

OCTOBER 2024

DOMESTIC VIOLENCE AWARENESS MONTH

Domestic Violence Awareness Month (DVAM) is observed every October to raise awareness and educate the public about the serious issue of domestic violence. It is a time to acknowledge the victims and survivors of domestic violence, as well as to mobilize communities to prevent and address this pervasive issue. DVAM was first observed in October 1987 and has since become a critical time for advocacy and support.



UNDERSTANDING DV

Domestic violence (DV) is a pattern of behavior in any relationship that is used to gain or maintain power and control over another person. It can be physical, emotional, psychological, financial, or sexual. Victims of domestic violence can be of any age, gender, race, or socioeconomic background.

TYPES OF DV & ABUSE

- **Physical:** hitting, slapping, punching, choking, or any other form of physical harm.
- **Emotional:** insults, threats, manipulation, isolation from friends and family.
- **Psychological:** intimidation, undermining self-esteem, constant criticism.
- **Sexual:** forcing or attempting to force any sexual act or behavior without consent.
- **Financial:** controlling finances, withholding money, preventing the victim from working.

HOW YOU CAN HELP

- **Educate yourself and others:** learn about the signs of domestic violence and share this information with your friends, family, coworkers, and community.
- **Support victims and survivors:** listen without judgment, believe their stories, and offer your support.
- **Advocate for change:** support local and national organizations that work to end domestic violence through donations, volunteering, and advocacy. Wear purple to show your support, the color of Domestic Violence Awareness Month.
- **Promote healthy relationships:** encourage open communication, respect, and equality in relationships.

RESOURCES

Remember, you are not alone. Help is available.

National Coalition Against Domestic Violence (NCADV):

- www.ncadv.org

Domestic Violence Awareness Project:

- www.dvawareness.org

National Domestic Violence Hotline:

- 1-800-799-SAFE (7233) <https://www.thehotline.org/>

Loveisrespect:

- 1-866-331-9474 or text "LOVEIS" to 22522
<https://www.loveisrespect.org/>

Local shelters and support services:

- Find local support services and shelters by using the search tools on the above-mentioned websites



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