# Man jailed for online stalking of Sussex Police chief amid social media addiction claims



In a disturbing case that highlights the challenges of unchecked online behaviour, Jason Nicholls has been sentenced to 15 weeks in jail for stalking Sussex Police Chief Constable Jo Shiner over a two-year period. The 55-year-old from East Cowes, Isle of Wight, unleashed a torrent of abusive and harassing posts on the social media platform X, formerly Twitter, accumulating hundreds of critical and mocking posts directed at Shiner's work.

Nicholls engaged in a bizarre online campaign he termed “Shiner Street,” where he chronicled the so-called “ups and downs” of Shiner's leadership and even produced a wanted poster featuring her image under the accusation of “crimes against policing.” This incessant barrage of digital abuse reportedly stemmed from his compulsive use of social media, which he described as an addiction that had dominated his life for over a decade.

In court, Nicholls admitted his actions were motivated by a desire for the immediate gratification—the “dopamine rush”—associated with social media interactions. He proclaimed himself the UK's “first registered X-oholic” and expressed a desire to turn his experience into something positive by helping others struggling with similar internet-related issues. His troubling statement emphasized the extent of his compulsive behaviour: “I have lost control of my online life, impulsively chasing the instant dopamine rush of likes, shares, and replies.”

During his prosecution, prosecutors outlined how Nicholls contacted various media outlets with false claims about Shiner's conduct, including misinformation that she had been arrested. The distress his actions caused to CC Shiner was significant, leading magistrates to describe his behaviour as demonstrating a “flagrant disregard” for her well-being.

The case not only showcases individual behaviour but also raises broader questions about the mental health issues associated with social media use, especially among those who may already be vulnerable. Nicholls, who identified as having Attention Deficit Hyperactivity Disorder (ADHD), articulated how his obsessive interaction with X provided a compulsive escape from genuine distress related to a flawed fostering assessment he experienced with East Sussex County Council.

Experts suggest that cases like Nicholls’ are indicative of a growing phenomenon where individuals become increasingly detached from reality through their online personas, leading to behaviour that crosses legal and ethical boundaries. Research has indicated that social media can exacerbate mental health issues, particularly among those predisposed to addictive behaviours.

While Nicholls has acknowledged the severity of his actions and expressed regret, his case underscores the urgent need for more awareness and support for individuals grappling with online compulsions. The court has issued a restraining order preventing him from contacting Shiner and Sussex Police, unless in genuine emergencies, marking a critical step in safeguarding those targeted by similar online harassment.

Overall, Nicholls’ case serves as a striking reminder of the potential consequences of unregulated online activity and the real-world impact of digital behaviour, raising important discussions about mental health, accountability, and the role of social media in contemporary society.

### Reference Map

1. Paragraphs 1, 2, 3, 4, 5, 6
2. Paragraph 1, 2
3. Paragraph 1, 2
4. Paragraph 1, 2
5. Paragraph 2
6. Paragraph 6
7. Not applicable

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.theargus.co.uk/news/25180579.jason-nicholls-stalked-sussex-polices-jo-shiner-jailed/?ref=rss> - Please view link - unable to able to access data
2. [https://www.thefreelibrary.com/Self-declared+%27X-oholic%27+stalked+female+police+chief+online+for+dopamine+rush.-a0818831966](https://www.thefreelibrary.com/Self-declared%2B%27X-oholic%27%2Bstalked%2Bfemale%2Bpolice%2Bchief%2Bonline%2Bfor%2Bdopamine%2Brush.-a0818831966) - Jason Nicholls, a self-declared 'X-oholic', admitted to online stalking Sussex Police Chief Constable Jo Shiner over nearly two years. He shared numerous posts, memes, and satirical videos on X (formerly Twitter), criticizing Shiner's work. Nicholls initiated a 'Twitter soap' called 'Shiner Street' and created a wanted poster featuring her face for 'crimes against policing'. He claimed his actions were driven by the 'dopamine rush' from online engagement. Nicholls pleaded guilty to stalking and expressed a desire to help others with similar online addictions. Sentencing was scheduled for February 2025.
3. <https://news.nestia.com/detail/Self-declared-%27X-oholic%27-stalked-female-police-chief-online-for-dopamine-rush/13100527> - Jason Nicholls, a self-declared 'X-oholic', admitted to online stalking Sussex Police Chief Constable Jo Shiner over nearly two years. He shared numerous posts, memes, and satirical videos on X (formerly Twitter), criticizing Shiner's work. Nicholls initiated a 'Twitter soap' called 'Shiner Street' and created a wanted poster featuring her face for 'crimes against policing'. He claimed his actions were driven by the 'dopamine rush' from online engagement. Nicholls pleaded guilty to stalking and expressed a desire to help others with similar online addictions. Sentencing was scheduled for February 2025.
4. <https://squarenews.ru/news/post/social-media-addict-who-bombarded-female-chief-constable-with-hundreds-of-abusive-posts-claims-he-was-driven-by-online-dopamine-rush-as-he-admits-to-stalking-her/> - Jason Nicholls, a self-declared 'X-oholic', admitted to online stalking Sussex Police Chief Constable Jo Shiner over nearly two years. He shared numerous posts, memes, and satirical videos on X (formerly Twitter), criticizing Shiner's work. Nicholls initiated a 'Twitter soap' called 'Shiner Street' and created a wanted poster featuring her face for 'crimes against policing'. He claimed his actions were driven by the 'dopamine rush' from online engagement. Nicholls pleaded guilty to stalking and expressed a desire to help others with similar online addictions. Sentencing was scheduled for February 2025.
5. <https://www.sussex.police.uk/police-forces/sussex-police/areas/au/about-us/senior-leaders/> - Sussex Police's command team includes Chief Constable Jo Shiner, who became the force's ninth Chief Constable in July 2020 and is the first female to hold this position. With over 30 years in policing, Shiner has held various roles across three forces, predominantly in operational and public protection commands. She is also the National Police Chiefs’ Council lead for Roads Policing and supports several charities, including Sussex Search and Rescue and the Sussex Police Charitable Trust.
6. <https://bentpsychopaths.com/tag/sussex-police-corruption/> - A blog post discussing alleged corruption within Sussex Police under Chief Constable Jo Shiner. The author claims to have suffered from schizophrenia and accuses the police of gaslighting to cause psychological distress. They allege that the police have been inciting security guards to physically threaten and intimidate them for years, with the police being complicit in this behavior. The author also mentions that the police have not admitted any wrongdoing despite the severity of the allegations.
7. <https://www.m52.morelaw.com/cases/child_pornography.asp?page=52> - A legal database listing various cases related to child pornography laws, including the United States v. Jason Charles Nicholas. The case involves charges of distributing child sexual abuse material using a stolen online identity. The database provides information on sentencing, charges, and other legal details for multiple cases, including those involving child exploitation and pornography schemes.