

31 Facts for Domestic Violence Awareness Month

October 2019



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October is Domestic Violence Awareness month! Join us as we post facts and information about domestic violence every day during the 31 days of October. #EndDVinAZ #DVAM2019

2

Domestic violence defined: domestic violence is a pattern of abusive or coercive behavior used to gain and maintain power and control over another person. Check out our **Power & Control wheel** for examples of common domestic violence tactics.

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In Arizona, 43% of women and 33% of men have experienced contact sexual violence, physical violence, and/or stalking by an intimate partner - higher than the national average (NISVS, 2017).

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More than a black eye: domestic violence does not only include physical violence. It can also include emotional abuse, financial control, misusing technology, threatening words or actions, intimidation, or sexual coercion.

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The most urgent need that survivors in AZ have is for safe, affordable, and accessible housing. 95 Percent of unmet requests for services that AZ survivors made were for housing (NNEDV, 2019).

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Share your password with no one! Sometimes – especially in new relationships – we want to share everything with our partner, and have them share everything with us. But just as you wouldn't give them your identity documents to carry around in their wallet, it's important to keep your passwords private, and to respect the privacy of their passwords. Technology isn't the problem – abuse is! Visit NNEDV's [Tech Safety](#) page for more on password tips.

8

What is victim-blaming? Check out this [video](#) by MTV's Decoded for the psychology behind victim-blaming.

10

Today is World Mental Health day! Domestic violence has numerous consequences on mental health, like: depression, anxiety, post-traumatic stress, and feelings of worthlessness (Goodman, Koss, & Russo, 1993). Conducting our services in a trauma-informed manner is critical to avoiding re-traumatizing survivors. Also keep in mind, mental illness does not cause or justify abusive behavior. Mental illness and abuse can coincide, but abusive behavior is a choice, whereas mental illness is an involuntary condition.

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Why don't they leave? Leaving an unhealthy relationship – let alone an abusive one – is never easy. Survivors often face many barriers in leaving an abusive relationship safely. For other survivors, leaving may never be an option. Our role is always to provide support, remain patient, and lend a nonjudgmental ear. Learn more about dynamics of why someone may stay in an abusive relationship from survivors who shared [#WhyIStayed](#) on social media.

9

An abuser's access to a firearm is a serious threat to victims, making it five times more likely that a woman will be killed (Campbell et al., 2003). Check out [Everytown for Gun Safety](#) for a report on the link between domestic violence and firearms.

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Many survivors don't leave abusive relationships, not because they don't want to, but because they can't afford to. Financial abuse and control happen in many cases of intimate partner violence, making it all the more difficult to leave the relationship safely. The lifetime costs of IPV are extremely high – nearly \$104,000 for women and nearly \$23,400 for men. (Peterson et al., 2018). To end domestic violence, we must also work towards economic justice for survivors.

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Arizona has many local programs that provide safety, counseling, legal help, and other resources for survivors and their children. Visit the **ACESDV website** for both local and national resources of domestic and sexual violence services and shelters.

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45 Percent of Black women experience IPV in their lifetime (NISVS, 2017) and they are three times more likely to die as a result of IPV than white women (IDVAAC, 2015). **Racism compounds domestic violence** which is why it is critical to take an anti-racism and anti-oppression approach in the work we do.

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Happy Indigenous Peoples' Day! Today is a day where we celebrate Native American culture and history. American Indian and Alaskan Native women have the highest rates of physical and sexual violence in the nation. "For generations, American Indians and Alaskan Natives have struggled against and from under the effects of colonization, inadequate resources, marginalization, termination and assimilation, and a lack of acknowledgment of the role that history has played in our continued hurt" (**StrongHearts Native Helpline**). Today's high prevalence of violence in Native communities is a modern manifestation of historical trauma.

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Reproductive Justice is a movement to advance "the human right to maintain personal bodily autonomy, have children, not have children, and parent the children we have in safe and sustainable communities" (**SisterSong**). The ones most impacted by reproductive coercion, whether at the hands of an intimate partner or the systems and policies in our country, are Indigenous women, trans women, and Women of Color.

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Women with disabilities are more likely to be abused by an intimate partner than able-bodied women. People with disabilities are more vulnerable to violence and coercion due in part to isolation, denial of human rights, and higher accessibility to others (Nosek et al., 2001). **Learn more** on how you can better advocate for survivors with a disability.

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Identifying domestic violence in immigrant and refugee communities can be difficult because of the fear associated with disclosure, such as deportation, loss of sponsorship, or community backlash. In today's particularly anti-immigrant climate, it can be especially difficult for an immigrant or refugee survivor to access services. Those who work with domestic violence survivors should understand these and other barriers immigrant and refugee survivors face in order to provide the best advocacy possible. Check out these **amazing organizations** who provide resources and information related to assisting immigrant and refugee survivors.

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Trans individuals experience higher levels of violence than cisgender individuals. The rates are even higher for trans women of color. **Learn more** on how violence disproportionately affects trans individuals and how you can better support trans and non-binary survivors in your community.

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What do Pac Man, the Rubik's Cube, and ARS 13-3601 have in common? They were all created in 1980! It has been 39 years since our state has passed the statute addressing domestic violence in our communities. Our work is only as strong as the laws and policies that support the safety and healing of survivors. Be an informed voter and engage your elected officials on issues important to you! **Register to vote in Arizona** and **sign up** to receive our Legislative Updates and Action Alerts.

22

Domestic violence is not just a women's issue. Toxic masculinity and strict gender expectations for boys are some of the roots of violence in our society. How can men show up in our work? How can we make our programs more inclusive for male allies? Check out Tony Porter's TED Talk, "A Call to Men."

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"Peace is not only the absence of war. As long as there is poverty, racism, discrimination, and exclusion, we'll be hard-pressed to achieve a world of peace."
– Rigoberta Menchu Tum

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To end domestic violence, we must consciously recognize how we are affected by and perpetuate all forms of oppression. We must authentically engage in both inward and outward work for racial equity. Survivors of color are frequently forced to navigate systems that are biased or resources that are not culturally specific. **Learn more** on how we can interrupt racial inequity facing survivors.

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The color purple was used in the women's suffrage movement and was later adopted in the early days of the battered women's movement. Remember to wear your purple tomorrow for Wear Purple Day in support of domestic violence survivors. Post your pictures on social media and use the hashtags #EndDVinAZ and #PurpleThursday!

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Today is Wear Purple Day! Show us how you wear purple in honor of domestic violence survivors and victims.
#EndDVinAZ #DVAM2019
#PurpleThursday



#EndDVinAZ

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Responding to a loved one who has disclosed intimate partner violence is never an easy experience. One may feel angry, sad, overwhelmed, helpless, or vengeful. However, the most important way to respond to a friend is to listen without judgment, maintain confidentiality, validate their experience, convey belief, and remind them that they have options. "I believe you." "It wasn't your fault." "You didn't deserve this." These are all statements you can make when a friend or loved one discloses their experience of abuse. #BelieveSurvivors #EndDVinAZ

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Not all professionals are trained in or understand the nuances of domestic violence. It can be harmful to encounter a mental health professional who engages in victim-blaming or minimization of the abuse someone has experienced. Check out our helpful tool, "Interview Your Mental Health Provider" to ensure a therapist or counselor is well-versed in topics like domestic violence and sexual assault.

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One of the biggest resiliency factors in helping children heal from exposure to domestic violence is the presence of consistent, supportive, and loving adults, most often their non-abusive parent. Check out Promising Futures' Promoting Resiliency infographic.

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Support from the community is critical for local programs to keep their doors open. From item donations to financial support or volunteering - this all helps. **Donate to ACESDV** or your local program today.

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Pets are sources of companionship, comfort, and unconditional love. "A survivor called our hotline to ask whether we accept pets in our shelter. When he heard we do, he cried. His husband threatened him that if he ever left or went to the police, the abuser would kill his dog. When he entered the shelter that night, he said he felt safe for the first time in years." – Connecticut advocate, NNEDV 2018 Census. Check out the **ACESDV BaRC Project** to learn more about our efforts to keep pets and survivors safe together. #woof #meow

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Self-care is not selfish; it is the obligation and responsibility of all those working in helping professions to care for themselves in order to best care for others. We must extend the same understanding and compassion we demonstrate to survivors to ourselves. How do you self-care?

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Is your relationship based on equality? Check out our **Equality Wheel** to assess how your relationship stacks up. What are the qualities of a relationship that make it so great?

#EndDVinAZ