

National Stalking Awareness Month 2024

Know it. Name it. Stop it.

#NSAMcle

#NSAM2024



Safety
Healing
Breaking Cycles

What is National Stalking Awareness Month (NSAM)?

National Stalking Awareness Month (NSAM) is an annual call to action to recognize and respond to the serious crime of stalking. It is important that we recognize stalking as a form of gender-based violence and recognize that it frequently co-occurs within domestic violence.

NSAM is a chance for everyone to unite to work towards ending intimate partner stalking. Journey Center is inviting advocates, loved ones, and supporters to join us in uplifting survivors and supporting this important issue. Together, we can make a change in our communities.

Journey Center is excited to take this Journey with you throughout January as we create awareness about stalking and its co-occurrence with domestic violence, the importance of healthy relationships, and learn ways to help those we love. Everyone deserves a relationship built on love, respect, and trust. Journey Center is proud to promote safety, healing, and breaking cycles in January and throughout the year.

Who is Journey Center?

[Journey Center for Safety and Healing](#) is Cuyahoga County's most comprehensive domestic violence agency. Formerly known as Domestic Violence & Child Advocacy Center, Journey Center carries on the same mission, vision, and values.

Journey Center values Empowerment, Resiliency, Safety, Inclusion, Integrity, and Connectedness.

Our Vision

Journey Center for Safety and Healing envisions a community where safety and well-being are achieved by empowering people to find a path toward healthy, thriving relationships.

Our Mission

Journey provides services that foster safety and healing to those affected by child abuse and domestic violence; and prevents abuse through education, advocacy, and systemic change.

Journey Center Programs and Services



24-Hour Helpline

Answered 24-hours a day, 7 days a week. Advocates can assist callers with resources, referrals, and general information; crisis intervention and safety planning, legal information and/or options, intakes for services; and offer assistance to those experiencing abuse as well as friends/family.



Emergency Domestic Violence Shelter

Operating in a confidential location, the shelter operates as a safe haven for individuals and families at high risk for re-victimization and stalking. Advocates provide crisis intervention, safety planning, group activities, assistance with education, and connections to housing, employment and community supports.



Justice System Advocacy

Journey provides court advocacy for domestic violence victims involved in criminal and civil proceedings throughout Cuyahoga County. Advocates speak with each victim about their unique situation. Options are explored and considered, with an emphasis on safety and self-determination.



Latina Domestic Violence Project

Offers culturally relevant advocacy and support services for Latino victims of domestic violence. All Advocates are bilingual in Spanish.



Safe & Sound Visitation Center

Safe & Sound Visitation Center (SSVC) is the only one of its kind in Cuyahoga County helping high-risk, high-conflict families in need of safe, supervised visits and/or safe exchanges.



Domestic Violence Housing First Initiative

The Domestic Violence Housing First Initiative connects survivors and their children to independent housing so they can remain safe without entering shelter.



Trauma Services

Therapy services for children, adolescents, and adults who have experienced trauma, grief, and loss related to child abuse, teen dating violence, domestic violence, and/or stalking.



Support Groups

Support groups are available for individuals who have experienced abusive relationships. These free, weekly, facilitated groups offer a confidential setting for discussion, support, and more.



Domestic Violence Education Classes

This 7-week program provides education on the dynamics of domestic violence to help those affected by abuse make informed life decisions.



Training and Continuing Education

Journey Center offers educational presentations and a wide variety of professional training workshops to the greater Cleveland area. Topics include: domestic violence, dating violence, child abuse, and other related topics.

What is Stalking?

Stalking is defined as a pattern of behavior directed at a specific person that would cause a reasonable person to feel fear. In Ohio, a pattern is considered two or more incidents closely related in time.

Stalking is typically directed at a specific person. Most victims of stalking are stalked by someone they know- a current or former intimate partner, acquaintance, or family member. Intimate partner stalkers are the most dangerous offenders.

While the definition of stalking states that a reasonable person would feel fear, it is important to note that fear is often masked by other emotions such as: anger, frustration, hopelessness, or despair.

Fear is contextual. What's scary to one person may not be scary to another. In stalking cases, many of the behaviors are only scary to a victim because of their relationship with the stalker. Many stalkers' behaviors seem innocuous or even desirable to outsiders – for example, sending expensive gifts. The stalker's actions may not seem scary to others and are, therefore, hard to explain.

Stalking and Domestic Violence

Intimate partner stalking is the largest category of all stalking cases. Stalking often co-occurs with domestic violence and can be an indicator of other forms of violence. Many abusers use stalking to intimidate and control their victims.

Stalking does not just occur when a person leaves the relationship. Victims are stalked while still in the relationship with a controlling partner, making separation very difficult. 21% of the time stalking occurs during the relationship, 36% of the time it happens both during and after the relationship, and 43% of stalking occurs after the relationship has ended. The average duration of intimate partner stalking is two years.

Stalking Behaviors and Tactics

While many stalking behaviors are not criminal as a single occurrence, when viewed as a pattern of behavior that causes a victim fear and to change their behaviors, they add up to stalking.

Common behaviors can include:

- Repeated phone calls, voicemails, emails, or text messages
- Monitoring a victim's phone activity or computer use
- Sending unwanted gifts, letters, or cards
- Posting information or spreading rumors about the victim on social media sites, in public places, or by word of mouth
- Using technology, such as hidden cameras, to watch the victim
- Driving by, waiting at, or showing up at the victim's home, school, or work
- Following the victim, either in person or via the use of technology (e.g., GPS or location-based apps)
- Using a third party to contact or stalk the victim (i.e. proxy stalking)
- Committing identity theft or financial fraud against the victim, such as opening, closing, or taking money from accounts
- Using children to harass or monitor the victim
- Vandalizing or destroying a victim's property, car, or home
- Threatening to hurt, or kill, the victim or their family, friends, or pets
- Searching for information about the victim by conducting public records or online searches, hiring private investigators, digging through the victim's garbage, or contacting the victim's friends, family, neighbors, or co-workers

Impact of Stalking

Stalking victimization can impact every aspect of a victim's life. Stalking behavior is often persistent and unpredictable, and can take place over a long period of time causing repeated trauma.

Stalking can affect a victim's physical and emotional health, their relationships with family and friends, financial stability, and their job.

Understanding Context

Stalking is unique in that the context of the stalking behavior is critical to identifying and understanding what is occurring.

A victim plays a critical role in defining whether their experience can be classified as stalking because the abuser's behaviors can only be identified as stalking when the impact of those behaviors on the victim is considered.

Understanding a victim's response and level of fear may be difficult without knowing the full context of the course of conduct and any relationship that may exist between the victim and the offender.

Stalking & Technology

80% of stalking victims report being stalked with technology

Tech-facilitated stalking impacts the daily lives of victims and is just as invasive, threatening, and fear-inducing as in-person stalking.

- Victims of tech-facilitated stalking often report higher fear than victims who experience in-person stalking, and are just as concerned for their safety.
- Victims of online stalking and/or harassment experience a multitude of harmful and detrimental consequences to their mental health, including depression, anxiety, PTSD, suicidal ideation, and panic attacks.
- Victims report that online stalking prevents them from continuing with their regular routines, reduces time spent outside, and has resulted in them withdrawing from online life and developing a distrust of technology as well as people.

Stalkers often facilitate or enhance their tactics using technology.

While technologies may change over time, the dynamics and dangers of stalking are constant.

Among tech-facilitated stalking victims:

- 66% receive unwanted phone calls/messages
- 55% receive unwanted emails/messages
- 32% are monitored through social media
- 29% had inappropriate or personal information posted about them, or received threats to do so
- 22% were spied on or monitored with technology
- 14% were tracked with a device or app

Common Reactions & Responses

Reactions to stalking are as diverse as victims themselves. As a group, however, victims share several common responses:

- **Minimizing:** Victims may minimize individual stalking behaviors and the risk the offender poses.
- **Avoiding family or friends:** Victims may avoid family and friends because they feel embarrassed, ashamed, or responsible for what is happening. Victims may also want to keep loved ones safe from the stalker.
- **Negotiating for safety:** Victims may negotiate with their abuser for their own or others' safety. They may agree to demands the perpetrator makes or maintain contact in an effort to prevent additional harm.
- **Taking steps to improve their personal security:** Many victims engage in informal safety planning on their own to cope with the perpetrator's tactics and behaviors.

It is important to recognize and validate any steps a victim has taken to stay safe, offer guidance on additional measures they could take, and support their actions moving forward.

How Can You Support Someone Experiencing Stalking

♥ **Believe and validate.**

Don't question or minimize what they tell you.

♥ **Focus on the offender's actions, not the victim's responses.**

Don't ask questions such as, "Why did you respond to that text message?"
Nothing the victim did justifies that stalker's behavior.

♥ **Support them and encourage them to seek help.**

Thank them for trusting you enough to have the conversation.
Help them think through all their options.
Respect their choices.

♥ **Respect their privacy.**

Do not share any information about the victim with the stalker, or anyone else, without the victim's approval.

♥ **Encourage them to document the stalking.**

♥ **Check in.**

Stalking cases can last a long time, and your loved one's reactions, wants, needs, and feelings might change over time.
Continue to check in and be a source of support.

♥ **Provide resources.**

Encourage them to reach out for services and support.

Safety Tips

Change up your routine - use a different bank, grocery store, etc. and take a different route to work or school.

Do not travel alone.


Talk with friends, family, neighbors, and co-workers about your concerns and how they can support you.


Update security settings on your phone, devices, computers, and internet.


Document every incident.


Connect with an advocate at Journey Center.


Suggested Social Media Messages


 Everyone deserves to feel safe on their Journey to safety and healing. You are not alone. #NSAMcle #NSAM2024 #KnowItNameItStopIt


 January is National Stalking Awareness Month. I'm joining Journey Center to promote safe, healthy relationships for everyone. #NSAMcle #NSAM2024 #KnowItNameItStopIt


 Intimate partner stalking can impact every aspect of a victim's life. #NSAMcle #NSAM2024 #KnowItNameItStopIt


 Intimate partner stalking doesn't discriminate, and it can happen to anyone. Every survivor, regardless of race, background, or class, deserves support. We all play a role in supporting survivors. #NSAMcle #NSAM2024 #KnowItNameItStopIt


 I can support intimate partner stalking survivors by spreading awareness of Journey Center for Safety and Healing services so others may reach out for help. #NSAMcle #NSAM2024 #KnowItNameItStopIt

 Stalking take on many behaviors and tactics. They are behaviors that when viewed as a pattern cause a victim to feel fear. #NSAMcle #NSAM2024 #KnowItNameItStopIt

 57% of intimate partner stalking victims were stalked during their relationships. Stalking happens more frequently than you may realize. #NSAMcle #NSAM2024 #KnowItNameItStopIt

 Respecting boundaries and calling out stalking is one thing you can do to help end intimate partner stalking. #NSAMcle #NSAM2024 #KnowItNameItStopIt

 40% of stalking victims are stalked by current or former intimate partners. Support survivors and speak out against intimate partner stalking. #NSAMcle #NSAM2024 #KnowItNameItStopIt

 Intimate partner stalking can manifest in a number of ways, and there's usually more than one tactic. Regardless of the behavior used, it always comes back to power and control over the victim. #NSAMcle #NSAM2024 #KnowItNameItStopIt

Intimate Partner Stalking

- Intimate partner stalkers are the most dangerous offenders
- Physical abuse, coupled with stalking, is a greater indicator of potential lethality than either behavior alone
- Domestic violence re-abuse occurs in 24-60% of cases
- There is often 3rd party stalking involved- 50-60% of partner stalking victims say others were involved in the stalking



Journeyneo.org
216.391.4357 (HELP)

Supporting a Loved One Impacted by Stalking

Believe and Validate

Respect their privacy

Provide Support

Focus on the offender's actions...

...not on the victim's response

Encourage them to seek help

Journeyneo.org
216.391.4357 (HELP)

Impact of Stalking



Personal Relationships
Stalking affects not only victims, but also their family, friends, and coworkers.



Physical & Mental Health
The impact on the mental and physical health of victims affects their ability to safety plan during and after the relationship.



Workplace
Victims may take time off to go to court, meet with an advocate, or to take care of other needs, resulting in lost wages.



Finances
Stalking often results in direct and indirect economic losses for the victim.



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Get Involved



ADVOCATE

Download and share Journey Center's **NSAM 2024 Toolkit**

Read and pass along Journey Center's **NSAM Images and Graphics**

Download and use Journey Center's [NSAM Social Media Banners and Image](#)

Like, follow, and share Journey Center's posts and videos

Facebook: [JourneyCenterNEO](#)

LinkedIn: [JourneyCenterNEO](#)

Instagram: [JourneyCenterNEO](#)

YouTube: [JourneyCenterNEO](#)

Twitter/X: [Journey_NEO](#)

Share on social media and with your community, friends, and family **why you support victims, survivors, and those impacted by abuse and intimate partner stalking**

Download and share Journey Center's [NSAM 2024 Calendar](#)

Participate in the [National Day for Stalking Awareness](#) on Thursday, January 18th

Subscribe and share **Journey Center's newsletter** with your family and friends

Let your friends and family know that you're participating in NSAM 2024 and tell them to take action

Call or text our **24-Hour Helpline** if you or someone you know are in an unsafe or abusive relationship
216.391.4357 (HELP) or **live chat: [Journeyneo.org](#)**

LEARN

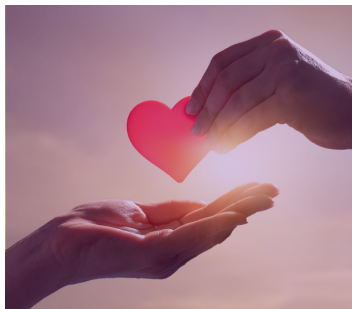
[Attend Journey's NSAM Training](#)

Wednesday, January 17: 12-1p

This training will look at the connection between domestic violence and stalking. We will define both the legal and social definitions of each. We will discuss safety strategies and ways to assist someone experiencing stalking through the context of domestic violence.

Read and share [Journey Center's Blog](#)

Utilize resources such as [SPARC \(The Stalking Prevention, Awareness, & Resource Center\)](#)



DONATE


Make a [donation](#)

Host a **Facebook or Instagram Fundraiser**

Organize a collection of items from [Journey Center's Wishlist](#)


Hold a **cell phone drive** to collect old phones for Journey Center


Create or host a **third-party event** with your community

 Journeyneo.org

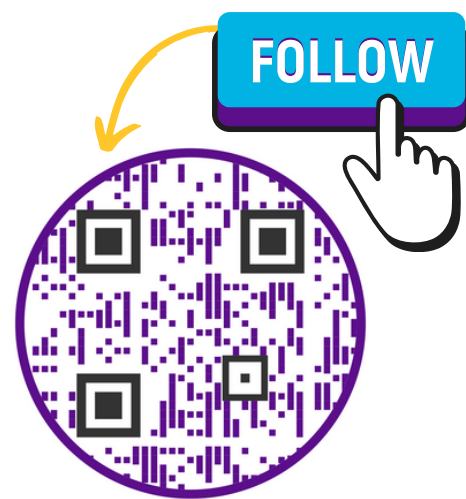
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