

31 Days of Status Updates

Each day in January you can help raise awareness about stalking. Just use one of the suggested messages for your social networking site status update, your tweet, or your Instant Message (IM) away message. If you're tweeting, add #NSAM to the end of the tweet!

January 1, 2012

January is National Stalking Awareness Month.
Visit stalkingawarenessmonth.org for more info.

January 2, 2012

Stalking is a course of conduct directed at a specific person that would cause a reasonable person to feel fear.

January 3, 2012

What are you doing to recognize National Stalking Awareness Month?
Visit stalkingawarenessmonth.org for more info.

January 4, 2012

Stalking is a crime that is pervasive, dangerous, and potentially lethal.
Visit stalkingawarenessmonth.org for more info.

January 5, 2012

3.4 million people are stalked each year in the United States.
Visit stalkingawarenessmonth.org for more info.

January 6, 2012

What would you say to a friend who told you they were being stalked?
Visit stalkingawarenessmonth.org for more info.

January 7, 2012

It's not a joke. It's not romantic. It's not ok. Stop stalking. It's a crime.
Visit stalkingawarenessmonth.org for more info.

January 8, 2012

Although women are more likely to be stalked than men, anyone can be a victim of stalking.
Visit <http://bit.ly/srcnsam> for more info.

January 9, 2012

Stalking is frequently undetected because stalking behaviors often are not identified as criminal behavior.

January 10, 2012

Stalking is a crime. Do you know what your state stalking law says?
Visit stalkingawarenessmonth.org for more info.

January 11, 2012

Would you report it if you were being stalked? Most victims don't.
Visit stalkingawarenessmonth.org for more info.

January 12, 2012

Stalking is often treated as a joke or "not that big of a deal." Why do you think that is?
Visit <http://bit.ly/srcnsam> for more info.

January 13, 2012

What services are available for stalking victims in your community?
Visit stalkingawarenessmonth.org for more info.

January 14, 2012

Intimate partner stalking is the most common type of stalking and the most dangerous.
Visit stalkingawarenessmonth.org for more info.

January 15, 2012

Try this: Google “track girlfriend” and see how many sites tell someone how to stalk.

Visit stalkingawarenessmonth.org for more info.

January 16, 2012

“Change does not roll in on the wheels of inevitability, but comes through continuous struggle.” – Rev. Dr. Martin Luther King, Jr.

January 17, 2012

Rates of stalking among college students exceed the prevalence rates found in the general population.

January 18, 2012

Rates of stalking among college students are higher than the general public.

Visit stalkingawarenessmonth.org for more info.

January 19, 2012

How young can stalking behavior start? Do you see stalking behaviors among high school students? Middle school students? Younger?

January 20, 2012

Most stalking victims know their stalker.

Visit stalkingawarenessmonth.org for more info.

January 21, 2012

Phones, computers, GPS, and cameras are some of the common forms of technology used by stalkers.

January 22, 2012

Stalkers often reoffend; recidivism rates are as high as 60%.

Visit stalkingawarenessmonth.org for more info.

January 23, 2012

Behaviors that may seem benign to you or me may be terrorizing to a stalking victim.

Visit stalkingawarenessmonth.org for more info.

January 24, 2012

Stalking can affect a victim’s emotional, physical, and economic well-being.

Visit stalkingawarenessmonth.org for more info.

January 25, 2012

Most alarmingly, stalking also can be lethal.

Visit stalkingawarenessmonth.org for more info.

January 26, 2012

Stalkers often access information about victims that is available online. Do you know what information about you is online?

January 27, 2012

Victims of stalking are encouraged to keep a log of all stalking behaviors including emails, text & phone messages.

January 28, 2012

It is important to consider how to victims may be harmed by stalkers’ use of technology.

Visit <http://bit.ly/srcensam> for more info.

January 29, 2012

The majority of stalking victims report losing time from work as well as income because of the stalking.

January 30, 2012

Stalking: Know it. Name it. Stop it.

Visit stalkingawarenessmonth.org for more info.

January 31, 2012

How will you continue your efforts to raise awareness about stalking throughout the year?

Visit <http://bit.ly/srcensam> for more info.