



COMMITMENT PLEDGE NSAM 2026

January 2026 marks the [twenty-second annual National Stalking Awareness Month \(NSAM\)](#), a [call to action](#) to better recognize and respond to this criminal, traumatic, and dangerous victimization. This month — and all year long — we ask for your help in amplifying the call to **“KNOW IT, NAME IT, STOP IT.”**

More than 1 in 5 women and approximately 1 in 10 men in the U.S. experience stalking in their lifetimes.ⁱ It is a deeply traumatic victimization, with survivors suffering mental, emotional, and physical health effects.ⁱⁱ In addition, stalking often intersects with other crimes, including sexual violence, physical violence, and even homicide. Despite this, stalking is often trivialized and misrepresented in our society: the word “stalking” is used casually in conversation, our media romanticizes stalking behaviors, and stalking survivors are frequently dismissed and ignored. Few resources exist to support victims and survivors of stalking.

Stalking will not be taken seriously until all of us — victims, survivors, friends, family, neighbors, service providers, and legal professionals — demand that stalking be recognized for the urgent and dangerous crime that it is. Signing this pledge is a commitment to elevate the issue of stalking by building public awareness, supporting victims and survivors, learning more about stalking, and taking a proactive role in elevating the dialogue around stalking.

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 sharing it. Encourage friends, family, colleagues, classmates, and community to join you and sign their own pledges as well!

Thank you for doing your part to identify stalking and **KNOW IT, NAME IT, AND STOP IT.** Learn more about how to get involved with NSAM and the Day of Action on January 18th at www.StalkingAwareness.org/Stalking-Awareness-Month-2026!

ⁱ Smith, S.G., Stevens, M.R., Yue, X., Chen, J., Basile, K.C., Breiding, M.J., & Zhu, S. (2025). *The National Intimate Partner and Sexual Violence Survey (NISVS): 2023/2024 Stalking Data Brief*. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention. <https://www.cdc.gov/nisvs/media/pdfs/stalking-brief.pdf>

ⁱⁱ 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. <https://www.cdc.gov/nisvs/documentation/nisvsStalkingReport.pdf>



COMMITMENT PLEDGE

I promise to elevate the issue of stalking and do my part to **KNOW IT**, **NAME IT**, and **STOP IT**. I pledge to:

- Build awareness around stalking — this National Stalking Awareness Month and beyond.
- Listen to and believe stalking victims and survivors.
- Educate myself on what stalking is and the impacts it has.
- Use my voice to name stalking when I see it and educate others about it.
- Speak up when I see stalking presented inaccurately and/or trivialized.
- Encourage others to learn about stalking, name it when they see it, and join me in stopping it.

In addition, I pledge to _____

Name

Signature

Date