



First Nations Women's Alliance
Supporting and Healing the Victims of Domestic Violence and Sexual Assault

STALKING: KNOW IT. NAME IT. STOP IT.

January 2023, will mark the 19th annual observance of Stalking Awareness Prevention Month.

We are still learning how best to define and address this insidious crime of violation. It sounds like a relatively “clean” crime. Nobody is really “doing anything.” But it leaves victims feeling hypervigilant, anxious, fearful, and helpless. The impacts of being pursued, watched, hunted in unrelenting and creative ways are traumatizing and debilitating.

Victims are subjected to: unexpected appearances at games, church, school; random “gifts” of flowers or love notes under a windshield; endless texts or phone calls at work or the middle of the night; the use of sacred objects or ceremonies to exert power or do harm; the disappearance of what is held most dear—a pet, a favorite cup or piece of jewelry – nothing in itself, but saying everything: Nothing is yours. Nothing is safe.

The Stalking Prevention Awareness Resource Center (SPARC) highlights some critical facts:

- 1 in 3 women will be stalked over a lifetime
- 1 in 6 men will be
- Most stalking victims are young (18-24)
- 82% are stalked by a former partner or acquaintance
- 69% of females and 80% of males are threatened physically

- And yet, nearly half of campus stalking victims don't name what is happening to them as stalking. This is a crucial first step for safety and prevention because stalking often precedes violence.

Persistence is a hallmark. Half of all victims are stalked at least once a week. 11% are stalked for five years or more. 1 in 7 move because of stalking, and many end up leaving their jobs. All of this results in higher rates of depression and anxiety among stalking victims.

SPARC has a wealth of specifically tailored stalking prevention and awareness resources for victims, advocates, campuses, law enforcement and judicial officers. An interactive map lets you explore the stalking statutes in your state. Templates for documenting stalking behaviors and creating safety plans are also available. Posters and training modules and training providers are available too.

Check it all out by contacting stalkingawareness.org.

January 2023