THE Alice Ruggles Trust

PUTTING AN END TO STALKING

This is STALKING

Alice Ruggles Trust Campaign 2026

#Thisisstalking

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“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

If something feels wrong. Don’t ignore it.

aliceruggleslestrust.org

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

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

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

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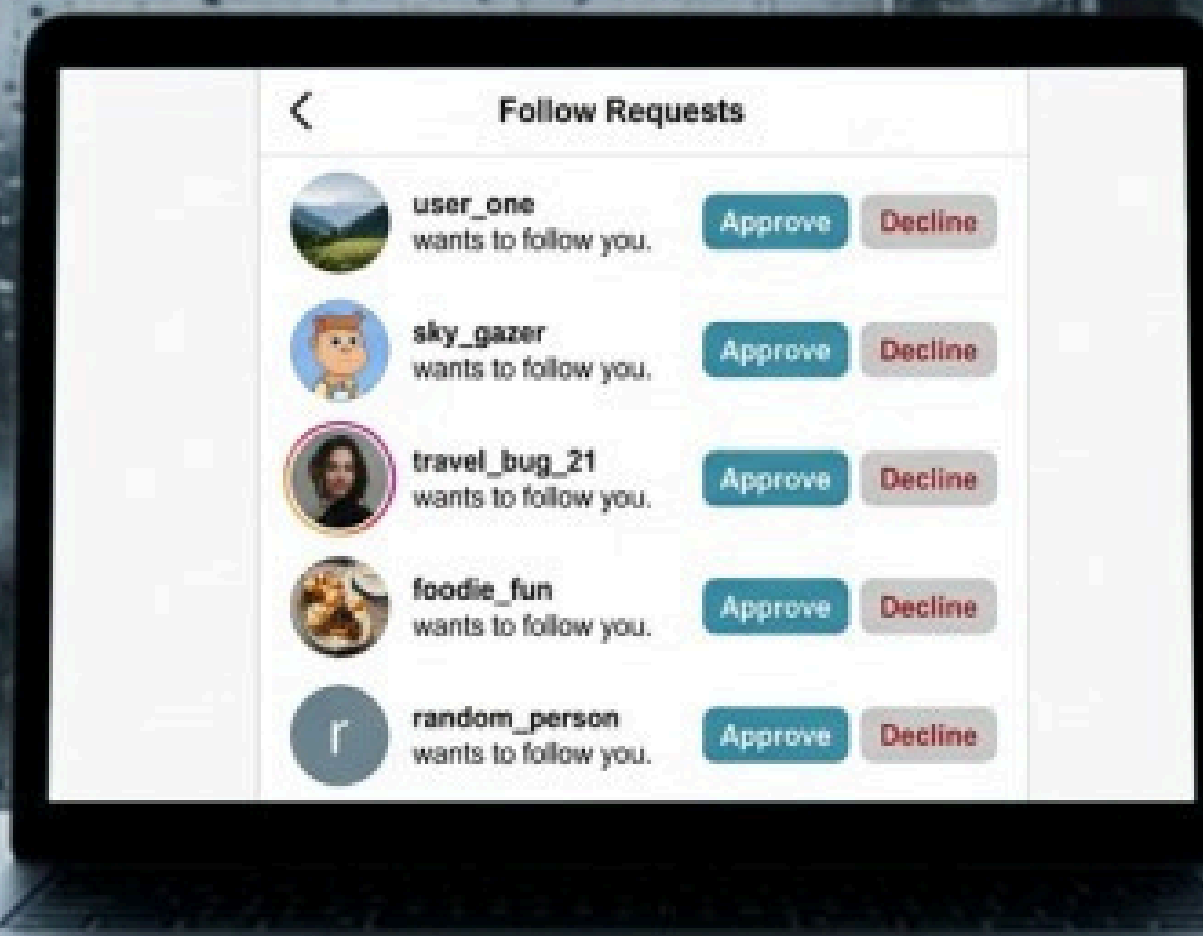
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“I received 5 follow request a day, all from different people, I accepted some. They were all him...”



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“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...”

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

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“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...”

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

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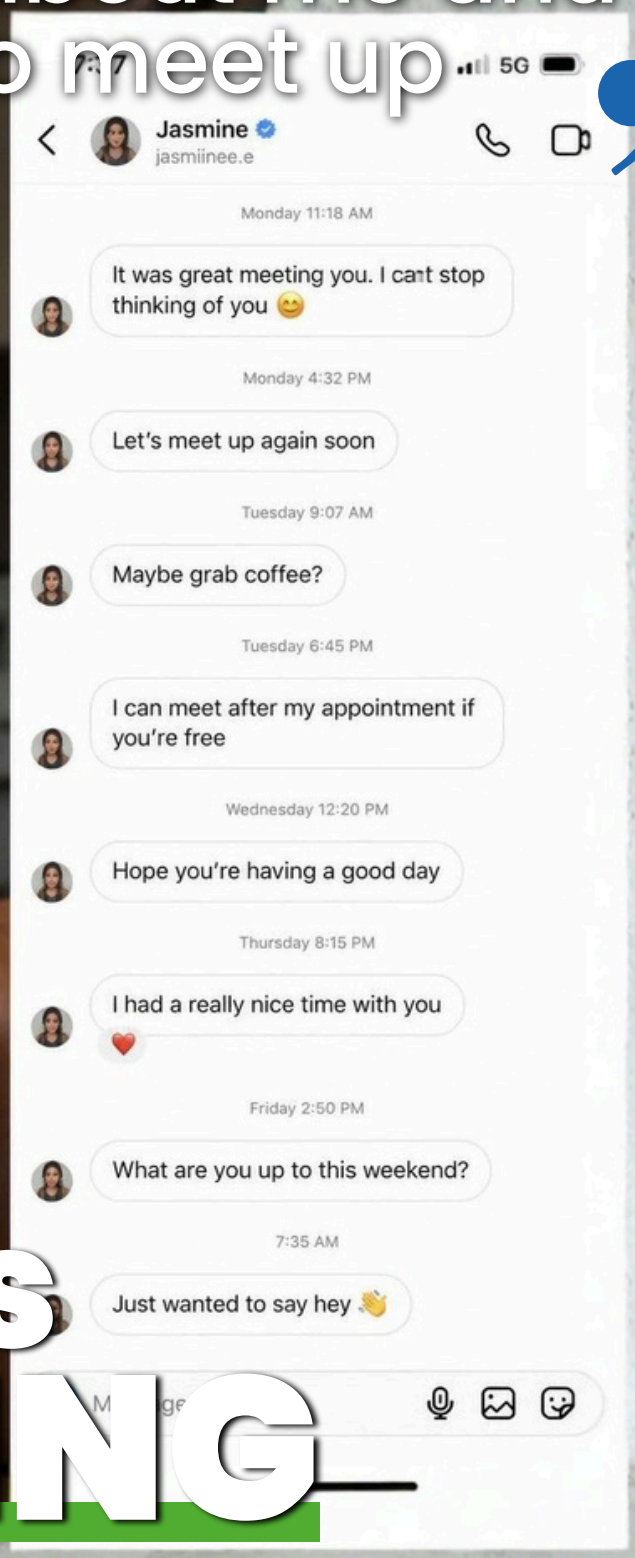
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“I couldn’t even remember them, but they found me on social media, said they couldn’t stop thinking about me and repeatedly asked to meet up”



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‘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

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