

31 Facts for Domestic Violence Awareness Month

October 2020



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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 #DVAM2020

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.

3

The people who are closest to the pain, trauma, should be at the forefront of creating solutions; the impetus of [the Survivor's Agenda] was to make sure that survivors are a constituency and in our survival is power. -Tarana Burke Make your voice heard. As advocates, allies, and survivors sexual assault and domestic violence, we can impact outcomes and change the debate when we vote. People with lived experiences are the experts on how policies affect them – it is critical we elect lawmakers that are supportive of policy decisions that protect and center survivors. Register to vote in Arizona and sign up to receive our Legislative Updates and Action Alerts.

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1 in 4 women and 1 in 10 men experienced contact sexual violence, physical violence, and/or stalking by an intimate partner in her lifetime (NISVS, 2017). For transgender and gender non-conforming individuals, more than half (54%) experience some form of intimate partner violence, including acts involving coercive control and physical harm (USTS, 2016).

5

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, pet abuse, or sexual coercion.

6

Legal needs for survivors can go beyond a protective order. A survivor might seek help with immigration matters, divorce, custody or criminal proceedings. Visit WomensLaw.org for state-specific information, and to learn more about additional legal resources in our state.

7

COVID-19 and the need to quarantine has been a challenge for some survivors to find safety in their own home. To mitigate some of these challenges locate the safest place in the house, if there is access to a phone, keep that charged at all times, identify safe people that may be a resource, take the pet for a walk for space, or take the children outside for breaks.

8

Despite COVID-19, domestic violence programs and shelters remain open. To find out more about how your local program has shifted how they are providing services [click here](#).

9

The fear of not being believed or blamed is often why survivors don't reach out to friends and family for support. To learn more about how to support survivors [check out this webinar](#).

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“Feeling listened to and understood changes our physiology; being able to articulate a complex feeling, and having our feelings recognized, lights up our limbic brain and creates an ‘aha moment’.” Bessel Van der Kolk, 2014 Today is World Mental Health day! The mental and emotional wellbeing of survivors is important to us. Therapists or counselors can support their clients by listening and providing tools to overcome overwhelming feelings such as anxiety, sadness, or anger. [Check out this helpful tool](#) to ensure a therapist or counselor is well-versed in topics like domestic violence and sexual assault.

11

Toxic masculinity and strict gender expectations for boys and men are some of the roots of violence in our society. How can men show up in our work? Check out Tony Porter’s TED Talk, “[A Call to Men.](#)”

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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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One form of emotional abuse that abusive partners often use is gaslighting. Gaslighting causes survivors to question their own reality, feelings, instincts and memory. To learn more, [check out this article](#) from the National Domestic Violence Hotline.

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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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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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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 are prevalent in intimate partner violence. Check out this video to learn more "[Know Financial Abuse](#)", and visit the [Allstate Foundation](#) for additional information and resources.

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Women with disabilities are more likely to be abused by an intimate partner than able-bodied woman. 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 disabilities.

16

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). Anti-black racism manifested as biases, profiling and discrimination compound domestic violence and undermine the experiences of black women. It is critical that we take an anti-racism and anti-oppression approach while working with and healing our communities.

18

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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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. Check out these [amazing organizations](#) who provide resources and information related to assisting immigrant and refugee survivors.

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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 & #PurpleThursday

23

"Domestic violence is inextricably linked to all forms of violence, and to end domestic violence, we must dismantle anti-Blackness, other types of racism, discrimination, and structures that perpetuate oppression." – Farzana Safiullah & Dr. Johnny Rice II

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

#EndDVinAZ #DVAM2020
#PurpleThursday



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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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Bisexual women are 2.6 times more likely to report ever having experienced intimate partner sexual violence compared to heterosexual women (NISVS, 2015). [Learn more](#) on how violence affects the LGBTQIA+ community.

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“Funding is critical in sustaining and hiring staff, purchasing new technologies, identifying safe housing alternatives, and modifying programs to ensure social distancing and adequate sanitation.” – The Impact of COVID-19 on Sexual and Domestic Violence Programs in Arizona Support from the community is critical for Arizona domestic violence programs to continue supporting survivors seeking safety and healing. [Donate to a local program.](#)

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Convey belief, listen without judgement, and validate their experience. -National DV Hotline Building community around survivors is critical right now during COVID-19. If you are concerned for the safety of someone in your neighborhood, now is a great time to connect with them. [Check out this link](#) on how to support those in your life affected by violence.

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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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“I was isolated for such a long time that my dog was my only companion for a while. When I felt like there was no hope, he gave me a reason to live.” –Domestic Violence Survivor [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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Now more than ever, it is important that we practice kindness and understanding with ourselves. Self-care is a powerful and flexible tool, that can be modified to meet your current needs and space. [Check-out our Activity Book for Self-Care During COVID-19](#) for ideas on how to begin your self-care routine!

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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