



January is Stalking Awareness Month

During their lifetimes:



1 in 3 Females



1 in 6 Males

will be victims of stalking

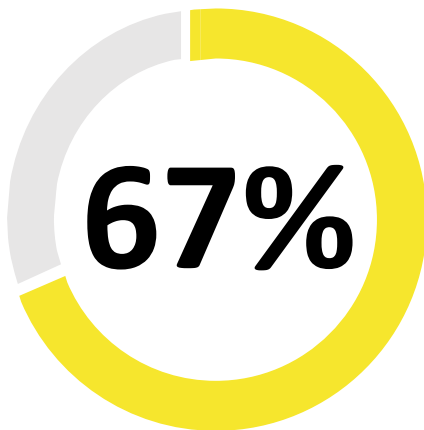
Of all female
intimate partner
homicide victims,

76%

were previously stalked
by that partner in
the previous
12 months

What is Stalking:

Stalking is a pattern of unwanted threatening and harassing behaviors that cause a victim to have fear and safety concerns.



of victims were
acquainted with
their stalker

Health Effects of Stalking Victimization:

- Hypertension
- Physical Injury
- Headaches
- Sleep Difficulties
- Gastro-intestinal concerns
- Depression
- Post-traumatic Stress
- Anxiety





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Stalking Behavior May Include:



Unwanted calls, emails, texts



Secretly entering the person's home, work, or other location without permission



Monitoring, following, and driving by the victim's location



Leaving unwanted items or gifts



Tracking the victim's whereabouts by using apps and devices

The **Stalking Prevention and Resource Center (SPARC)** has online resources for stalking victims, including incident logs, risk assessment profiles, and safety planning strategies. These and other resources can be found at www.stalkingawareness.org.

If you or someone you know is a victim of stalking, please contact:

**Virginia Family Violence &
Sexual Assault Hotline**

1-800-838-8238

(24-hours/day, toll-free)

vsdvalliance.org

Virginia Victim Assist Helpline

1-855-4-HELP-VA

(1-855-443-5782)

vanetwork.org



Virginia Department of Criminal Justice Services

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