

NATIONAL STALKING AWARENESS MONTH

TO DO LIST 2022

Check off actions below as you complete them for National Stalking Awareness Month!

January 2022 marks the eighteenth [National Stalking Awareness Month \(NSAM\)](#), an annual call to action to recognize and respond to this traumatic and dangerous crime. There are many ways to get involved—use this To Do List to get started. Post it on your fridge at home, by your desk at work, on social media, and/or wherever else you're comfortable posting it. Check off items as you complete them and add your own items to the list. Encourage your friends and family to join you with their own lists.

We each have a part to play in supporting victims and holding offenders accountable—how will you start?

“It’s not easy to describe the fear you have when you see the stalker—or signs of the stalkers—everywhere you go. I have given up all hope of ever having a safe life. For the rest of my life, I will be looking over my shoulder, expecting to see him there.” –Stalking Survivor

_____’s NSAM 2022 To Do List

- Ask your community to [proclaim January NSAM](#)
- Learn the basics about stalking by [watching a recording of the Context is Key: Recognizing & Responding to Stalking webinar](#)
- Learn facts about stalking by [reading factsheets](#)
- Learn [how to support someone](#) if they tell you that they’re being stalked
- Share [videos about stalking](#) on social media
- Find out what local organizations support stalking victims
- Take time to consider why stalking is so underreported, misunderstood, and minimized
- Go beyond the basics of stalking by [watching two recorded webinars](#)
- [Lead a workshop on stalking](#) using ready-to-go slides and handouts with a facilitator guide
- Use a guide to [plan a public awareness campaign around stalking](#)
- [Conduct a workshop](#) on how stalking is portrayed in the media
- Use a [discussion guide](#) to lead a conversation about the hit Netflix series *You*
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