

STALKING: KNOW IT. NAME IT. STOP IT.

**NATIONAL STALKING
AWARENESS MONTH**

31 Days of Social Media Messaging

Help raise awareness about stalking each day in January. Tweet or post statistics, news stories or other important information about stalking. Feel free to copy one of the suggested messages for your status update or tweet. When you post, remember to add #NSAM or #NSAM2016!

January 1, 2016

Wishing a safe & healthy New Year to all!
Did you know January is Stalking Awareness Month? Visit stalkingawarenessmonth.org for info.

**JANUARY IS
NATIONAL STALKING
AWARENESS MONTH**

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#NSAM2016

January 2, 2016

What could you do to recognize National Stalking Awareness Month? Visit stalkingawarenessmonth.org to find out!

January 3, 2016

How much do you know about stalking? Take a quiz here: bit.ly/NSAM2016

STALKING AWARENESS QUIZ

HOW MUCH DO YOU KNOW?

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#NSAM2016

January 4, 2016

How young can stalking behavior start? Do you see stalking behaviors among high school students? Middle school students? Younger?

January 5, 2016

What would you say to a friend who told you they were being stalked? Learn more about stalking at bit.ly/NSAM2016

WHAT TO DO IF YOU ARE BEING STALKED

- 1 TRUST YOUR INSTINCTS. VICTIMS OF STALKING OFTEN FEEL PRESSURED BY FRIENDS OR FAMILY TO DOWNPLAY THE STALKER'S BEHAVIOR, BUT STALKING POSSES A REAL THREAT OF HARM. YOUR SAFETY IS PARAMOUNT.
- 2 CALL THE POLICE IF YOU FEEL YOU ARE IN ANY IMMEDIATE DANGER. EXPLAIN WHY EVEN SOME ACTIONS THAT SEEM HARMLESS—LIKE LEAVING YOU A GIFT—ARE CAUSING YOU FEAR.
- 3 KEEP A RECORD OR LOG OF EACH CONTACT WITH THE STALKER. BE SURE TO ALSO DOCUMENT ANY POLICE REPORTS.
- 4 STALKERS OFTEN USE TECHNOLOGY TO CONTACT THEIR VICTIMS. SAVE ALL E-MAILS, TEXT MESSAGES, PHOTOS, AND POSTINGS ON SOCIAL MEDIA SITES AS EVIDENCE OF THE STALKING BEHAVIOR.

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January 6, 2016

Stalking is a crime that is pervasive, dangerous, & potentially lethal. Learn the realities of this crime: bit.ly/NSAM2016

January 7, 2016

Stalking: It's not a joke. It's not romantic. It's not ok. It's a crime. Visit stalkingawarenessmonth.org to learn more.

January 8, 2016

1 in 4 women and 1 in 13 men will be victims of stalking in their lifetime. Visit bit.ly/NSAM2016 for more info.

January 9, 2016

Astoundingly, 7.5 million people were stalked in one year in the United States. Visit bit.ly/NSAM2016 for more info.

**IN JUST 1 YEAR
7.5 MILLION
PEOPLE ARE STALKED
IN THE UNITED STATES**

BJS STALKING
VICTIMIZATION 2009

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#NSAM2016

January 10, 2016

Individuals identifying as more than one race or American Indian/Alaska Native experience higher rates of stalking <http://bit.ly/NSAM2016>

January 11, 2016

Stalking is one of the few crimes where early intervention can prevent violence and death. Learn the signs at bit.ly/NSAM2016

**STALKING IS ONE OF THE
FEW CRIMES WHERE EARLY
INTERVENTION CAN PREVENT
VIOLENCE & DEATH**

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#NSAM2016

January 12, 2016

About 14% of stalking victims are age 50 or older. What unique challenges might older victims face? Learn more: bit.ly/NSAM2016

January 13, 2016

Victims of stalking are encouraged to keep a log of all stalking behaviors including emails, texts & phone messages. Learn more at victimsofcrime.org/src

**Stalking Incident
& Behavior Log**

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January 14, 2016

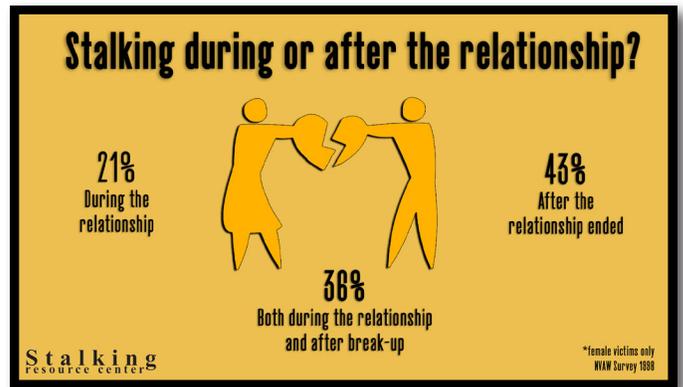
Intimate partner stalking is the most common type of stalking and the most dangerous. Visit victimsofcrime.org/src for more info.

January 15, 2016

Try this: Google "track girlfriend" and see how many sites tell someone how to stalk. Visit victimsofcrime.org/src for more info.

January 16, 2016

In the majority of cases of intimate partner stalking, the stalking behavior is established during the relationship. bit.ly/NSAM2016



January 17, 2016

What messages about stalking are in the media? Tweet us what you see. For examples: bit.ly/NSAM2016

January 18, 2016

Rates of stalking among college students are higher than the general public. Visit bit.ly/NSAM2016 for more info.

**13% OF WOMEN
REPORT BEING STALKED
WHILE AT COLLEGE**

BJS 2006 SEXUAL
VICTIMIZATION
OF COLLEGE WOMEN

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#NSAM2016

January 19, 2016

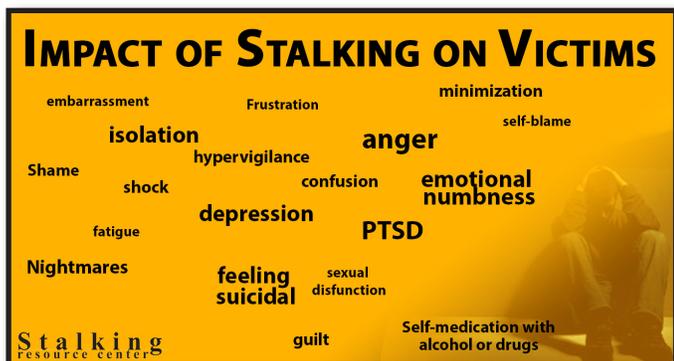
Although women are more likely to be stalked than men, anyone can be a victim of stalking. Learn more about stalking at bit.ly/NSAM2016

January 20, 2016

Phones, computers, GPS, and cameras are some of the common forms of technology used by stalkers. Visit bit.ly/NSAM2016 for more info.

January 21, 2016

Stalking can affect a victim's emotional, physical, and economic well-being. Visit bit.ly/NSAM2016 for more info.



January 22, 2016

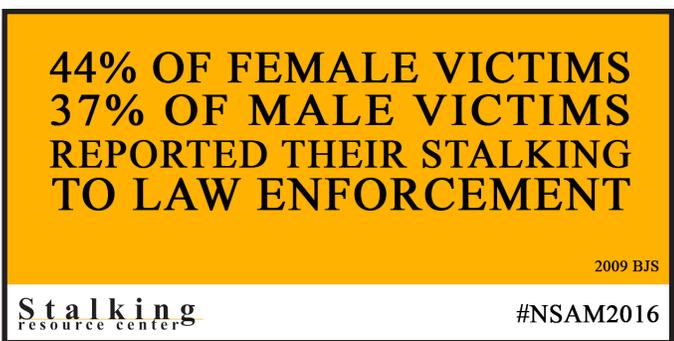
¾ of stalking victims experience other forms of violence, including sexual and/or physical assault. Learn more: victimsofcrime.org/src

January 23, 2016

On average stalking lasts about 2 years; intimate partner stalking lasts longer. Learn the realities of stalking: victimsofcrime.org/src

January 24, 2016

Would you report to police if you were being stalked? Most victims don't. Visit bit.ly/NSAM2016 for more info.



January 25, 2016

Stalkers often access information about victims that is available online. Do you know what information about you is online?

January 26, 2016

The majority of stalking victims report losing time from work as well as income because of the stalking. bit.ly/NSAM2016

January 27, 2016

Stalking is a crime in all 50 states, DC, & the Territories. Read about your law at victimsofcrime.org/src



January 28, 2016

LGBTQ stalking victims may face additional barriers to getting help. Learn more about stalking at bit.ly/NSAM2016

January 29, 2016

Weapons are used to threaten or harm a victim in about 20% of stalking cases. Learn more at victimsofcrime.org/src



January 30, 2016

Stalking: Know it. Name it. Stop it. Find out how: stalkingawarenessmonth.org

January 31, 2016

Keep up your efforts to raise awareness about stalking throughout the year! Contact us: victimsofcrime.org/src