

NATIONAL STALKING AWARENESS MONTH

2023

KNOW IT. NAME IT. STOP IT.

ACTION GUIDE 2023

January 2023 marks the nineteenth [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 promoting NSAM and raising awareness around stalking. This month—and all year long—we encourage you to explore and support our theme of **KNOW IT, NAME IT, STOP IT** through the activities and resources below. As you honor NSAM, take time to consider why stalking is so underreported, misunderstood, and minimized and what steps we can take to better support victims and hold offenders accountable.

LEARN more about stalking:

- [Attend upcoming webinars](#)
- [Watch recorded webinars](#)
- [Request a 2023 training](#)
- [Explore guides, tips, and checklists for responding to victims](#)

TEACH your community, agency, and/or partner organizations:

- [Lead a workshop about stalking using our curriculum](#)
- [Plan a public awareness campaign around stalking](#)
- [Integrate stalking into existing programs](#)
- [Conduct a workshop or lead a discussion about how stalking is portrayed in the media](#)
- [Offer brochures about stalking in your office](#)
- [Personalize and send a letter to the editor about NSAM](#)

SHARE information about stalking and NSAM:

- Use our [daily social media posts](#) or follow @FollowUsLegally and share our daily posts
- [Display NSAM images](#) on your email signature, website, and social media pages
- [Include a message about NSAM in your newsletter](#)
- [Ask your community to proclaim January 2023 as NSAM](#)
- [Display posters to raise awareness](#)
- Share our [videos](#), [factsheets](#), [infographics](#), [documentation log](#), and [professional support resources](#)
- Plan your own events: an art contest, a public service announcement, video interviews with local responders, a karaoke night of creepy songs about stalking, a table of information and resources at a community event/meeting or farmers market, a TikTok challenge, or a multi-disciplinary roundtable discussion

REFLECT on your response to stalking:

- [Honor champions with a certificate of appreciation](#)
- Complete our agency checklist for [victim service organizations](#) and [campus professionals](#)
- [Share your promising approaches to addressing stalking with us](#)

Stalking remains frequently misunderstood & rarely discussed; awareness and public discussion of stalking lags decades behind intimate partner violence and sexual assault.



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