

A Safe Zone is somewhere you can go to get help if something happens that makes you feel scared and in fear of someone or something.

# Neighbourhood News



## What is Stalking

Stalking is a pattern of repeated, unwanted behaviour that causes you to feel distressed or scared. It can be perpetrated by a men or women.

Stalking can happen with or without fear of violence. This means that if you are receiving persistent unwanted contact that is causing you distress, but the person has never threatened you, this is still stalking and not acceptable.



## Personnal Safety

Take a mobile telephone and personal attack alarm when you go out.

Try to alter your daily routines, ask a friend to go with you whenever possible and always try to let someone know what your plans are.

Tell your friends, neighbours, and work colleagues about what is happening.

Review your security settings on social media/networks.

When answering the phone say hello, not by your name or number.

Do not engage with the stalker in any way.

Do not confront your stalker or engage them in conversation.

Do not in any circumstances agree to meet with your stalker.

Seek advice from the Police, a Solicitor, or the National Stalking Helpline Freephone 0808 802 0300

You can find more safety advice on the National Stalking Helpline Website. [www.stalkinghelpline.org](http://www.stalkinghelpline.org) or [www.suzylamplugh.org](http://www.suzylamplugh.org)



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## Contacts

### For the latest news and updates:

Visit West Yorkshire Police website - [www.westyorkshire.police.uk](http://www.westyorkshire.police.uk)

To report a crime, please ring 101. Always dial 999 in an emergency.

Sign up to our new community alert system at: [www.wypcommunityalert.co.uk](http://www.wypcommunityalert.co.uk)

Your Crime Reduction Officers for Kirklees are:-

Stephen Forrest and Sharon Charlesworth

Tel - 01924 431048 or Email: [kirkleesCPO@westyorkshire.police.uk](mailto:kirkleesCPO@westyorkshire.police.uk)