

# 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 #NSAM2017!

**January 1, 2017**

Wishing a safe & healthy New Year to all!  
Did you know January is Stalking Awareness Month? Visit [stalkingawarenessmonth.org](http://stalkingawarenessmonth.org) for info.



**January 2, 2017**

What could you do to recognize National Stalking Awareness Month? Visit [stalkingawarenessmonth.org](http://stalkingawarenessmonth.org) to find out!

**January 3, 2017**

How much do you know about stalking? Take a quiz here: [bit.ly/NSAM2017](http://bit.ly/NSAM2017)



**January 4, 2017**

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

**January 5, 2017**

What would you say to a friend who told you they were being stalked? Learn more about stalking at [bit.ly/NSAM2017](http://bit.ly/NSAM2017)



**January 6, 2017**

Stalking is a crime that is pervasive, dangerous, & potentially lethal. Learn the realities of this crime: [bit.ly/NSAM2017](http://bit.ly/NSAM2017)

**January 7, 2017**

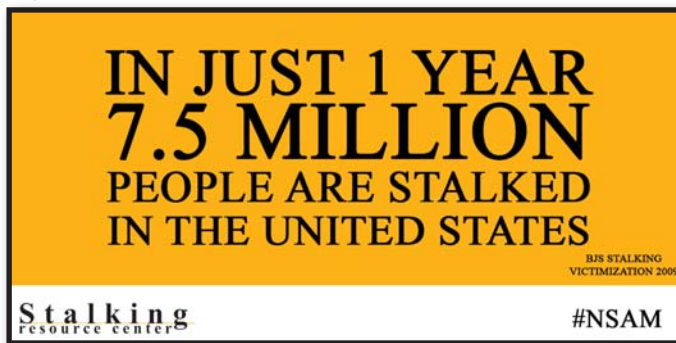
Stalking: It's not a joke. It's not romantic. It's not ok. It's a crime. Visit [stalkingawarenessmonth.org](http://stalkingawarenessmonth.org) to learn more.

**January 8, 2017**

1 in 4 women and 1 in 13 men will be victims of stalking in their lifetime. Visit [bit.ly/NSAM2017](http://bit.ly/NSAM2017) for more info.

**January 9, 2017**

Astoundingly, 7.5 million people were stalked in one year in the United States. Visit [bit.ly/NSAM2017](http://bit.ly/NSAM2017) for more info.

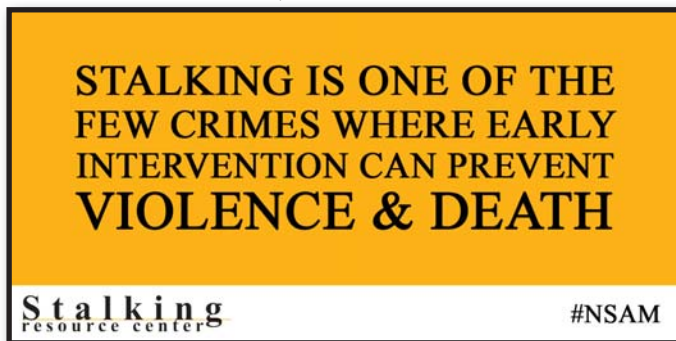


**January 10, 2017**

Individuals identifying as more than one race or American Indian/Alaska Native experience higher rates of stalking <http://bit.ly/NSAM2017>

**January 11, 2017**

Stalking is one of the few crimes where early intervention can prevent violence and death. Learn the signs at [bit.ly/NSAM2017](http://bit.ly/NSAM2017)



**January 12, 2017**

About 14% of stalking victims are age 50 or older. What unique challenges might older victims face? Learn more: [bit.ly/NSAM2017](http://bit.ly/NSAM2017)

**January 13, 2017**

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



**January 14, 2017**

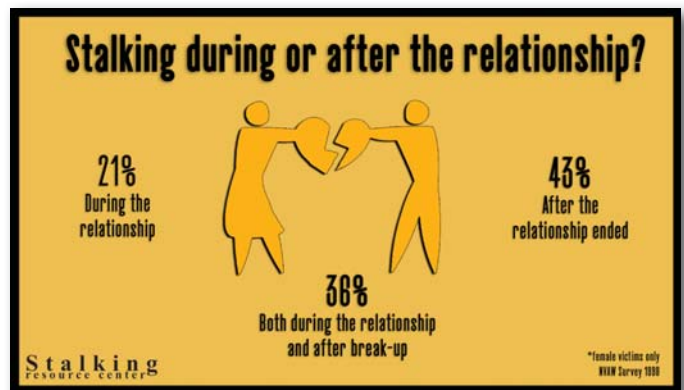
Intimate partner stalking is the most common type of stalking and the most dangerous. Visit [victimsofcrime.org/src](http://victimsofcrime.org/src) for more info.

**January 15, 2017**

Try this: Google "track girlfriend" and see how many sites show someone how to stalk. Visit [victimsofcrime.org/src](http://victimsofcrime.org/src) for more info.

**January 16, 2017**

In the majority of cases of intimate partner stalking, the stalking behavior is established during the relationship. [bit.ly/NSAM2017](http://bit.ly/NSAM2017)



**January 17, 2017**

What messages about stalking are in the media? Tweet us what you see. For examples: [bit.ly/NSAM2017](http://bit.ly/NSAM2017)

**January 18, 2017**

Rates of stalking among college students are higher than the general public. Visit [bit.ly/NSAM2017](http://bit.ly/NSAM2017) for more info.



**January 19, 2017**

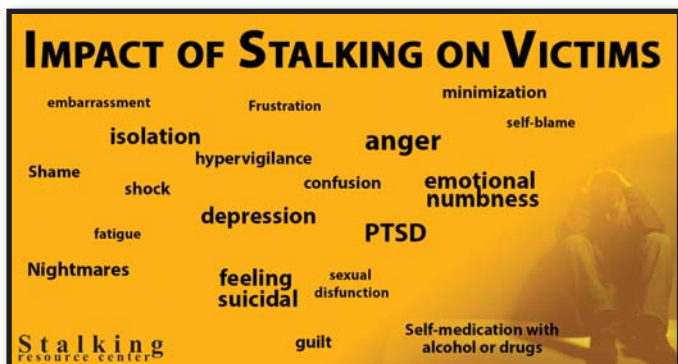
Although women are more likely to be stalked than men, anyone can be a victim of stalking. Learn more about stalking at [bit.ly/NSAM2017](http://bit.ly/NSAM2017)

**January 20, 2017**

Phones, computers, GPS, and cameras are some of the common forms of technology used by stalkers. Visit [bit.ly/NSAM2017](http://bit.ly/NSAM2017) for more info.

**January 21, 2017**

Stalking can affect a victim's emotional, physical, and economic well-being. Visit [bit.ly/NSAM2017](http://bit.ly/NSAM2017) for more info.



**January 22, 2017**

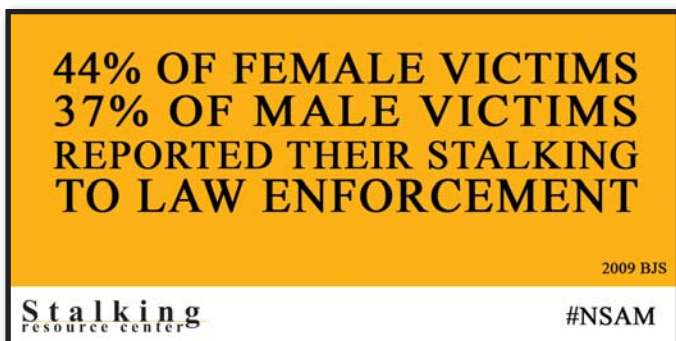
¾ of stalking victims experience other forms of violence, including sexual and/or physical assault. Learn more: [victimsofcrime.org/src](http://victimsofcrime.org/src)

**January 23, 2017**

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

**January 24, 2017**

Would you report to police if you were being stalked? Most victims don't. Visit [bit.ly/NSAM2017](http://bit.ly/NSAM2017) for more info.



**January 25, 2017**

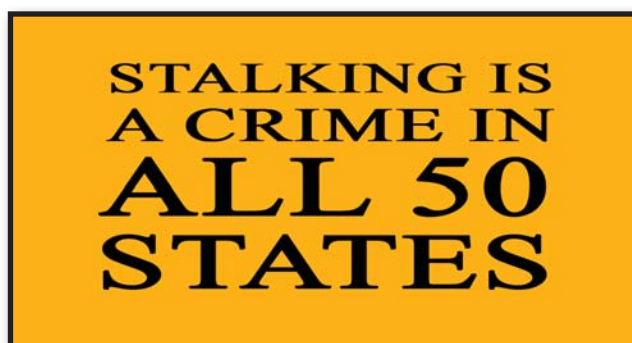
Stalkers often access information about victims that is available online. Do you know what information about you is online?

**January 26, 2017**

The majority of stalking victims report losing time from work as well as income because of the stalking. [bit.ly/NSAM2017](http://bit.ly/NSAM2017)

**January 27, 2017**

Stalking is a crime in all 50 states, DC, & the Territories. Read about your law at [victimsofcrime.org/src](http://victimsofcrime.org/src)



**January 28, 2017**

LGBTQ stalking victims may face additional barriers to getting help. Learn more about stalking at [bit.ly/NSAM2017](http://bit.ly/NSAM2017)

**January 29, 2017**

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



**January 30, 2017**

Stalking: Know it. Name it. Stop it. Find out how: [stalkingawarenessmonth.org](http://stalkingawarenessmonth.org)

**January 31, 2017**

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