
J A N U A R Y I S
NATIONAL
STALKING
AWARENESS MONTH



Thursday, January 22, 2026

12:50 p.m. – 1:50 p.m.

Café Lexpress Lounge

KNOW IT. NAME IT. STOP IT

Stalking: a pattern of behavior directed at a specific person that would cause a reasonable person to fear for their safety or the safety of others or suffer substantial emotional distress.

- People aged 18–24 experience the highest rate of stalking victimization.
- 1 in 3 women and 1 in 6 men will experience stalking in their lifetime.
- 70% of people know their stalker.

Stalking tactics include:

- Being followed and watched
- Approaching or showing up uninvited
- Sending texts, emails, and messages
- Sending gifts, cards, and letters

In recognition of National Stalking Awareness Month, the NYLS Title IX Office will host a tabling event featuring **Ariana Montenegro**, LMSW, and **Sajada Bhuiyan**, LMSW, the Enough is Enough Coordinators at New York Presbyterian Hospital Domestic and Other Violence Emergencies (DOVE) Program who will provide information and answer questions.

