

Update from the Force Crime Prevention Team

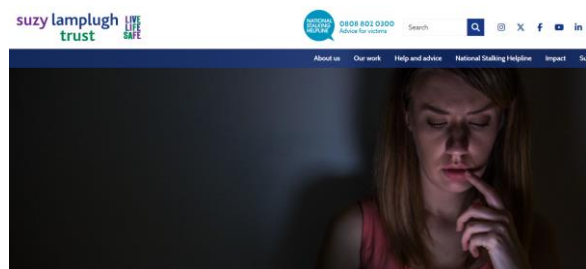
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Are you worried that someone might be stalking you?

The Suzy Lamplugh Trust has an online 'Am I being stalked?' tool which can help you understand your rights and take the next steps towards safety.

They understand that it can feel difficult seeking support and this tool is here to help you with the following:

- The law in relation to stalking and harassment in the United Kingdom
- Reporting stalking or harassment
- Effective gathering of evidence
- Improving your personal safety and that of your friends and family
- Practical steps to reduce the risk
- Accessing local services such as housing, emotional support etc.



[Find out more on the website](#) and reach out to the National Stalking Helpline for more guidance, support and personal safety advice on 0808 802 0300.

Halloween Trick or Treat

Every year Hampshire & Isle of Wight Constabulary receives calls from people who have been frightened by trick or treaters. It might seem like innocent fun, but it can be terrifying for elderly or vulnerable people.



If you're staying home on Halloween and feel unsafe:

- Have a contact number of a close relative, friend or trusted neighbour to hand by your telephone, just in case you need to phone them.
- Don't open your door if you are unsure who is there, use the door's spy hole or look out of the window.
- Use your door chain if you decide to open the door.



Free Cyber Safety Webinars



Your local police cyber protect team, in collaboration with colleagues across the South East, are offering free webinars to help you improve your online security.

We have sessions for individuals, parents and carers, senior leadership teams, staff within organisations and more. Learn how to protect your online accounts, devices and personal information, following best practice.

Schools can also contact us to arrange tailored training for your pupils, staff and leadership:

cyberprotect@serocu.police.uk

Find out more and book your tickets here: [Police - South East Cyber Crime Unit Events - 18 Upcoming Activities and Tickets | Eventbrite](#)

Have you ever had intimate images of yourself shared without your consent?

The police and the Revenge Porn Helpline want to hear from you through a short and anonymous survey.

Anyone based in the UK who has been a victim of intimate image abuse and was aged 18 or older when it happened can complete the survey, regardless of whether they have reported to the police or not.



The results of the survey will help to improve the police's response to this type of crime and better protect victims. You can complete the survey by clicking this link: <https://orlo.uk/2FpZS>

For more information about how the National Centre for Violence Against Women and Girls and Public Protection is working with the Revenge Porn Helpline, click here: <https://orlo.uk/GfPs1>

Substance misuse prevention training



Catch22 is offering free training sessions on substance misuse prevention, following a rise in referrals linked to young people's substance use. Sessions last 2.5 hours and are designed for anyone working with young people in Hampshire (excluding Portsmouth and Southampton). They cover key topics to help you deliver age-appropriate education around substance misuse.

For those with busier schedules, Catch22 also offers 45-minute bitesize session. Please see below for more details and all available sessions.

[Substance Misuse Prevention Training \(Hampshire\) | Eventbrite](#)

YOUR

UPDATE

Visit www.hampshire.police.uk



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