



Search

Q

Stalking

Stalking is a crime of power and control. It is a course of action directed at an individual that causes the victim to fear for their safety, and generally involves repeated visual or physical proximity, nonconsensual communication, and verbal, written, or implied threats.

[Research shows](#) that victims of stalking are more likely to experience anxiety, insomnia, social dysfunction, and severe depression compared to the general population.

Stalking is a crime in all 50 states, Washington, D.C., the U.S. Territories, and the Federal Government. Each year, January is recognized as National Stalking Awareness Month in an effort to educate the public about serious—and at times deadly—crime of stalking.

The following resources provide information on stalking.

Publications [🔗](#)

[Stalking Victimization, 2019](#)

[Tech Abuse in the Pandemic & Beyond: Reflections from the Field](#)

[Violence and Victimization Research Division's Compendium of Research on Violence Against Women, 1993-2018](#)

[View related publications](#)

Events and Trainings [🔗](#)

[Lifting Up the Voices of Older Survivors](#)

[View related events and trainings](#) | [View related on-demand events and training](#)

Whom can I contact to help me develop a safety plan?



What can I do if I am a victim of stalking?



Related Links [🔗](#)

[Pathways to Safety International](#) [🔗](#)

[Office of Justice Programs: Internet Safety Special Feature](#)

[Technology Safety & Privacy: A Toolkit for Survivors](#) [🔗](#)

[View related links](#)

Office for Victims of Crime



About OVC

[Contact Us](#)

[Subscribe to News From OVC](#)

[Reuse Policy](#)

[Link to Us](#)

VOCA Admin Resources

[VOCA Announcements](#)

[VOCApedia](#)

[Allocation Tables](#)

[State Support](#)

Key Resources

[International Terrorism Victim
Expense Reimbursement
Program](#)

[FAQs](#)

[Help for Victims](#)

[Training & TA](#)

[Vicarious Trauma Toolkit](#)

News

[Announcements](#)

[Featured Resources](#)

[Events](#)

[Fraud Alert](#)

