

## For more information and support

Domestic Abuse and Forced Marriage

24hrs: 0800 027 1234

Rape Crisis Scotland

5pm-midnight: 08088 01 0302

Scottish Women's Rights Centre

Wed 10am-1pm, Thurs 1.30-4.30pm:

08088 010 789

Amina (BME women's support)

Mon-Fri 10am-4pm: 0808 801 0301

Hemat Gryffe (BME women's support)

24hrs: 0141 353 0859

LGBT Health and Wellbeing Helpline

Tues & Wed 12-9pm and Thurs & Sun 1-6pm:

0300 123 2523

Equally Safe at Work is an accreditation programme advancing gender equality and preventing violence against women.

[www.equallysafeatwork.scot](http://www.equallysafeatwork.scot)

[www.closesthegap.org.uk](http://www.closesthegap.org.uk)

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Close the Gap

# VIOLENCE AGAINST WOMEN STALKING

EQUALLY SAFE AT  
**WORK**

## About stalking

Stalking is commonly used by perpetrators of domestic abuse, but can also be perpetrated by colleagues, neighbours, friends, acquaintances and strangers. It causes fear, stress and anxiety, and loss of safety or trust. Victim-survivors of stalking worry that it will impact their job because of unexplained or frequent absences to avoid their stalker.

## Impact of stalking on the workplace

Stalking can have a significant effect on the workplace because stalkers are able to pinpoint the location of the victim-survivor when they are at work. Tactics used by stalkers to disrupt women's employment can include:

- Preventing them from attending work by tampering with their car.
- Using workplace resources such as phones and email to threaten, harass and abuse employees.

- Watching or spying on them or forcing contact with them through any means, including social media.
- Following them to and from work.
- Sending unwanted gifts or flowers to their work.

