January is Stalking Awareness Month

January is National Stalking Awareness Month (NSAM)!

Stalking is a pattern of repeated and unwanted attention, harassment, contact, or any other course of conduct directed at a specific person that would cause a reasonable person to feel fear. Stalking is a serious, often violent crime which can escalate over time. According to the National Center for Victims of Crime, more than 85% of stalking survivors report being stalked by someone they know. 61% of female stalking survivors are stalked by current or former intimate partners.

Stalking is a prevalent crime that often co-occurs with domestic violence. Stalking can be an extension of power and control in an abusive relationship, and many abusers stalk their partners both during and after the relationship has ended. Intimate partner stalkers are the most dangerous stalkers: they are more likely to approach victims, escalate behaviors, re-offend and assault their victims.

According a National Congress of American Indians Policy Research Center report from 2013, 17 percent of American Indian and Alaska Native women reported being stalked in their lifetimes, this number is much higher than that of any other race. In comparison, eight percent of White women were reported to experience stalking in their lifetimes.

What is stalking?

- 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.
- Stalkers use a variety of tactics including unwanted contact including phone calls, texts and social media, unwanted gifts, showing up and approaching family or friends, monitoring whereabouts, and threatening.

What is the difference between stalking and harassment?

- Stalking and harassment are similar and can overlap. The element of fear is what separates the two.
- Harassment is typically irritating and bothersome however, victims of harassment are not typically afraid of the perpetrator.
- Stalking can start as harassment and escalate into behaviors which cause the victim to live in fear.

You can reach us at: Office: 541-444-9680 If you or someone you know has experienced stalking,

the CARE Program is here to help.

24 Hour Hope Line: 541-994-5959



