ABOUT NSAM

National Stalking Awareness Month is an annual call to action to recognize and respond to the serious crime of stalking. Throughout National Stalking Awareness Month, we recognize this form of bullying and intimidation and recommit to addressing and preventing this harmful behavior that devastates so many individuals and their families and friends.
WHAT IS STALKING?

Stalking is a pattern of behavior directed at a specific person that would cause a reasonable person to fear for the person’s safety or the safety of others; or suffer substantial emotional distress.

EXAMPLES OF STALKING

SURVEILLANCE
Following, showing up, spying, using technology to keep tabs on someone

LIFE INVASION
Repeated unwanted contact in person or by phone, social media, text, email, card/note, gifts, messages, or through others

INTIMIDATION
Implicit and explicit threats, third party threats, forced confrontations, property damage, or threatened suicide

DISRUPTION
of someone’s life professionally, socially and personally
1 in every 6 women and 1 out of 19 men in the United States have been stalked in their lifetime.

Almost 3 out of 4 stalking victims know their stalkers in some capacity. The most common relationship between the victim and perpetrator is a current of former intimate partner.

People aged 18–24 have the highest rate of stalking victimization.

*National Coalition Against Domestic Violence
Most victims of stalking talk to a friend, family member, or someone else they know and trust about the situation before pursuing any sort of professional or legal help. If a stalking victim talks to you, your response makes a huge difference in if they feel validated and/or seek help.

**SUPPORTING SOMEONE WHO HAS BEEN STALKED**

- **BELIEVE & VALIDATE THE SURVIVOR**
- **FOCUS ON THE OFFENDER’S ACTIONS, NOT THE SURVIVOR’S RESPONSES**
- **ENCOURAGE THE SURVIVOR TO DOCUMENT THE STALKING**
- **REFER THE SURVIVOR TO RESOURCES TO MAKE AN INDIVIDUAL SAFETY PLAN AND LEARN MORE ABOUT STALKING**
- **CHECK IN**
STALKING RESOURCES AT STANFORD

STANFORD ADMIN GUIDE 1.7.1

Stanford prohibits all forms of Prohibited Sexual Conduct, including misconduct relating to sexual harassment, sexual assault, domestic and dating violence, stalking, or exploitation of a sexual nature.

CONFIDENTIAL SUPPORT TEAM (CST)

The Confidential Support Team (CST) offers free and confidential support to Stanford students impacted by sexual assault and relationship violence, including stalking. If you are being stalked and would like to know more about filing a restraining order, please reach out to CST for further support and information.

YWCA @ STANFORD

YWCA @ Stanford provides healing and advocacy services to all survivors of sexual assault, domestic violence, and human trafficking in the Stanford community.

STANFORD TITLE IX OFFICE

The Title IX Office collaborates with the Stanford community to stop, prevent, and remedy interpersonal violence and gender-based discrimination. They offer options and resources to all students affected by these issues and are committed to providing a fair, thorough, and prompt investigation and adjudication process.

STANFORD POLICE DEPT. (SUDPS)
THE BRIDGE PEER COUNSELING
COUNSELING & PSYCHOLOGICAL SERVICES (CAPS)
GRADUATE LIFE OFFICE (GLO)
COMMUNITY CENTERS AT STANFORD
RESIDENCE DEANS
STANFORD UNIVERSITY OMBUDS OFFICE
GET INVOLVED

TABLING
Be on the look out for the SHARE: Education table in White Plaza! We will be handing out candy, stickers, NSAM flyers, and other goodies.

YOU SZN 3
Come screen the first episode of You with SHARE: Education's student staff members! Snacks will be provided, date TBA.

NEWSLETTERS
Check out this January’s NSAM newsletters, delivered straight to your inbox once a week by the SHARE: Education team.
Due to the ongoing COVID-19 pandemic, appointments are currently required for SHARE: Education. Please visit https://sara.stanford.edu/about-share/hours-location to schedule your visit or to learn more about SHARE: Education and its resources.

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