

**FACTSHEET**

## HARASSMENT

**Harassment is serious. All the anti-social behaviour in the list below should be reported to the Police. Tell the Police how the harassment is affecting you, the victim.**

The technical definition of harassment is “the act of systematic and/or continued, unwanted and annoying actions of one party or a group, including threats and demands”. Basically, if someone is bothering you again and again, including threats and demands, you can report it as harassment.

The main types of anti-social behaviour in this category are:

- Hate incidents where the abuse involves your race, religion, gender, sexual orientation, age or disability
- Intimidating behaviour
- Violence or the threat of violence to another person
- Abusive language
- Malicious phone calls, texts and emails
- Stalking
- Begging
- Hoax calls to the emergency services or other third parties
- Animals not properly restrained in public places

**When you call to report anti-social behaviour: Be Prepared.**

You will probably be asked the following questions so have your answers ready:

- What is being done?
- Who is doing it?
- When did it happen (date and time)?
- Is this the first instance? If not, how often has it happened?

Stalking, mentioned above and defined as unwanted or obsessive attention by an individual or group, is covered in more detail by the National Stalking Helpline who can be contacted by calling 0808 802 0300.

Bullying, including cyber-bullying, is also a form of harassment. See the excellent work of the Anti-Bullying Alliance (<http://www.anti-bullyingalliance.org.uk>) if you are a victim of bullying.

If you feel like you are being targeted because of who you are, this may be a Hate Incident or Hate Crime. It is definitely worth emphasising this to the Police because it will be treated with a higher level of seriousness.