

# stalking awareness month toolkit



# welcome!

Jana's Campaign is proud to present this resource in honor of National Stalking Awareness Month (NSAM), an annual call to action to recognize and respond to stalking. Common stalking behaviors include following, repeated contact, surveillance, spreading rumors, and threats. Stalking is a serious crime that calls for safety planning, investigation, charging, and prosecution, as well as the development and implementation of policies and protocols to ensure an effective response.\*

We hope you use this toolkit to raise awareness about the warning signs of stalking and promote ways people can stay safe if they believe they have a stalker. Throughout this month, we encourage you to learn, take action, and share information to prevent and end stalking on your campus and in your community.\*\*

To learn more about our violence prevention education programs, please contact us at [janascampaign@gmail.com](mailto:janascampaign@gmail.com) or call 785-656-0324.

## **Stalking: Know it. Name it. Stop it.**

\*Stalking awareness month | Stalking awareness & prevention | SPARC. (2019, December 18). Stalking Awareness. <https://www.stalkingawareness.org/stalking-awareness-month-2020/>

\*\*National stalking awareness month 2020. (2020, March 31). Center for Changing Our Campus Culture. <https://changingourcampus.org/2020/01/31/national-stalking-awareness-month-2020/>

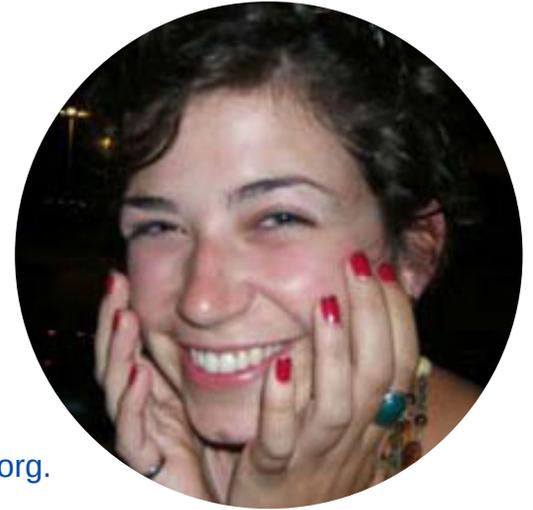
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# About Jana's Campaign

Jana's Campaign is a national education and violence prevention organization with the single mission of reducing gender and relationship violence. In honor of the late Jana Mackey and other victims and survivors of gender-based violence, Jana's Campaign delivers educational programs that prevent domestic and dating violence, sexual assault, and stalking.



For more information about Jana's Campaign, visit [www.janascampaign.org](http://www.janascampaign.org).

## History of National Stalking Awareness Month

In January 2004, The National Center for Victims of Crime started National Stalking Awareness Month (NSAM) in order to provide “an opportunity to focus on identifying and stopping stalking in your community.” According to the National Intimate Partner and Sexual Violence Survey, which collects data from state and federal agencies, “about 1 in 6 women and 1 in 17 men have experienced stalking in their lifetimes.”\*

NSAM began in response to a 2003 call to the Stalking Resource Center from Debbie Riddle, the sister of murdered stalking victim Peggy Klinke. Riddle wanted to transform her family’s painful tragedy into a force for good—and to help improve law enforcement’s response to stalking and save lives. Riddle’s call led to a concurrent Congressional resolution on stalking, and more. In July 2003, representative Wilson introduced a Congressional resolution to support NSAM. The following January, the National Center for Victims of Crime launched the first observance of National Stalking Awareness Month and supported communities across the nation in planning the event. In 2011, the White House issued the first Presidential Proclamation on National Stalking Awareness Month.\*\*

\*Did you know January is national stalking awareness month? (2020, January 20). CU Denver News. <https://news.ucdenver.edu/did-you-know-january-is-national-stalking-awareness-month/>

\*\*National stalking awareness month. (n.d.). Welcome to the National Center for Victims of Crime. <https://members.victimsofcrime.org/our-programs/past-programs/stalking-resource-center/resources/national-stalking-awareness-month>

# What is Stalking?

“Stalking” means engaging in a course of conduct directed at a specific person that would cause a reasonable person to fear for his or her safety or the safety of others or suffer substantial emotional distress. \*

The definition of stalking includes that a reasonable person would feel fear. It is important to note that fear is often masked by other emotions: anger, frustration, hopelessness or despair. Many stalkers’ behaviors seem innocent or even desirable to outsiders – for example, sending expensive gifts. The stalker’s actions don’t seem scary and make it difficult for victims to explain. Stalking can affect anyone regardless of race, age, socioeconomic class, or gender. A majority of stalking victims are stalked by someone they know: a current or former intimate partner, acquaintance, or family member.

Stalking is a crime in all 50 states, the District of Columbia, U.S. territories, the military and tribal lands. 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 and victims should consider documenting it.\*\*

\*Stalking. (2020, January 7). U.S. Department of Justice. <https://www.justice.gov/ovw/stalking#stalking>

\*\*What is Stalking? Definition and FAQs. (n.d). SPARC. <https://www.stalkingawareness.org/definition-faqs/>

## Stalking Behaviors

- Threatening someone, or that person's family or friends
- Uninvited contact at a person’s home, work, or school
- Leaving strange or potentially threatening items/gifts for a person to find
- Using someone’s computer and/or spyware to track computer activity secretly
- Sneaking into a person’s home or car.
- Constantly checking a person(s) social media accounts

- Installing video cameras that give the stalker access to someone’s work and/or personal life
- Using GPS or other software tracking systems to secretly monitor someone
- Electronic stalking, such as sending constant unwanted emails, instant messages, text messages, voice messages, or social media messages.
- Posting threatening or personal information on public internet forums

\*Stalking. (n.d.). RAINN | The nation's largest anti-sexual violence organization. <https://www.rainn.org/articles/stalking>.

\*\*What is Stalking? Definition and FAQs. (n.d). SPARC. <https://www.stalkingawareness.org/definition-faqs/>

\*\*\*National stalking awareness month 2020. (2020, March 31). Center for Changing Our Campus Culture.

<https://changingourcampus.org/2020/01/31/national-stalking-awareness-month-2020/>

- Men and women who are stalked feel very fearful or believed that they or someone close to them will be harmed or killed as a result.\*
- Stalking starts early. Nearly 54% of female victims and 41% of male victims experienced stalking before the age of 25.\*
- Stalking impacts the physical and mental health of victims. Research shows stalking can lead to depression and post-traumatic stress disorder (PTSD).\*
- Victims might feel anxious, nervous, isolated, and/or become stressed.\*\*
- 1 in 7 stalking victims move as a result of their victimization.\*\*\*

## How To Stop Stalking Before It Starts

- Help others define and recognize stalking behaviors.
- Learn about the prevalence and dangers of stalking.
- Share knowledge and information about stalking on social media.
- Encourage men and boys to be allies prevention efforts.
- Create and support safe environments within relationships, schools, and communities through programs and policies that promote healthy relationships.\*

## Stalking Statistics

- Stalking is common. About 1 in 6 women and 1 in 17 men have experienced stalking in their lifetimes.\*
- 2/3 of stalkers pursue their victims at least once per week, many daily, using more than one method.\*\*\*\*
- The majority of the time, the victim knows the perpetrator.\*\*\*\*\*
- Weapons are used to harm or threaten stalking victims in 1 out of 5 cases.\*\*\*\*\*
- Almost 1/3 of stalkers have stalked before.\*\*\*\*\*

\*Stalking awareness month. (2020, February 3). Centers for Disease Control and Prevention. <https://www.cdc.gov/injury/features/prevent-stalking/index.html>

\*\*Stalking. (n.d.). RAINN | The nation's largest anti-sexual violence organization. <https://www.rainn.org/articles/stalking>

\*\*\*Stalking Fact Sheet. (n.d.). [https://www.stalkingawareness.org/wp-content/uploads/2019/01/SPARC\\_StalkingFactSheet\\_2018\\_FINAL.pdf](https://www.stalkingawareness.org/wp-content/uploads/2019/01/SPARC_StalkingFactSheet_2018_FINAL.pdf)

\*\*\*\*Baum, K., Catalano, S., Rand, M. (2009). Stalking Victimization in the United States. Washington, DC: Bureau of Justice Statistics. Retrieved from <https://www.justice.gov/sites/default/files/ovw/legacy/2012/08/15/bjs-stalking-rpt.pdf>

\*\*\*\*\*Know it, name it, stop it public awareness training 2020 Slides.pptx. (n.d.). Dropbox.

<https://www.dropbox.com/s/bmyy6rtt8sawxtz/Know%20It%2C%20Name%20It%2C%20Stop%20It%20Public%20Awareness%20Training%202020%20Slides.pptx?dl=0>

\*\*\*\*\*Kris Mohandie et al., "The RECON Typology of Stalking: Reliability and Validity Based upon a Large Sample of North American Stalkers," Journal of Forensic Sciences, 51, no. 1 (2006).

# Stalking Statistics Continued

- Stalking is a crime under the laws of 50 states, the District of Columbia, the U.S. Territories, and the Federal government.\*
- 78% of stalkers use more than one means of approach (i.e., approaching the victim or showing up in places when the victim didn't want them to be; making unwanted telephone calls; leaving the victim unwanted messages (text or voice); watching or following the victim from a distance, or spying on the victim, etc.).\*
- 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.\*\*
- 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.\*\*
- An estimated 58.2% of male stalking victims received unwanted telephone calls, and an estimated 56.7% received unwanted messages. An estimated 47.7% of male stalking victims were approached by their perpetrator, and an estimated 32.2% were watched, followed, or spied on with a listening or other device.\*\*
- 1 in 8 employed stalking victims lose time from work as a result of their victimization and more than half lose 5 days of work or more.\*\*

## What To Do if You're Being Stalked

- Do your best to avoid the person stalking you.
- Keep any evidence received from the stalker such as text messages, voicemails, letters, packages, emails, etc., but do not respond.
- Inform family, friends, supervisors, and co-workers of the situation.
- Consider reporting the stalking to local law enforcement.
- Keeping an accurate journal or log of all incidents connected to the stalking.
- Become familiar with computer safety and ways to stay safe online.\*\*\*
- Contact an advocate to create a safety plan.

\*\*Stalking Fact Sheet. (n.d.). [https://www.stalkingawareness.org/wp-content/uploads/2019/01/SPARC\\_StalkingFactSheet\\_2018\\_FINAL.pdf](https://www.stalkingawareness.org/wp-content/uploads/2019/01/SPARC_StalkingFactSheet_2018_FINAL.pdf)

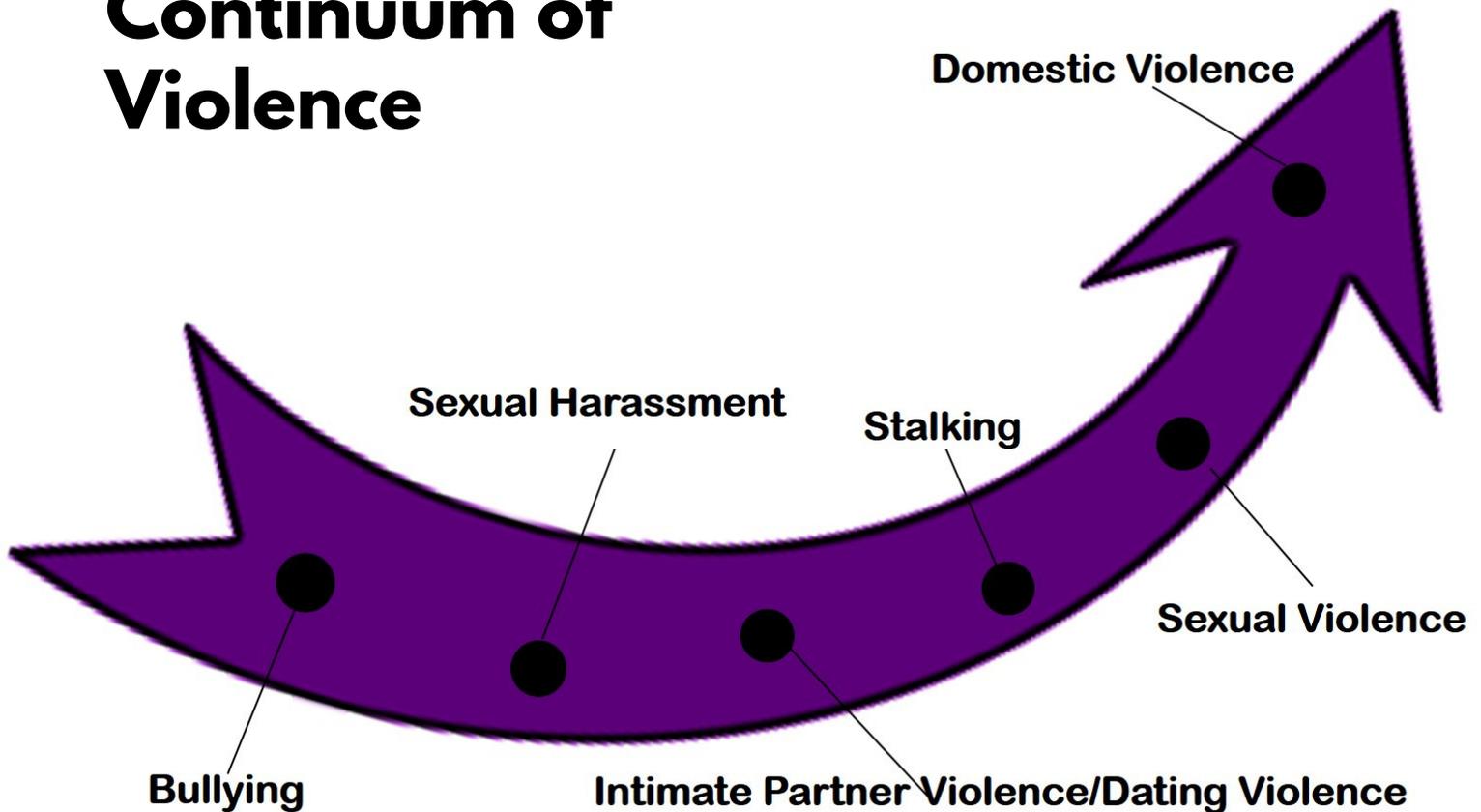
\*\*Prevalence and Characteristics of Sexual Violence, Stalking, and Intimate Partner Violence Victimization — National Intimate Partner and Sexual Violence Survey, United States, 2011. (n.d.). <https://www.cdc.gov/mmwr/pdf/ss/ss6308.pdf>

\*\*\*Stalking. (n.d.). RAINN | The nation's largest anti-sexual violence organization. <https://www.rainn.org/articles/stalking>

**Stalking: Know it. Name it. Stop it.**

# Knowledge About Stalking Matters

## Continuum of Violence



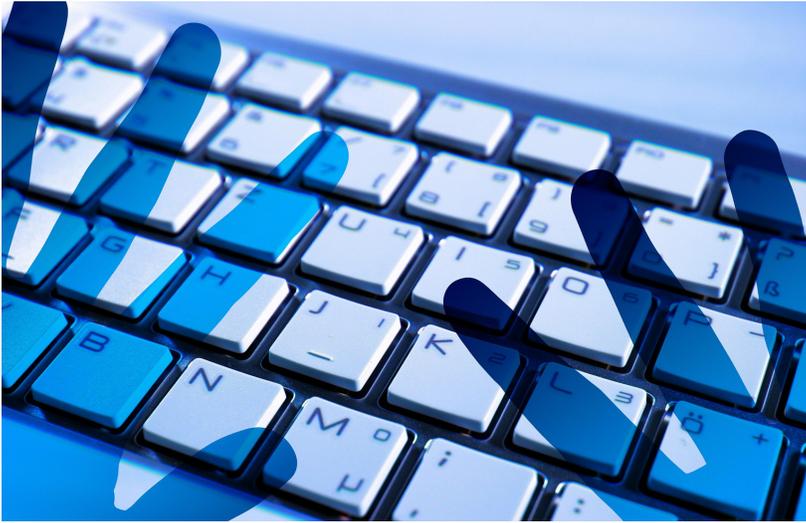
Stalking is often an indicator of other forms of violence. It can start with behaviors similar to bullying and then escalate. If an abuser follows, tracks, watches, excessively contacts, shares images of, gathers information about, threatens and/or otherwise scares their intimate partner, it is domestic violence AND stalking.\* Stalking can happen before, during, and/or after a domestic violence relationship. All stalkers can be dangerous, but intimate partner stalkers, on average, pose the greatest threats to their victims.\*\* Over half of stalking offenders are current or former intimate partners.\*\*\*

\*Stalking and Domestic Violence: Understanding the Connections. (n.d.). [https://www.stalkingawareness.org/wp-content/uploads/2019/10/Stalking\\_DV\\_Infographic.pdf](https://www.stalkingawareness.org/wp-content/uploads/2019/10/Stalking_DV_Infographic.pdf)

\*\*Brewster, M. (2003) Power and control dynamics in pre-stalking and stalking situations. *Journal of Family Violence*, 18-4, 207-217.

\*\*\*Smith, S.G., Chen, J., Basile, K.C., Gilbert, L.K., Merrick, M.T., Patel, N., Walling, M., & Jain, A. (2017). *The National Intimate Partner and Sexual Violence Survey (NISVS): 2010-2012 State Report*. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention. Retrieved from <https://www.cdc.gov/violenceprevention/pdf/NISVS-StateReportBook.pdf>

# What is Cyberstalking?



Cyberstalking is when the stalker uses the internet and various technology devices to harass someone. This can involve anything from posting unwanted messages on a social networking site, to setting up websites or social media accounts with false or slanderous information about the person, to trying to access personal information, such as bank accounts, talking or harassment carried out over the internet. Motives may be to control or intimidate the victim or to gather information for use in other crimes, like identity theft or offline stalking.\*

Cyberstalking isn't always conducted by individuals and might involve a group of people. They could be targeting an individual, group or organization for various reasons. Cyberstalking is a federal offense and many states have cyberstalking laws. Cyberstalking falls under anti-stalking, slander and harassment laws that are already in place and are punished similarly.

## Cyberstalking Statistics

- Approximately one in four stalking victims reported some form of cyberstalking, such as email or instant messaging.\*\*
- Among the victims most vulnerable to criminal acts on the internet are children and teenagers.\*\*\*
- A new trend for 2020 was having not one, but two Instagram accounts. One for personal use and the second was a fake account, created to keep tabs on people you don't want to know you're watching. \*\*\*\*

\*What cyberstalking is and how to prevent it. (2019, January 24). The State of Security. <https://www.tripwire.com/state-of-security/security-awareness/what-cyberstalking-prevent/>

\*\*Bureau of Justice Statistics (BJS) - Stalking/intimidation. (n.d.). Bureau of Justice Statistics (BJS). <https://www.bjs.gov/index.cfm?ty=tp&tid=314>

\*\*\*Internet safety. (n.d.). Office of Justice Programs. <https://www.ojp.gov/feature/internet-safety/overview>

\*\*\*\*Adams, O. (2020, January 19). 'Stalking' Instagram accounts are now a thing – here's why they're so dangerous. Marie Claire. <https://www.marieclaire.co.uk/reports/fake-instagram-stalking-mental-health-681836>

# Steps to Take if You're Being Cyberstalked:\*\* 10

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1. Don't engage with the stalker - The aim of the stalker is often to talk with you and build a relationship. Do not respond to their communications, never agree to meet and do not confront them about the stalking.\*
2. Block your stalker on social media.
3. Document everything - Keep a copy of all instances of online stalking - either take a screenshot or print the pages. Try to get the messages as well as the profile pages (including the user name) the abuse is coming from. Also keep a note of any offline activity that is relevant such as turning up at your home or work. This will be useful evidence for the police or social media platforms if the harassment escalates.
4. Reduce your online footprint - It is worth reviewing what personal information exists about you online and trying to remove as much as possible. Change your passwords for social media, phone apps, email, and always choose the option to log out of other browsers after resetting just in case you signed into that account on a device your stalker has access to.
5. Report it to the police - Report it early to the police. If you feel there is any immediate threat to your personal safety dial 911.

## Difference between Cyberstalking and Cyberbullying

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Cyberstalking is one form of cyberbullying. It includes sending, posting, or sharing negative, harmful, false, or mean content about someone else.\*\*\* Cyberstalking is methodical, deliberate, and persistent. The communications, whether from someone known or unknown, do not stop even after the recipient has asked the sender to cease all contacts, and are often filled with inappropriate, and sometimes disturbing, content.\*\*\*\* The common denominator between both is the behavior makes the target extremely concerned for their personal safety and they cause some form of distress, fear, or annoyance.

\*Cyber stalking - What to do if you are being stalked: The cyber helpline. (n.d.). The Cyber Helpline. <https://www.thecyberhelpline.com/guides/cyber-stalking>

\*\*Cyberstalking: 5 steps to take if you're a victim. (2018, September 5). Sexual Assault, Stalking, Blackmail, Online Harassment Lawyers | C.A.Goldberg | Carrie Goldberg. <https://www.cagoldberglaw.com/5-steps-to-take-if-youre-being-stalked/>

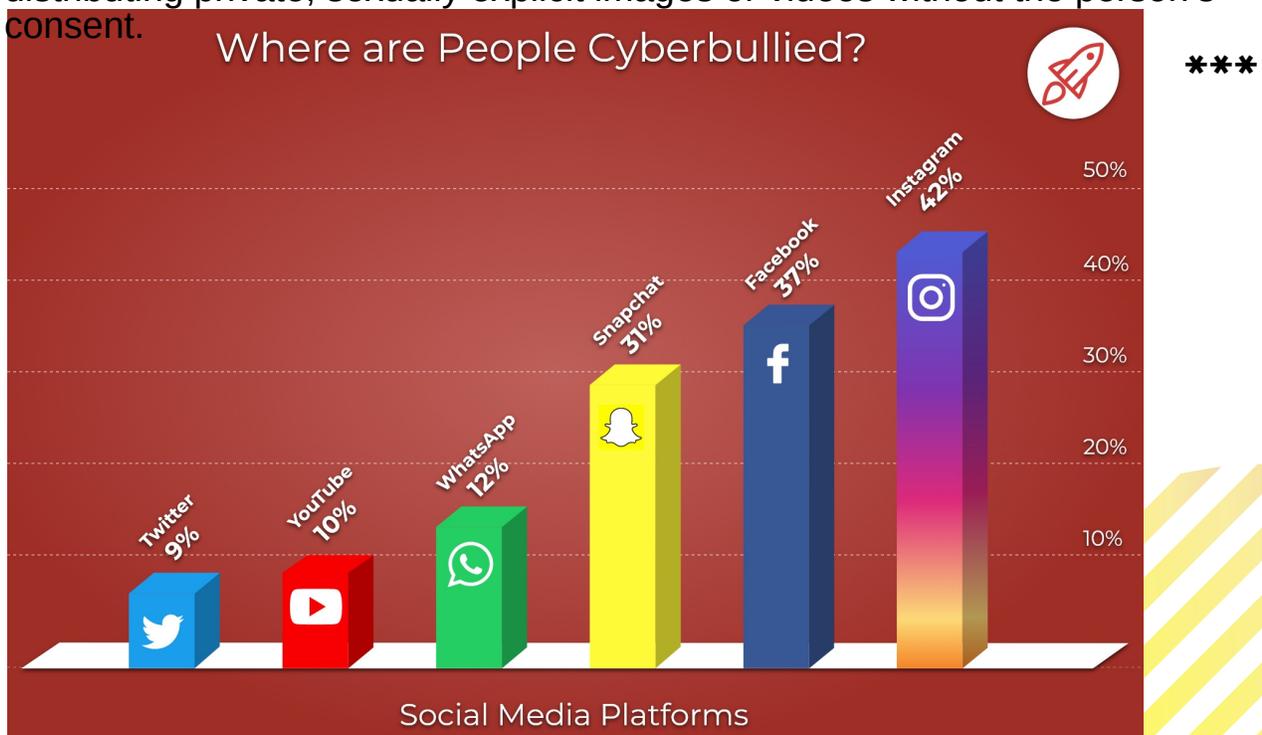
\*\*\*Consequences of cyber bullying or cyber stalking. (2019, June 7). Jared Justice. <https://www.jaredjustice.com/blog/definition-and-consequences-of-cyberbullying-cyberstalking/>

\*\*\*\*Cyberstalking. (2009, October 27). Marshall University | Join the Sons and Daughters of Marshall. <https://www.marshall.edu/wcenter/stalking/cyberstalking/>

# Stalking: Know it. Name it. Stop it.

# Other Types of Cyberbullying

1. Online Impersonation - common online in the form of fake social media accounts where users claim to be someone else.
2. Catfishing - an internet scam where someone creates a fictitious online identity for the purpose of starting a relationship.
3. Doxxing - when someone's personal information is published online as a call for others to harass them. This personal information may include their address, phone number, place of employment, email addresses, usernames, banking details or information about their family members.\*
4. Swatting - is an action taken as a result of online harassment and doxxing. Swatters are able to use an IP address to find the location of someone they disagree with online.\*\*
5. Trolling - the act of someone making unsolicited comments in an online community that are random or controversial, in order to provoke emotion. These "trolls" are able to cause quarrels or upset people while hiding behind their screens.
6. Revenge Porn - refers to nonconsensual pornography and the act of distributing private, sexually explicit images or videos without the person's consent.



\*Digital information world. (2019, March 3). Digital Information World. <https://www.digitalinformationworld.com/2019/03/infographic-how-to-handle-online-harassment.html>

\*\*How to handle and prevent online harassment. (2019, November 8). Panda Security Mediacenter. <https://www.pandasecurity.com/en/mediacenter/panda-security/how-to-handle-online-harassment/>

\*\*\*The Annual Bullying Survey 2017. (n.d.). Ditch the Label | International Youth, Anti Bullying & Mental Health Charity. <https://www.ditchthelabel.org/wp-content/uploads/2017/07/The-Annual-Bullying-Survey-2017-1.pdf>

# Supporting Those Experiencing Stalking\* 12

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- Believe and validate the victim sharing their story and experiences.
- Focus on the offender's actions, not the victim's responses.
- Support the victim and encourage them to seek help and document the stalking activities occurring.
- Respect the victim's privacy.
- Refer them to resources to make an individual safety plan and learn more about stalking.
- Continue to check in and be a source of support.

## Stalking Safety Tips\*\*

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1. Though victims can make safety plans on their own, it is often helpful to work with a trained professional such as an advocate, victim assistance provider, or even a law enforcement officer.
2. Memorize emergency numbers, and make sure that 911 and helpful family or friends are on speed dial.
3. Treat all threats, direct and indirect, as legitimate and inform law enforcement immediately.
4. Vary routines, including changing routes to work, school, the grocery store, and other places regularly frequented. When out of the house or work environment, try not to travel alone and try to stay in public areas.
5. Get a new, unlisted phone number.
6. Do not interact with the person stalking or harassing you. Responding to stalker's actions may reinforce their behavior.
7. Consider obtaining a protective order against the stalker.
8. Trust your instincts. If you're somewhere that doesn't feel safe, either find ways to make it safer, or leave.

\*Stalking safety planning. (n.d.). <https://members.victimsofcrime.org/our-programs/past-programs/stalking-resource-center/help-for-victims/stalking-safety-planning>

\*\*<https://www.stalkingawareness.org/wp-content/uploads/2018/11/Safety-Strategies.pdf>

**Stalking: Know it. Name it. Stop it.**

A collective community response is required to end stalking. Friends and family members are usually the first people a stalking victim talks to about what's going on and their responses heavily influence whether or not a victim seeks further help. When friends, family, neighbors, teachers, mentors, and colleagues know how to identify stalking, they are better able to support victims and help keep them safe.

## Lead a workshop about stalking in your community

Everyone has a role to play in knowing, naming and stopping stalking. Consider holding a DIY workshop from [www.stalkingawareness.org/know-it-name-it-stop-it](http://www.stalkingawareness.org/know-it-name-it-stop-it). The materials include everything you need to successfully lead a training.

## Incorporate stalking into existing training

A few ideas may be to add one slide about stalking to a presentation. Another is to incorporate stalking examples into Bystander Intervention training.

## Write a Letter to the Editor

## Host a discussion about the Netflix series "You."

Find discussion guide at: <https://www.stalkingawareness.org/wp-content/uploads/2019/09/YouSeriesDiscussionQuestions.pdf>

## Stalking in Media Slides

Discuss how media often views stalking from the stalker's perspective and shows hopeless romantics with good intentions. This builds empathy with the perpetrator and may lead viewers to make excuses for stalkers and/or assume the best about them. Instead, we should be focusing on how victims feel about stalking and empathizing with them. View the slides here: [www.stalkingawareness.org/wp-content/uploads/2019/09/Script-for-Media-Slides.pdf](http://www.stalkingawareness.org/wp-content/uploads/2019/09/Script-for-Media-Slides.pdf)

## Post on Social Media Daily During Stalking Awareness Month

Follow Jana's Campaign and SPARC on social media for access to up to date information about stalking awareness.

**Stalking: Know it. Name it. Stop it.**

## Stalking Incident and Behavior Log

The stalking log should be used to record and document all stalking-related behavior, including harassing phone calls, text messages, letters, e-mail messages, acts of vandalism, and threats communicated through third parties.

## Stalking and Harassment Assessment and Risk Profile (SHARP)

SHARP is a tool designed specifically to examine and assess stalking. It is free to use and provides both a narrative of the stalking situation and the risk profile as well as information about stalking risks and safety suggestions. It can be found on the following website: [www.stalkingawareness.org/sharp](http://www.stalkingawareness.org/sharp)



*"Know it. Name it. Stop it."*

### **Stalking:**

a pattern of repeated & unwanted attention, harassment, contact or conduct directed at someone that would cause a reasonable person to feel fear.

[www.janascampaign.org](http://www.janascampaign.org)  
[janascampaign@gmail.com](mailto:janascampaign@gmail.com)



*jana's*  
CAMPAIGN

EDUCATION about & PREVENTION against gender and relationship violence.

Follow Jana's Campaign on Facebook, Instagram, and Twitter for more graphics about stalking awareness month.

# STALKING INCIDENT AND BEHAVIOR LOG



**7.5 million  
PEOPLE are  
STALKED  
each year**

If you are a victim of stalking, it can be critical to maintain a log of stalking-related incidents and behavior, especially if you choose to engage with the criminal or civil justice systems. Recording this information will help to document the behavior for protection order applications, divorce and child custody cases, or criminal prosecution. It can also help preserve your memory of individual incidents about which you might later report or testify.

The stalking log should be used to record and document all stalking-related behavior, including harassing phone calls, text messages, letters, e-mail messages, acts of vandalism, and threats communicated through third parties. When reporting the incidents to law enforcement, always write down the officer's name and badge number for your own records. Even if the officers do not make an arrest, you can ask them to make a written report and request a copy for your records.



## WHAT IS STALKING?

While legal definitions of stalking vary from one jurisdiction to another, a good working definition of stalking is:  
**a course of conduct directed at a specific person that would cause a reasonable person to feel fear.**

Important note: Since this information could potentially be introduced as evidence or inadvertently shared with the stalker at a future time, **do not include any information that you do not want the offender to see.**

Attach a photograph of the stalker, photocopies of restraining orders, police reports, and other relevant documents. Keep the log in a safe place and tell only someone you trust where you keep your log.

Documenting stalking behavior can be a difficult and emotionally exhausting task. A local advocate in your community can provide support, information about the options available to you, and assistance with safety planning.



## Hotlines

Victim Connect:  
1-855-4VICTIM (1-855-484-2846)

National Domestic Violence Hotline:  
1-800-799-7233 or TTY 1-800-787-3224 En Español

The National Sexual Assault Hotline:  
1-800-656-HOPE (4673)

## Resource Centers

The Stalking Prevention, Awareness, and Resource Center (SPARC):  
[www.stalkingawareness.org](http://www.stalkingawareness.org)

The United States Department of Justice:  
[www.justice.gov/ovw/stalking](http://www.justice.gov/ovw/stalking)

Stalking: Know it. Name it. Stop it.  
[www.cdc.gov/injury/features/prevent-stalking/index.html](http://www.cdc.gov/injury/features/prevent-stalking/index.html)

National Network to End Domestic Violence (NNEDV):  
[nnedv.org/latest\\_update/technology-facilitated-stalking/](http://nnedv.org/latest_update/technology-facilitated-stalking/)

Safety Planning Around Technology  
[www.techsafety.org/resources-survivors](http://www.techsafety.org/resources-survivors)  
[techsafetyapp.org/home](http://techsafetyapp.org/home)

**Stalking: Know it. Name it. Stop it.**

# CONNECT WITH US!



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