

Spotting the signs of stalking - what schools need to know

Stalking might seem like something that only affects adults, but young people can also become targets - often without realising it.

With the rise of social media and online communication, stalking behaviours can extend into schools, impacting students' well-being, safety, and ability to learn.

Recognising the warning signs and knowing how to respond is essential for safeguarding pupils effectively.

What to look out for

Stalking can take various forms, both online and offline. Staff should be aware of the following behaviours:

- **Persistent contact:** Repeated calls, texts, or social media messages that cause distress.
- **Monitoring and surveillance:** A student reporting that someone is constantly watching them or tracking their movements.
- **Unwanted gifts:** Receiving gifts or letters that make a student uncomfortable.
- **Rumours and harassment:** Spreading false information online or in person to isolate or intimidate.
- **Cyberstalking:** Excessive monitoring of a student's online activity or using social media to harass.

If a pupil seems unusually anxious, starts avoiding certain areas of the school, or becomes reluctant to use their phone or social media, it might be time for a discreet conversation.

How schools can help

1. Promote awareness and education

Incorporate lessons on healthy relationships and online safety into the curriculum. Teaching students to recognise stalking behaviours and where to seek help can empower them to act early.

2. Establish safe reporting channels

Encourage pupils to speak to a trusted teacher or pastoral support if they are experiencing any form of harassment. Make sure they know their concerns will be taken seriously and handled confidentially.

3. Involve parents and carers

Keep parents informed about the risks of stalking and how they can help safeguard

their children online and offline. Providing resources and advice can equip them to have open conversations at home.

4. Connect with specialist support

Signpost to resources like:

- [National Stalking Helpline](#): 0808 802 0300
- [Paladin National Stalking Advocacy Service](#): 020 3866 4107
- [Somerset Domestic Abuse](#): 0800 69 49 999

Keeping our pupils safe

By understanding the signs of stalking and ensuring students feel supported, schools can play a vital role in safeguarding young people from this often-hidden threat.

For more information and resources, check out our latest blog: [Understanding stalking – beyond the myths](#) .

**#Safeguarding #StalkingAwareness #SchoolSafety
#SomersetStalkingAwareness**

Ends

Meta description: Stalking can affect young people too, especially in the digital age. Learn how schools can spot the signs of stalking, support students, and promote safety with practical advice and resources.

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