

Resource 1: Bus Stop Quote

People play hard to get so it's important not to give up at the first 'no'. It's expected you'll keep asking to show you really like someone.

Resource 2: Attitude Sort

1. Getting upset when a person says they don't want to see them again	
2. Telling someone they miss them when they next meet up as part of a friendship group	
3. Sending abusive messages if someone is 'ghosted' after two dates	
4. Looking at an ex's social media profiles to find out if there is any chance of getting back together	
5. Looking at an ex's social media profiles to find out where they are going and repeatedly going there hoping to 'bump into them'	
6. Sending abusive messages to an ex's new partner	
7. Trying to apologise/win someone back by ringing them once or twice	
8. Turning up at work with flowers every day for a week in the hope of changing someone's mind about dating them	
9. Going to an ex's home to talk and then switching between compliments and insults when they don't agree to try again	
10. Posting a message online which threatens to hurt their cat in revenge	

Resource 3: What should they do?

Jayden and Soraya are part of a big friendship group. Soraya agreed to go with Jayden to the cinema as she thought he was cute, even though he had a reputation for getting angry over small things. On the date Soraya felt uncomfortable as Jayden expected to go back to his house together afterwards but she didn't want to and wasn't interested in seeing him again.

Soraya rang a friend to collect her from the date so she felt safe getting home. He shouted at her that she was a good-for-nothing tease then slammed the door on his way out. A few days later, she started receiving flowers and chocolates from Jayden saying that he was sorry for the way he acted and that it was only because he liked her so much. He asked her for another chance.

Soraya was worried about his reaction if she said no so said she was busy but said they'd hang out when they were out with friends. Jayden turned up every time she went out as lots of plans were made in their groupchat. She did her best to avoid him and make her feelings clear but this wasn't working so she started saying 'no' to nights out in order to avoid him. He started to come into the coffee shop where she worked and tried to flirt with her. This has all been making Soraya feel really uncomfortable.

It is **never** a person's fault if someone is behaving in an unhealthy way towards them but there were times when Soraya could have made different choices.

- What actions helped to diffuse the situation and/or keep Soraya safe?
- How could Soraya have acted differently to try to stop the stalking behaviour earlier?
- What could she do now to help keep safe and try to stop the unhealthy behaviour?
- What should Jayden do to change his behaviour?
- How could the friendship group help the situation, in particular what could Jayden's best friend say/do?

Extension scenario

Shamus really enjoys his job at a radio station – he knows how hard it can be to get jobs in the media industry so he's trying his best to impress in this role. However, recently his boss has started flirting with him and it's making him feel really uncomfortable. This recently included resting a hand on his knee and suggesting they have some fun together at the staff Christmas party. He is worried that he has been leading his boss on somehow, and that he might lose his job or get bad performance reviews if he speaks up.

- What would you say to Shamus' worries?
- What can Shamus do to try to stop the harassment?
- How can he protect his role at the radio station?

Teacher Notes

Resource 3: What should they do?

- What actions helped to diffuse the situation and/or keep Soraya safe?
 - *Decision to call a friend for a ride home.
 - *Decision not to agree to go out with Jayden again.

- How could Soraya have acted differently to try to stop the stalking behaviour earlier?
 - ***Remind students that none of this is Soraya's fault and Jayden is wholly responsible for his behaviour. However, these are some things that can help us learn from Soraya's story.***
 - *Anger management issues are a potential sign that it may be best not to start a relationship unless/until you are sure it will be a safe and respectful one.
 - *A firmer 'no' to another date might have helped Jayden to see there was no chance of a reunion.
 - *Getting help from friends at the start of the unwanted behaviour may have stopped it spiralling.

- What could she do now to help keep safe and try to stop the unhealthy behaviour?
 - *Seek help from friends, specialist advice services, and the police. Be clear that stalking is illegal.
 - *Switch to a new group chat with close friends only for a while – these friends should be told about the situation so they don't pass on information to Jayden without realising the risks. [N.B. Point out that the onus should not be on the victim to change their behaviour and it is hoped her behaviour patterns could revert to normal soon.]
 - *Change her patterns of behaviour e.g. switch exercise classes, choose a different route home. Again, note that it is not right that she needs to change her life due to his behaviour but it may help promote her safety in the short term.
 - *Inform supervisors at work of the issue so they can take appropriate action if he visits the café.
 - *Keep a note of any contact she receives from Jayden but she should not respond in any way.
 - *Have a support plan for what to do if Jayden visits her again.

- How could the friendship group help the situation?
 - *Jayden's friends can explain that this is not appropriate behaviour and encourage him to seek help. They should only do this if they feel they can remain safe themselves.
 - *They can ring the police if they are worried about their friends.
 - *They can find out information to support their friends, for example from organisations like the Alice Ruggles Trust or by contacting the National Stalking Helpline.
 - *They can provide support for Soraya and keep her plans and personal details safe.
 - *They can be mindful of the potential risks for any future partners Jayden has if he does not choose to get help to manage his feelings and behaviour.