

January is

**NATIONAL STALKING
AWARENESS MONTH**

StalkingAwarenessMonth.org

What would you say to a friend who told you they were being stalked?

**1 IN 4 WOMEN AND
1 IN 13 MEN WILL BE
VICTIMS OF STALKING
IN THEIR LIFETIME.**

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 POSES 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

Learn more about stalking at bit.ly/NSAM2017

STALKING: KNOW IT. NAME IT. STOP IT.
JANUARY 2017 StalkingAwarenessMonth.org

**IT'S not A JOKE.
IT'S not ROMANTIC.
IT'S not OK.**

**STOP
STALKING**

www.ncvc.org/src

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

BJS STALKING
VICTIMIZATION 2009

Stalking
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#NSAM

Stalking can affect a victim's emotional, physical, and economic well-being.

IMPACT OF STALKING ON VICTIMS

embarrassment Frustration minimization

isolation anger self-blame

Shame hypervigilance confusion emotional numbness

shock depression PTSD

fatigue feeling suicidal sexual disfunction

Nightmares guilt Self-medication with alcohol or drugs

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The infographic features a background image of a person sitting on the floor, looking distressed, with a soft, warm light illuminating the scene.

Visit bit.ly/NSAM2017 for more information

Stalking is a crime in all 50 states, DC, & the Territories.

**STALKING IS
A CRIME IN
ALL 50
STATES**

Read about your law at [victimsofcrime.org/src](https://www.victimsofcrime.org/src)

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

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Learn the signs at bit.ly/NSAM2017

**STALKING:
KNOW IT. NAME IT.**

STOP IT.

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STALKING: MYTHS & FACTS

MYTH: Only celebrities are stalked.

FACT: The vast majority of the 7.5 million people who are stalked each year are ordinary citizens.

MYTH: If you ignore stalking, it will go away.

FACT: Stalkers seldom “just stop.” Victims should seek help from law enforcement to stop the stalking.

MYTH: Stalking is annoying but not illegal.

FACT: Stalking is a crime in all 50 states and the District of Columbia.

MYTH: You can't be stalked by someone you're dating.

FACT: If your “friend” tracks your every move in a way that causes you fear, that is stalking.

MYTH: Technology is too expensive and confusing for most stalkers to use.

FACT: Stalkers can buy easy-to-use surveillance equipment for as little as \$30.

MYTH: If you confront the stalker, he or she will go away.

FACT: Confronting or trying to reason with a stalker can be dangerous. Get help.

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Frequency of Stalking Acts Among Stalking Victims

A variety of tactics were used to stalk victims during their lifetimes. An estimated 61.7% of female stalking victims were approached, such as at their home or work; over half (an estimated 55.3%) received unwanted messages, such as text and voice messages; an estimated 54.5% received unwanted telephone calls, including hang-ups. In addition, nearly half (an estimated 49.7%) of female stalking victims were watched, followed, or spied on with a listening device, camera, or global positioning system (GPS) device.

Stalking Victimization Prevalence of Stalking Victimization

In the United States, an estimated 15.2% of women (18.3 million women) have experienced stalking during their lifetimes that made them feel very fearful or made them believe that they or someone close to them would be harmed or killed. In addition, an estimated 4.2% of women (approximately 5.1 million women) were stalked in the 12 months before taking the survey