

NATIONAL STALKING AWARENESS MONTH

2023

KNOW IT. NAME IT. STOP IT.

NSAM TO DO LIST 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—use the list below to get started. 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.

Check off items below 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?

_____’s NSAM 2023 To Do List

- Ask your community to [proclaim January NSAM](#)
- Find out what local organizations in your community support stalking victims
- Take time to consider why stalking is so underreported, misunderstood, and minimized
- 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
- Learn the basics about stalking by [watching a recording of the *Context is Key: Recognizing & Responding to Stalking* webinar](#)
- Go beyond the basics of stalking by [watching two additional 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
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