

Stalking Awareness Month

JANUARY IS

Human Trafficking Prevention Month

Nearly 1 in 3 women
and
1 in 6 men
will be stalked in their
lifetime.

What is Stalking?

Stalking is a pattern of unwanted behaviors that can make someone feel unsafe, distressed or in danger. It may happen in person, online or through technology.

Stalking is a
Crime in all 50
states, the
District of
Columbia, U.S.
Territories,
and Tohono
O'odham
Nation.

Common Examples

Many stalkers use multiple behaviors to scare their victims. These behaviors may include (but not limited to):

- **Unwanted contact** through repeated calls (including hang ups), texts, emails, or social media
- **Following** or showing up uninvited
- Sending **unwanted gifts** or letters
- **Monitoring** or tracking (in-person, with technology, or through others)
- **Spreading rumors** (online or in-person)
- Other actions that **control, track or frighten**

Many stalkers commit the crime against people they've dated/been romantically involved with. Stalkers may also be acquaintances, family members and/or strangers.

Prevention Through Connection

Safety grows through connection, respect, and community care.

How Community Can Help & Support

- **Believe and listen without judgement.** Let people share at their own pace. You don't need all the details to offer care.
- **Respect privacy and choices.** Survivors know their situation best. Support their decision, even when they're not ready to act.
- **Stay connected, not controlling.** Check in with care, not pressure. Simple messages like, "I'm here if you need me" matter.
- **Help reduce isolation.** Invite people to community events, meals, or walks. Connection builds safety.
- **Learn the signs without assuming.** Sudden fear, isolation, monitoring by others, or loss of control may signal harm but only the person can name their experience.
- **Share resources gently.** Provide hotline numbers or local support options without forcing action.
- **Speak up against harmful behaviors.** Stalking, exploitation, and abuse are community issues, not private problems.



Community Care is Prevention

- Strong relationships create safety
- Connection reduces vulnerability
- Respect builds trust
- Care saves lives

What is Human Trafficking?

Human trafficking happens when someone is forced, tricked, or pressured to work or engage in sexual acts against their will.

Two Main Types:

Labor Trafficking - being forced to work in unfair or dangerous conditions
Sex Trafficking - being forced into sexual acts for money or something of value.



Common Warning Signs

- Promises that seem too good to be true
- Isolation from family or community
- Someone controlling money, transportation, personal belonging (including IDs)
- Signs of physical abuse or fear



How It Impacts Tribal Communities

- **Higher Risk:** Native people are often targeted because of poverty, housing issues, and gaps in law enforcement.
- **Stolen Futures:** Native women and girls are at greater risk of being trafficked and going missing
- **Community Impact:** Trafficking harms families, cultures, and future generations.



Tohono O'odham Nation
Komkud Ki: Domestic & Sexual
Violence Prevention Program
24/7. Safe. Confidential Hotline
1-866-666-4889



24/7. Safe. Confidential Hotline
1-844-7NATIVE (762-8483)



SPARC

Stalking Prevention, Awareness,
& Resource Center (SPARC)



NATIONAL
HUMAN
TRAFFICKING
HOTLINE

Hotline
1-888-373-7888



Resources for support or more information