Use the language below to spread the word about National Stalking Awareness Month in a January newsletter! Feel free to contact SPARC for help crafting language and/or for guidance on specific resources for your audience.

# General

January is National Stalking Awareness Month (NSAM)! Stalking impacts nearly 1 in 3 women and 1 in 6 men in the United States, yet many victims, families, service providers, criminal justice professionals, and members of the general public underestimate its prevalence, danger, and urgency. Stalking must be recognized as its own form of violence as well as a crime that frequently co-occurs with other victimizations, including physical and sexual violence.

Stalking is a pattern of behavior directed at a specific person that causes fear or emotional distress. The vast majority of victims are stalked by someone they know, and most stalkers use technology and in-person tactics to watch, contact, threaten, sabotage, and/or otherwise frighten their victims. Common stalking tactics include unwanted phone calls, the offender approaching the victim or showing up uninvited, unwanted texts/emails/messages, and being followed and watched.

Learn how to get involved with NSAM and the Day of Action on January 18th at [www.StalkingAwareness.org/Stalking-Awareness-Month-2024](http://www.StalkingAwareness.org/Stalking-Awareness-Month-2024/)!

# For Campuses

January is National Stalking Awareness Month (NSAM)! Stalking is a violation of student conduct codes and Title IX, as well as a crime. Stalking is its own form of violence as well as a victimization that frequently co-occurs with physical and sexual violence. Stalking impacts nearly 1 in 3 women and 1 in 6 men in the United States, and young adults 18-24 years old experience the highest rates of stalking among adults. It is vital for colleges to appropriately address stalking on campus and ensure services are accessible to all stalking victims.

Stalking is a pattern of behavior directed at a specific person that causes fear or emotional distress. The majority of campus victims are stalked by someone they know. In addition to serious and long-lasting emotional and psychological harm, stalking can involve severe — even lethal — violence. Campuses that understand the nature and dynamics of stalking, the impact of stalking on victims, and the jurisdictional complexities of stalking cases can support victims and hold stalkers accountable.

Find tools for campuses professionals at [www.StalkingAwareness.org/Campus-Resources/](http://www.StalkingAwareness.org/Campus-Resources/) and learn how to get involved with NSAM and the first ever Day of Action on January 18th at [www.StalkingAwareness.org/Stalking-Awareness-Month-2024](http://www.StalkingAwareness.org/Stalking-Awareness-Month-2024/)!

# For Criminal Justice and/or Law Enforcement

January is National Stalking Awareness Month (NSAM)! Stalking constitutes a crime in all 50 states, the U.S. Territories, the District of Columbia, the military justice system, federal jurisdiction, and many tribal codes. It frequently co-occurs with other crimes, from property damage to sexual assault.

Stalking is a course of conduct directed at a specific person that causes fear or emotional distress. The vast majority of victims are stalked by someone they know. The majority of stalkers use technology to watch, contact, threaten, sabotage, and/or otherwise frighten their victims. Stalkers often follow, monitor, and wait for their victims, as well as leave them unwanted gifts, spread rumors about them, and repeatedly call, text, and message them. Stalking is a terrifying and psychologically harmful crime in its own right as well as a risk factor for potentially lethal violence: 1 in 5 stalkers use weapons to threaten or harm victims, and stalking increases the risk of intimate partner homicide by three times.

Find tools for law enforcement at [www.StalkingAwareness.org/Law-Enforcement-Resources](http://www.StalkingAwareness.org/Law-Enforcement-Resources) and learn how to get involved with NSAM and the first ever Day of Action on January 18th at [www.StalkingAwareness.org/Stalking-Awareness-Month-2024](http://www.StalkingAwareness.org/Stalking-Awareness-Month-2024/)!

# For Sexual Assault Organizations

January is National Stalking Awareness Month (NSAM), a great time to reflect on the fact that many sexual violence survivors are also stalking victims. Nearly 1 in 3 women who were stalked by an intimate partner were also sexually assaulted by that partner. Many stalking survivors experience additional sexual co-victimizations including sexual threats and nonconsensual distribution of intimate images. With few organizations primarily serving stalking victims, it often falls to sexual assault organizations to recognize and respond to stalking survivors.

Stalking is a pattern of behavior directed at a specific person that causes fear or emotional distress. Though millions of individuals of all genders are stalked every year in the United States — with a frequent co-occurrence of sexual violence — stalking is often not identified and/or overlooked by victims, families, service providers, criminal justice professionals, and members of the general public. Stalking can have devastating and long-lasting physical, emotional, and psychological effects on victims. Victim services can help victims take stalking into account as they devise a safety plan, navigate legal systems, assert their rights, and obtain the support they need and to which they are entitled.

Find tools for victim service providers at [www.StalkingAwareness.org/Victim-Service-Provider-Resources](http://www.StalkingAwareness.org/Victim-Service-Provider-Resources) and learn how to get involved with NSAM and the first ever Day of Action on January 18th at [www.StalkingAwareness.org/Stalking-Awareness-Month-2024](http://www.StalkingAwareness.org/Stalking-Awareness-Month-2024/)!

# For Domestic Violence Organizations

January is National Stalking Awareness Month (NSAM), a great time to reflect on how stalking and domestic violence intersect! Stalking is a prevalent victimization that often co-occurs with — and increases the risks of — domestic violence. Millions of individuals of all genders are stalked every year in the United States and nearly half of stalkers are intimate partners (current or former). Many abusers stalk their partners both during and after the relationship has ended as an extension of coercive control. Stalking is a terrifying and psychologically harmful victimization in its own right.

Stalking is a pattern of behavior directed at a specific person that causes fear or emotional distress. On average, stalkers who are intimate partners are more threatening and dangerous than other stalkers, and intimate partner abusers who stalk are more threatening and dangerous than abusers who don’t stalk. Stalking increases the risk of intimate partner homicide by three times. The prevalence of anxiety, insomnia, social dysfunction, and severe depression is much higher among stalking victims than in the general population. Victim services can help victims take stalking into account as they devise a safety plan, navigate legal systems, assert their rights, and obtain the support they need and to which they are entitled.

Find tools for victim service providers at [www.StalkingAwareness.org/Victim-Service-Provider-Resources](http://www.StalkingAwareness.org/Victim-Service-Provider-Resources) and learn how to get involved with NSAM and the first ever Day of Action on January 18th at [www.StalkingAwareness.org/Stalking-Awareness-Month-2024](http://www.StalkingAwareness.org/Stalking-Awareness-Month-2024/)!

# For Youth-Serving Organizations

January is National Stalking Awareness Month (NSAM)! Of the millions of individuals stalked every year in the United States, over half report first being stalked before the age of 25, a third report it first happening between the ages of 18 and 24, and nearly a quarter report it first happening before the age of 18. The vast majority of victims are stalked by someone they know and the majority of stalkers use technology to watch, contact, threaten, sabotage, and/or otherwise frighten their victims.

Stalking is a pattern of behavior directed at a specific person that causes fear or emotional distress. Stalkers often follow, monitor, and wait for their victims, as well as leave them unwanted gifts, spread rumors about them, and repeatedly call, text, and message them. Stalking is a terrifying and psychologically harmful crime in its own right, as well as a risk factor for potentially lethal violence: 1 in 5 stalkers use weapons to threaten or harm victims, and stalking increases the risk of intimate partner homicide by three times.

Find tools for victim service providers at [www.StalkingAwareness.org/Victim-Service-Provider-Resources](http://www.StalkingAwareness.org/Victim-Service-Provider-Resources) and learn how to get involved with NSAM and the first ever Day of Action on January 18th at [www.StalkingAwareness.org/Stalking-Awareness-Month-2024](http://www.StalkingAwareness.org/Stalking-Awareness-Month-2024/)!

# Day of Action on January 18th

January is National Stalking Awareness Month (NSAM) and January 18th is the National Day of Action for Stalking Awareness! This date commemorates the murder of Peggy Klinke at the hands of her stalker in 2003. Peggy’s sister Debbie Riddle is an anti-stalking activist who co-founded NSAM in her honor. Debbie said, “Peggy had a sparkling personality and would light up a room. As the stalking continued and continued, we saw that shine fade.” For Peggy and for all victims and survivors of stalking, help us spark a conversation on stalking on January 18th – wear your flashiest, most sparkly clothes and accessories and post a picture using the hashtags #SparkleAgainstStalking and #NSAMDayofAction.

Learn more about how to get involved with NSAM and the first ever Day of Action at [www.StalkingAwareness.org/Stalking-Awareness-Month-2024](http://www.StalkingAwareness.org/Stalking-Awareness-Month-2024/)!