

# NSAM 2023

## NATIONAL STALKING AWARENESS MONTH

January 2023 marks the nineteenth National Stalking Awareness Month (NSAM), an annual call to action to recognize and respond to this traumatic and dangerous crime. NSAM began in response to a 2003 call to the Stalking Resource Center from Debbie Riddle, the sister of murdered stalking victim Peggy Klinke. SHARE is dedicated to participating in these efforts in joining the fight to end stalking at Stanford.

### THIS MONTH'S NSAM THEME

This month—and all year long—SHARE encourages you to explore and support the Stalking Prevention, Awareness, and Resource Center (SPARC)'s theme of **KNOW IT, NAME IT, STOP IT.**

As you honor NSAM, take time to consider why stalking is so underreported, misunderstood, and minimized and what steps we can take to better support survivors.

## 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. At Stanford, two or more incidents make a pattern (learn more in [admin guide 1.7.1](#)). However, definitions vary from state-to-state. Some of the behaviors that make up the crime of stalking are criminal on their own (like property damage). Even if the behavior is not a crime on its own (like texting excessively), it may be part of the pattern of stalking behavior.

## WHO IS AFFECTED BY STALKING?

While most stalking victims are women and the majority of perpetrators are men, it is important to remember that anyone can be a victim or perpetrator of stalking. Nearly 1 in 3 women and 1 in 6 men have experienced stalking victimization at some point in their lifetime and people of color, LGBTQ+ individuals, and people with disabilities face even greater risks.

Many stalkers commit this crime against people who they've dated/been romantically involved with. Stalkers may also be acquaintances, family members, and/or strangers.

## STALKING ON COLLEGE CAMPUSES

18-24-year-olds experience the highest rates of stalking among adults, meaning that college students face an increased risk. The majority of college stalking victims are stalked by someone they know, and most stalkers are also students. Given that college students who are victims of stalking often live, go to class, and work on the same campus as their stalkers, it may be incredibly difficult for victims to avoid their stalkers.

According to the AAU's 2019 survey of Stanford students, 26.1% of undergraduate women and 14.9% of graduate women as well as 10.7% of undergraduate men and 5.9% of graduate men reported experiencing at least one behavior associated with stalking.

## STALKING AMONG LGBTQ+ STUDENTS

Among undergraduate students, 1 in 7 transgender and nonbinary students reported experiencing stalking, compared to 1 in 17 of all students. Bisexual and pansexual women are significantly more likely to experience stalking than heterosexual women, and gay men are significantly more likely to experience stalking than heterosexual men.

Relatedly, LGBTQ+ students face higher rates of mental health issues when compared to heterosexual, cisgender students, which research believes stems from stigma, prejudice, and discrimination. Furthermore, LGBTQ+ students who are not out may experience fear of being outed by their stalker, which can dissuade them from seeking help.

# KNOW THE SIGNS OF STALKING

Most stalkers use multiple tactics to scare their victims.  
These behaviors may include (but are not limited to):

- \* Unwanted contact through repeated calls, texts, e-mails, or messages
- \* Following you
- \* Sending unwanted gifts or letters
- \* Tracking you using technology (like GPS, apps, or hidden cameras)
- \* Showing up or waiting for you at your home, work or school
- \* Damaging your property
- \* Spreading rumors about you – in person or online
- \* Posting or sharing or threatening to post or share intimate photographs of you
- \* Hacking your accounts, changing your passwords, or impersonating you online
- \* Threatening to hurt you or those close to you – family, friends, pets

# ACTIONS TO PREVENT STALKING

Here are a few small ways everyone can prevent stalking behaviors and increase awareness.

- \* Avoid using the term "stalking" in a casual and unserious way like "I was stalking you on Instagram" as it can negatively impact our sense of urgency around stalking
- \* Respect people's boundaries, both in person and online
- \* Engage mindfully with others when posting and DMing online
- \* Accept rejection (such as romantic rejection) in compassionate ways such as by saying "Thank you for being honest with me. Take Care."
- \* Get friends' input before taking actions towards another person

# NSAM AT STANFORD: THE MONTHLY RECAP

## NSAM TABLING

**WHEN:** 1/27, 12-2pm

**WHERE:** White Plaza

**WHAT:** Stop by our table to learn more NSAM and participate in interactive activities for a chance to win a prize!

## NSAM VIDEOS

Educational videos were sent to all Stanford RAs during Week 1!

Visit our YouTube at [bit.ly/3R88vsc](https://bit.ly/3R88vsc) to watch and learn about NSAM.

## SHARE X WCC NSAM TEACH-IN AND DISCUSSION

**WHEN:** 2/2, 7-9pm

**WHERE:** WCC Space

**WHAT:** Join the SHARE Education and WCC teams for a NSAM Teach-In! We will be showing different educational materials and facilitating a discussion afterwards. Snacks and boba will be provided!

RSVP AT: <https://forms.gle/skCtpxiurtHHAQFw8>

## STANFORD RESOURCES

For more information on the resources available if you or someone you know is experiencing stalking, visit [share.stanford.edu/get-help](https://share.stanford.edu/get-help).

You can also contact the Confidential Support Team (CST) at (650-725-9955) 24/7 for confidential counseling services or the Weiland Health Initiative for queer-specific counseling.

## NON-STANFORD RESOURCES

### Victim Connect

[victimconnect.org](https://victimconnect.org)

855-4-VICTIM (84-2846)

### National Domestic

### Violence Hotline

[thehotline.org](https://thehotline.org)

1-800-799-SAFE (7233)

### National Sexual Assault

### Hotline

[RAINN.org](https://RAINN.org)

800.656.HOPE (4673)

### YWCA @ Stanford

[yourywca.stanford.edu](https://yourywca.stanford.edu)

(800) 572-2782

## LEARN MORE ABOUT STALKING

Visit **SHARE's NSAM Page** at:

[share.stanford.edu/get-informed/education-and-outreach-programs/awareness-months/january-stalking-awareness-month](https://share.stanford.edu/get-informed/education-and-outreach-programs/awareness-months/january-stalking-awareness-month)

Visit the **Stalking Resource Center** at:

[victimsofcrime.org/stalking-resource-center/](https://victimsofcrime.org/stalking-resource-center/)

**FOLLOW US ON SOCIAL MEDIA!**

**INSTAGRAM:** @shareatstanford

**EMAIL:** [shareeducation@stanford.edu](mailto:shareeducation@stanford.edu)

Did you know we have a new SHARE  
website?

**Provide feedback by visiting**  
**<https://share.stanford.edu>**

**SINCERELY,**

**SHARE**  
**EDUCATION TEAM**

**Grace, Nadia, Carley, Brianna,  
Georgia, Sofia, and Alexandra**

**NEWSLETTER INFORMATION SOURCE**

**SPARC:** To learn more, go to [StalkingAwareness.org](http://StalkingAwareness.org)  
**[Stanford AAU 2019 Survey](#)**