

love shouldn't  hurt.
domestic violence awareness

Domestic Violence Awareness Month Guide

October 2017

What is Domestic Violence Awareness Month?

Domestic Violence Awareness Month (DVAM) was launched nationwide in October 1987 by the National Coalition Against Domestic Violence as a way to connect and unite individuals and organizations working on domestic violence. The intent is to connect advocates across the nation who are working to end violence against women and their children.

Domestic violence happens in every community and affects people of all genders and ages. The impacts of domestic violence affect individuals, families, communities, and society as a whole. But prevention is possible. Together, we can help individuals, communities and the private sector understand how they can take action to promote safety, respect and equality to stop domestic violence before it happens.

InterAct created this guide to inspire our community to actively and creatively promote messages about domestic violence. As DVAM turns 30 help us take action to promote safety, respect, and equality.

PREVENTION IS POSSIBLE,
and it starts with you.

About InterAct

InterAct provides domestic violence and sexual assault services in Wake County by saving lives, rebuilding lives and securing safer futures

InterAct reaches nearly 62,000 clients and community members through our outreach, education, training and direct service.

More than 8,800 of those we serve annually are direct victims of domestic violence and/or sexual assault and their children.



Learn The Facts

What is domestic violence?

Domestic violence is the threat of or use of violence or intimidation by an intimate partner to gain and maintain power and control over the other person.

Domestic violence is prevalent in every community and affects all people. Regardless of age, socioeconomic status, sexual orientation, gender, race, religion, or nationality.

Physical violence is often accompanied by emotionally abusive and controlling behavior as part of a much larger, systematic pattern of dominance and control. Domestic violence can result in physical injury, psychological trauma, and even death.

The devastating consequences of domestic violence can cross generations and last a lifetime.

Forms of domestic violence

- Emotional
- Verbal
- Isolation
- Financial
- Psychological
- Sexual
- Spiritual
- Physical

Victims are never at fault.

It doesn't matter what someone is wearing or how they are acting, victims are never to blame. A person may use force, threats, manipulation, or coercion to commit sexual violence. An absence of injuries to the victim does not indicate consent.

Domestic violence affects people of all genders, ages, races, religions, incomes, abilities, professions, ethnicities, and sexual orientations.

- 1 in 3 women and 1 in 4 men have been physically abused by an intimate partner. (National Intimate Partner and Sexual Violence Survey, 2010)
- Women between the ages of 18-24 are most commonly abused by an intimate partner. (USDOJ, 2014)
- Intimate partner violence accounts for 15% of all violent crime. (USDOJ, 2014)

The Impact of Domestic Violence on Children and Teens

- 1 in 15 children are exposed to intimate partner violence each year, and 90% of these children are eyewitnesses to this violence. (USDOJ, 2011)
- Nearly 1.5 million high school students in the United States are physically abused by dating partners every year. (Centers for Disease Control and Prevention, 2006)

Victims of domestic violence may be unable to leave an abusive partner or may be forced to return to an abusive partner for economic reasons.

- Between 94-99% of domestic violence survivors have also experienced economic abuse. (Journal of Interpersonal Violence, 2012)
- Between 21-60% of victims of domestic violence lose their jobs due to reasons stemming from the abuse. (Journal of Occupational Health Psychology, 2007)
- Victims of domestic violence lose a total of 8 million days of paid work each year. (National Center for Injury Prevention and Control, 2003)

One of the most common questions people ask about victims of domestic violence is, *"Why don't they just leave?"*

**Leaving
is a
process...
Not an
event!!**

Domestic violence is preventable.

Domestic violence is common, preventable — and everybody’s business.

Domestic violence is not a private issue. It’s everybody’s business, and it can affect you at work or in your neighborhood, even if you are not the direct victim. We can all help create a culture of empathy, respect, and equity. Prevention starts with challenging victim-blaming and believing survivors when they disclose.

Domestic violence is a serious, yet preventable public health issue. Many in our community are working together to protect victims and prevent further abuse. In your personal life, you can model supportive relationships and behaviors. Each of us is essential in challenging harmful attitudes and the societal acceptance of domestic violence.

Help is available.

InterAct’s 24 Hour Crisis Hotlines

Domestic Violence: 919-828-7740

Sexual Assault: 919-828-3005

Solace Center: 919-828-3067

Spanish Hotline: 844-203-8896

For more information, visit interactofwake.org or ncadv.org.

Tips For Raising Awareness During Domestic Violence Awareness Month

Using social media is a great way to raise awareness. Take some time away from your daily posts and share something that will get your friends talking about domestic violence. **Your voice matters!**

Use these hashtags when you tweet, post to Facebook or share photos on Instagram. We want to hear about how you and your friends are making your voices heard this October:

#DVAMTurns30 #ThisIsDV

These are the official hashtags for Domestic Violence Awareness Month.

#PURPLETHURSDAY

Use this hashtag to promote Purple Thursday on October 19.

We want to hear from you! Make sure to tag InterAct when posting to social media.

Not sure what to post? Don't worry, we've got some ideas! Use the sample messages below.

Did you know 12.7 million people are physically abused, raped or stalked by their partner in one year? That's 24 people every minute. Because it's someone you know. #DVAMTurns30

As a society we have to remove the stigma around domestic violence. We need to make domestic violence an issue that we can talk about openly so that victims and survivors won't feel judged for experiencing abuse. #DVAMTurns30

Go purple to take a stand against domestic violence and show your support for survivors during Domestic Violence Awareness Month through #PurpleThursday! #DVAMTurns30

You can also share InterAct's posts on Facebook (interactofwake), repost from @InterAct_Wake on Twitter or @interactofwake on Instagram.

Tips For Raising Awareness During Domestic Violence Awareness Month

Chances are, if you have not experienced abuse in your own relationships, someone you know has. No one deserves to be abused, ever, for any reason. That's why it's important for all of us to get involved, raise awareness and speak out in support of victims and survivors during DVAM!

What can you do this month – and in your daily life – to help end domestic violence and support survivors? Here are a few ideas:

- Be nonviolent and non-judgmental in your interactions with others.
- Challenge attitudes and beliefs that promote a culture of violence and victim-blaming or shaming.
- In personal situations, hold the abusive person, not the victim, accountable for their abusive behaviors.
- Learn how to support a friend or loved one if they tell you they are being abused. Let them know about InterAct or another local domestic violence organization if they are ready to get help!
- Donate requested or needed items to InterAct or your local domestic violence program or shelter.
- Distribute materials about domestic violence in your workplace, school, college campus or in your community.

PREVENTION IS POSSIBLE

*when misconceptions
are eliminated.*

Purple Thursday – October 19, 2017

Make a fashion statement that really says something by wearing something purple on Thursday, October 19 to honor victims and support survivors of domestic violence. We invite you to encourage friends, family members, colleagues and community members to show their support.

Wearing purple represents a symbol of unity as we reinforce and recognize the power and value of our choice to use our words and actions to help, not hurt, ourselves or others.

Throughout the month of October and on #PurpleThursday, you're invited to show your support in raising awareness to the issue of domestic violence by posting a photo holding a poster or creating a short video beginning with the slogan, "I wear purple because..."

Post your photo and/or video onto InterAct's social media using the #PurpleThursday

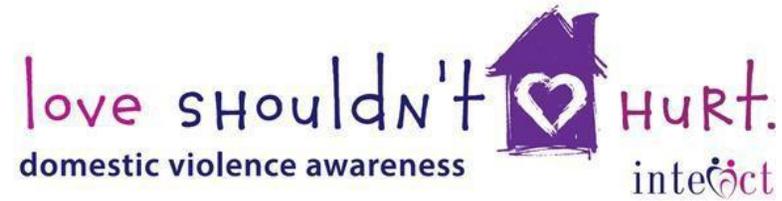
Facebook: www.facebook.com/interactofwake

Twitter: @InterAct_Wake

Instagram: @interactofwake

Pinterest: www.pinterest.com/interact





I WEAR PURPLE BECAUSE...

#DVAM2017

#PURPLETHURSDAY

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