



**Northamptonshire Police**

**Cyber Abuse Risk Assessment (CARA)**

DASH Level: \_\_\_\_\_

IDVA / OIC: \_\_\_\_\_

**KNOW YOUR RISK FACTORS:**

*History of violence, Incidence of strangulation, History of harassment or criminal damage, History of drug or alcohol abuse, Jealous or possessive behaviour, Access to Firearms, Showing up at work or home*

Question Set One (Stalking Risk)	Yes	No	Question Set Two (Cyber Risk)	Yes	No
1. Is there a previous history of stalking and / or harassment? (reported or unreported)			1. Have your Social Media account(s) been hacked by the perpetrator?		
2. Are they a current or former partner?			2. Have they make threats to you online?		
3. Has the relationship ended in the last 18 months?			3. Do you believe they are tracking you online?		
4. Do you feel threatened by the perpetrator?			4. Do they seem to know where you are despite not telling them?		
5. Has the perpetrator ever made threats to hurt you?			5. Do they regularly contact your children or friends online about you?		
6. Have they ever engaged a third party to help them harass / threaten / attack you?			6. Have they ever installed Spyware or tracking software on any of your devices / computers?		
7. Do they / have they misused drugs or alcohol to the point where it interferes with normal life?			7. Have they created a fake profile or uploaded intimate photos / videos without permission?		
8. Have you ever been sexually assaulted by the perpetrator?			8. Do they have a particular skill with computers? (i.e. Computer Engineer etc)		
9. Do you have children under the age of 18?			9. Have you been abused / threatened over more than one platform (e.g. Twitter and Facebook)?		
10. Have they ever destroyed or damaged your property?			10. Has any online abuse lasted 3 months or more?		
<b>Total 'Yes' answers</b>			<b>Total 'Yes' answers</b>		

**Cyber Risk Level:**

Risk Level: 0 – 6 (Standard Risk), 7– 8 (Medium Risk) 10 or more (High Risk)

2 YES answers from Question Set 2 is automatically Medium risk

3 Yes answers from Question Set 2 is automatically HIGH risk

Type of Cyber Stalker				
Incompetent Suitor	Intimacy Seeker	Rejected Suitor	Resentful	Predator
<div style="display: flex; align-items: center; justify-content: space-between;"> <div>Lower Risk</div> <div style="flex-grow: 1; border-bottom: 2px solid black; position: relative;"> <div style="position: absolute; right: -10px; top: -5px;">➔</div> </div> <div>Higher Risk</div> </div>				

Remember to trust your professional judgement—If you think this is HIGH risk then mark it as such and contact the Cyber Crime Unit for advice and support on managing the risk to the victim