**January is Stalking Awareness Month**

People we know and care about are experiencing stalking in our communities. Nearly [**1 in 3 women and 1 in 6 men**](https://www.stalkingawareness.org/wp-content/uploads/2019/01/SPARC_StalkngFactSheet_2018_FINAL.pdf) have experienced stalking victimization at some point in their lifetime. That’s a lot of people in our families, communities, and congregations. Yet, we hardly ever talk about stalking. This makes it more difficult for stalking victims to recognize what they are experiencing and to know where to turn for help.

[**Stalking**](https://www.stalkingawareness.org/definition-faqs/) is a pattern of behavior directed at a specific person that would cause a reasonable person to feel fear. Following them, hanging out where they live or work, contacting them constantly, threatening them . . . these are all examples of stalking. Stalking is a crime, but it is not always clear to victims or their friends and families that a crime has occurred. Stalking may be hard to prove and stalkers know this.

**WE can help!** Friends and family members are the first people victims of stalking will turn to. It is important to believe what we are hearing. If we doubt or belittle the victim’s concerns, they are likely not to seek the help they need. We need to pay attention to this because new research shows that stalking is often a precursor to serious harm.

So, **let’s take some time this month**, as concerned family members, friends, congregants, and colleagues, and **learn more about stalking**. There are links to resources below! By learning more, **WE** can help to support those who experience stalking.

*If you are in immediate danger, call 911.  If you or someone you know may be experiencing stalking or domestic violence, call the National Domestic Violence Hotline at (800) 799-7233 (SAFE).*

**Learn more about stalking:**

Stalking Prevention and Resource Center, a national resource center: <https://www.stalkingawareness.org/>

Safe Havens Interfaith Partnership Against Domestic Violence and Elder Abuse, a multi-faith organization that works at the intersection of faith and all forms of abuse: <https://www.interfaithpartners.org/stalking-awareness-month>

This project is supported by Grant No. 15JOVW-23-GK-05160-MUMU, awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the U.S. Department of Justice.

*© Safe Havens Interfaith Partnership Against Domestic Violence and Elder Abuse/TSNE, 2024.*