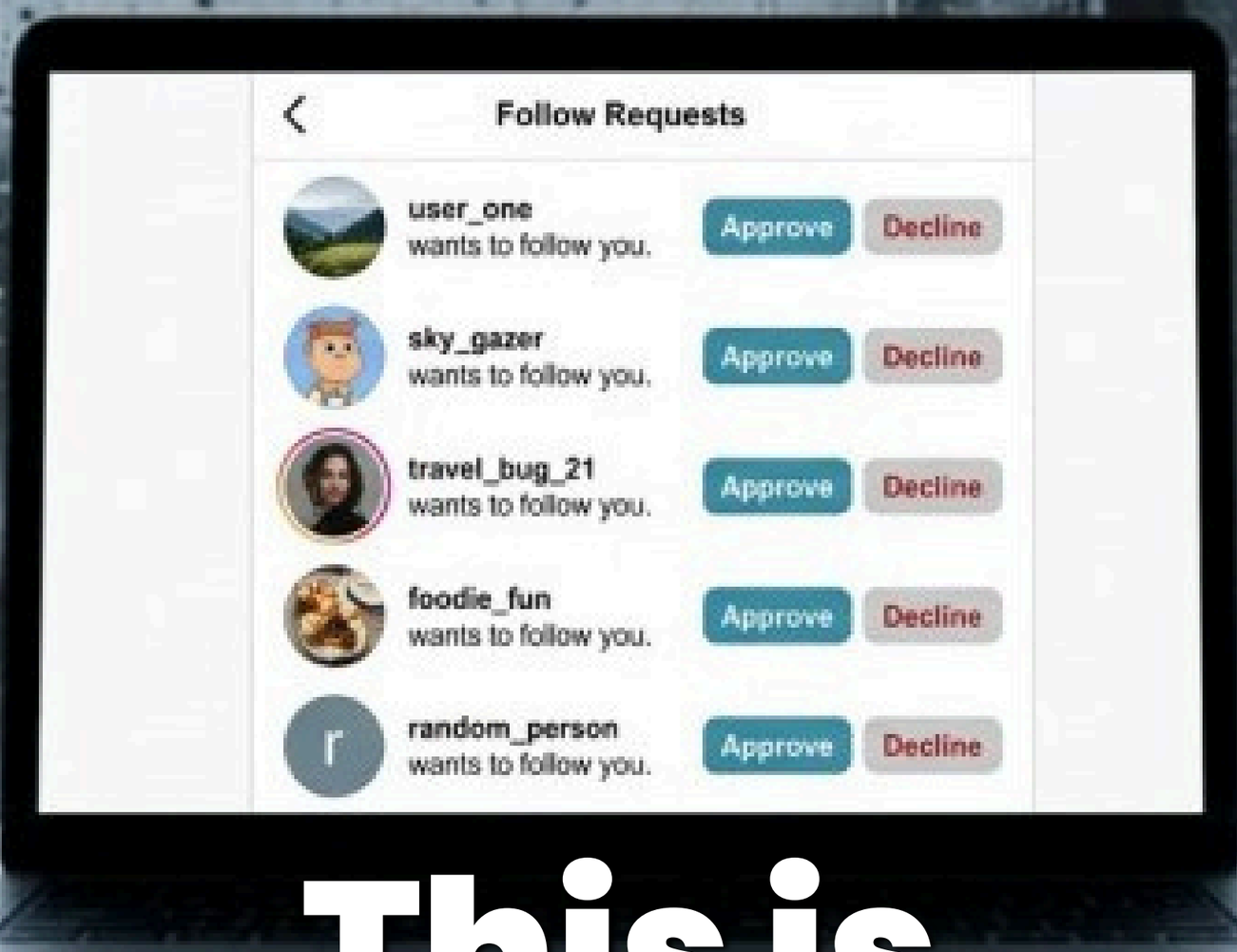
If something feels wrong. Don’t ignore it.

#Thisisstalking

THE Alice Ruggles Trust

PUTTING AN END TO STALKING

“I received 5 follow request a day, all from different people, I accepted some. They were all him...”



This is STALKING

Two or more incidents of unwanted contact can constitue stalking

If something feels wrong. Don’t ignore it.

#Thisisstalking

THE Alice Ruggles Trust

PUTTING AN END TO STALKING

“After we broke up, he told my GP I was sick, he told my parents I tried to harm myself. None of it was true...”

This is STALKING

Stalking is a crime and is punishable by up to 10 years in prison

If something feels wrong. Don’t ignore it.

#Thisisstalking

THE Alice Ruggles Trust

PUTTING AN END TO STALKING

“She Knew everything about me and had done so much research. I don’t understand what she needed the information for...”

This is STALKING

Approximately 35% of stalking victims are forced to leave their homes through fear or distress

If something feels wrong. Don’t ignore it.

#Thisisstalking

THE Alice Ruggles Trust

PUTTING AN END TO STALKING

"I made it clear the relationship was over, he couldn't let it go. He told me he loved me 10 times a day, said he was going to kill himself..."

This is STALKING

1.5 million people in UK experience stalking in UK

If something feels wrong. Don't ignore it.

#Thisisstalking

THE Alice Ruggles Trust

PUTTING AN END TO STALKING

“They shared photos and videos of me without my consent and sent them to my parents.”

This is STALKING

Stalking can have a significant impact on the friends, family and supporters of a victim

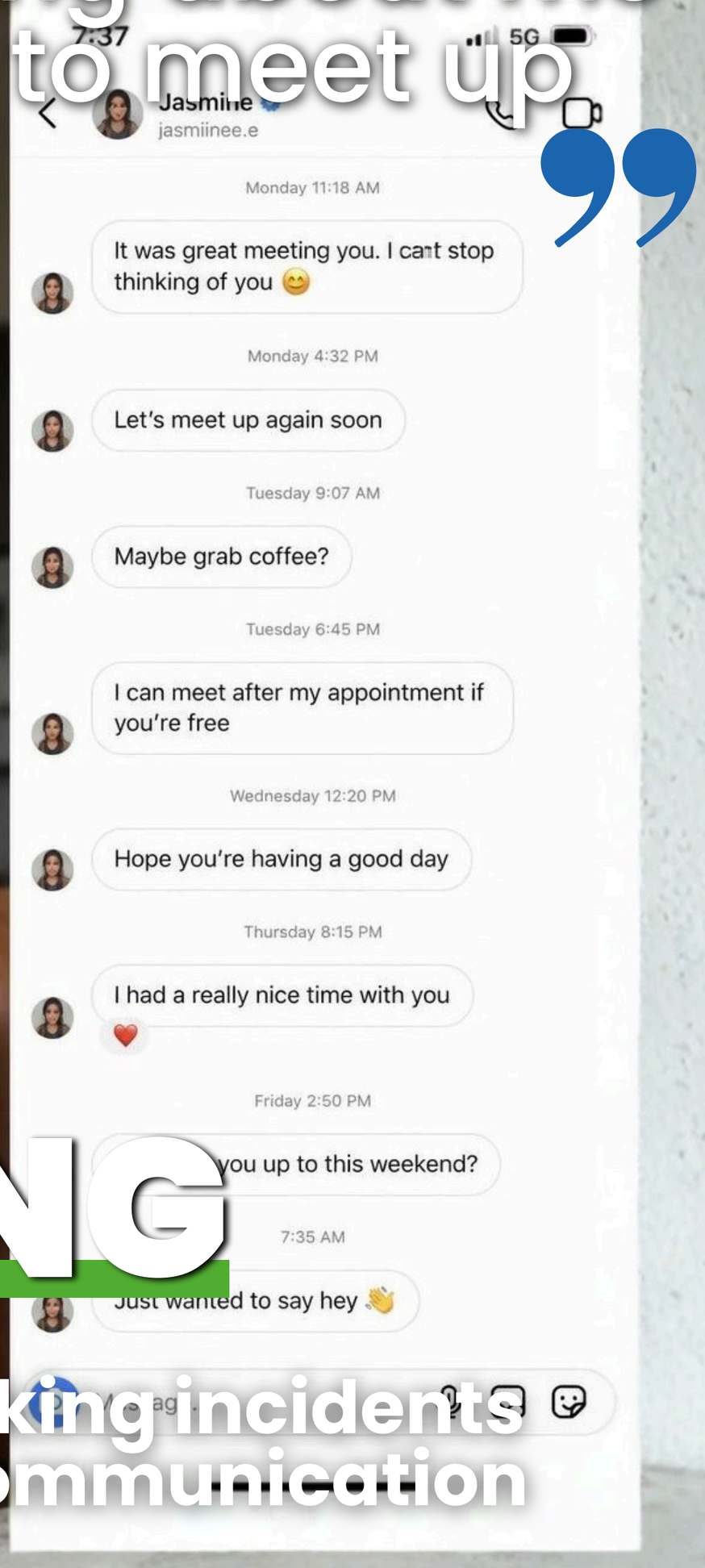
If something feels wrong. Don’t ignore it.

#Thisisstalking

THE Alice Ruggles Trust

PUTTING AN END TO STALKING

“I couldn’t even remember them, but they found me on social media, said they couldn’t stop thinking about me and repeatedly asked to meet up”



This is STALKING

Approximately 45% of all stalking incidents involve online or electronic communication

If something feels wrong. Don’t ignore it.

#Thisisstalking

THE Alice Ruggles Trust

PUTTING AN END TO STALKING

‘This is Stalking’ Campaign 2026

Young people in the UK aged 16-19 are more likely to experience stalking than anyone else, closely followed by those aged 19-25.

Unfortunately most people struggle to recognise stalking, sometimes until it is too late. Professionals also often fail to identify stalking and lack understanding around how dangerous it can be.

We have created this campaign using real life examples of what stalking can look like, supported by our Expert-by-experience partnership to raise awareness and educate young people.

This is STALKING