

# NATIONAL STALKING AWARENESS MONTH

2023

KNOW IT. NAME IT. STOP IT.

## COMMUNITY PLEDGE

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.**

Use the pledge below to honor NSAM and **take time to consider why stalking is so underreported, misunderstood, and minimized and what we can do to change that.**

Post it on your fridge at home as a personal reminder, by your desk at work or on social media as a public reminder, and/or wherever else you're comfortable posting it. Encourage your friends, family, colleagues, and community to join you and sign their own pledges as well.

**We each have a part to play in supporting victims and holding offenders accountable—what's yours?**

### STALKING IN THE UNITED STATES

#### MOST COMMON STALKING TACTICS<sup>1</sup> EXPERIENCED BY VICTIMS:

75%  UNWANTED PHONE CALLS

APPROACHED/SHOWED UP  57%

57%  TEXTS, EMAILS, MESSAGES

FOLLOWED & WATCHED  52%

26%  SENT GIFTS, CARDS, LETTERS



**1 IN 3 STALKERS<sup>2</sup>  
HAVE STALKED BEFORE**

**Citations** <sup>1</sup> Smith, S.G., Basile, K.C., & Kresnow, M. (2022). *The National Intimate Partner and Sexual Violence Survey (NISVS): 2016/2017 Report on Stalking*. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention. <sup>2</sup> Mohandie, K., Mely, J.R., McGowan, M.G., & Williams, J. (2006). *The RECON Typology of Stalking: Reliability and Validity Based upon a Large Sample of North American Stalkers*. *Journal of Forensic Sciences*, 51(1): 147-155.

**1 IN 3  
WOMEN**

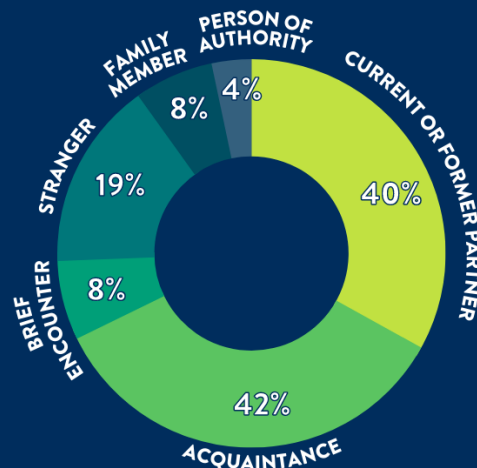


**1 IN 6  
MEN**



**EXPERIENCE STALKING AT SOME  
POINT IN THEIR LIFETIMES**

#### WHO ARE STALKERS?<sup>1</sup>



**SPARC**

STALKING  
PREVENTION,  
AWARENESS,  
AND RESOURCE  
CENTER

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With this Community Pledge, I am responding to a call to action to affirm my commitment to raise awareness around stalking and do my part to **KNOW IT**, **NAME IT**, and **STOP IT**.

I, \_\_\_\_\_, pledge to \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I believe that I can make a difference in my community to end stalking.

I will use my voice to name stalking when I see it and educate others about it.

I will listen to stalking victims who share their experiences.

I will support others—friends, family, advocates, police, prosecutors, judges, campuses, medical professionals—whenever I can to improve their responses to stalking victims.

I will encourage others to learn about stalking, name it when they see it, and join me in stopping it.

I will live this pledge today, tomorrow, and after National Stalking Awareness Month ends.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date