

Stalking or harassment and Social Media

Stalking or harassment

Stalking or harassment is when someone repeatedly behaves in a way that makes you feel scared, distressed or threatened.

You can report it to the Police via [Report stalking or harassment | Suffolk Constabulary](#) if:

- the unwanted behaviour has taken place two times or more
- you're not sure it's stalking or harassment, they can be similar, notify Police what's been happening whether you have 'evidence' such as photos, videos or messages. or not. Anything you have may help but it's not required to make a report.

Further advice and support for victims and witnesses of stalking or harassment can be found here: [Support for victims and witnesses of stalking or harassment | Suffolk Constabulary](#)

Threatening messages

Sending threatening messages is when someone either online or offline, communicates that they, or another person, will:

- kill you
- seriously harm you, which includes raping you or seriously injuring you
- cause you serious financial loss

Whether they intend to do what they've threatened or whether you actually feel afraid doesn't matter. It's an offence because they wanted to cause you fear by sending this type of message.

You might not be sure who sent the threatening message or what they intended when they sent it. That doesn't matter, you can still report it to the Police who will decide how to follow up on the details you give them.

Sending threatening messages can also be known as **'death threats'**, **'cyber bullying'**, **'harassment'**, or **'trolling'**.

Further guidance, help and support can be found here: [Sending threatening messages | Suffolk Constabulary](#)

Social Media

Police guidance tells us that social media companies have community guidelines, a set of rules that cover how people can behave on the site.

You can notify the social media company what's happened and ask them to remove the offensive content, whether it's a post, image, flashing image or video, or any other way it's been sent to you online.

You can also report a user or an account if they're posting harmful or offensive information.

Further advice and guidance regarding Social Media can be found by visiting [Search - Social media | Suffolk Constabulary](#)

Please remember, in an emergency call 999 if:

- there is an immediate danger to life
- someone is using violence or is threatening to be violent