

31 Facts

For Domestic Violence Awareness Month



October 2022



1

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 #DVAM2022

2

Did you know that domestic violence is a leading cause of houselessness for women and their children? Between 22 and 57% of women reported domestic violence as the immediate cause for their homelessness. Over 90% of homeless women have experienced physical or sexual abuse at some point in their lives, and 63% have been victims of intimate partner violence as adults ([NNEDV, 2019](#)).

3

More than half of transgender and gender non-conforming individuals experience some form of intimate partner violence, including acts involving coercive control and physical harm (USTS, 2016). Check out these [Trans Specific Power and Control Tactics](#) to learn more about the specific tactics used to cause harm to these communities.

4

The term "disability" encompasses many forms and degrees of impairments, including physical, developmental and psychological disabilities. A survey conducted by the Spectrum Institute Disability and Abuse Project found that 70% of respondents with disabilities experienced some form of abuse by an intimate partner, family member, caregiver, acquaintance or stranger. For more information, [click here](#).

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People with disabilities from racial and ethnic groups other than non-Hispanic White experience a disproportionate burden of the impact of gun violence. People with disabilities from these racial and ethnic groups have increased vulnerability because of historical and current day discrimination and marginalization based on their multiple identities. Because of these realities, care must be taken to protect the lives of people of color with disabilities where the risk and consequences of gun violence are greater due to discrimination, misidentification, and inadequate care, supports and services ([AUCD, 2022](#)).

5

“Racism and violence have long been intricately linked, feeding off each other like rivaling wildfires ([Kippert, 2020](#)).” In the 2017 [Black Leaders Survey on Domestic Violence](#), 72% of participants cited systemic racism among the root causes of domestic violence in Black communities. Additional factors cited include economic stress, childhood trauma, and substance abuse. Racism perpetuates domestic violence in all communities of color, which is why dismantling oppression and promoting equity need to be at the center of our anti-violence work.

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Culturally responsive services matter! Social and cultural factors affect whether and how victims of domestic violence disclose abuse and may influence the effectiveness of the services they receive. Domestic service providers are most successful when they adapt interventions to the cultural perspectives of the people they serve. Click [here](#) to learn more about actions you can take to create culturally responsive spaces.

6

Victim-blaming attitudes can marginalize a survivor, making it harder to seek services and heal. When engaging in victim-blaming attitudes, society allows people causing harm to commit relationship abuse while avoiding accountability for those actions. “Victim-blaming attitudes prevent society from acknowledging and changing toxic masculinity and rape culture”. – The Center for Relationship Abuse Awareness. To learn more about how to support survivors check out: [Interrupting Victim-blaming Webinar](#).

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What are the qualities of a relationship that make it great? Check out our [Equality Wheel](#) to assess how your relationship stacks up.

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Happy Indigenous Peoples' Day! Did you know that higher rates of exposure to traumatic events coupled with the overarching cultural, historical, and intergenerational traumas make Indigenous survivors vulnerable to PTSD? Learn more about how these multiple traumas can impact Indigenous communities [here](#).

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Survivors with disabilities often face additional types of abuse such as having medication intentionally withheld or overdosed, threats of abandonment, and having access to mobility and communication devices limited or taken away. To learn more about the additional challenges and ways to support survivors with disabilities click [here](#).

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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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It is not uncommon for survivors to have poor credit or be credit invisible, impacting their ability to rent or own safe and stable housing. Click [here](#) to learn more about economic abuse and its impact on housing.

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“The healing process is best described as a spiral. Survivors go through the stages once, sometimes many times; sometimes in one order, sometimes in another. Each time they hit a stage again, they move up the spiral: they can integrate new information and a broader range of feelings, utilize more resources, take better care of themselves, and make deeper changes.” - Laura Hough. Want to learn more on self-care for survivors of trauma? [Read this article](#) from the National Domestic Violence Hotline.

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Highlighting and nurturing protective and resiliency factors is pivotal in mending and transforming adverse experiences and providing youth the tools necessary to heal from experiencing violence in their homes. Learn more about protective factors by visiting the [Child Welfare Information Gateway](#).



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Misinformation about access to emergency housing for immigrant survivors, is often cited as one reason they are forced to stay in the abusive household. Clarifying misconceptions held by housing providers and advocates when supporting immigrant survivors is key to increase the access to safe housing options. To learn more about eligibility requirements for immigrant survivors click [here](#).

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When a survivor with disabilities leaves an abusive situation, it is often hard for them to access housing that can accommodate their needs. Click [here](#) to learn more about programs addressing this specific service gap and how we can help.

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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. Just having my dogs around me now provides comfort when I'm having anxiety, upset or feeling stressed. They're so intuitive and so loving!" – Survivor Quote 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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Talking to youth about individuality and healthy boundaries is vital to fostering healthy relationships not only with their peers, but with all individuals in their lives. Need help starting the conversation? [Check out Love Is Respect.](#)



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Today is Wear Purple Day! Show us how you wear purple in honor of domestic violence survivors and victims. #EndDVinAZ #DVAM2022 #PurpleThursday

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Don't make assumptions about what survivors with disabilities need based on appearance or communication style —Let them communicate what they need from you. To learn more about helping survivors with disabilities visit the [Vera Institute of Justice](#).

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Did you know that pets can be added to a protective order under Arizona Revised Statute §13-3602? To learn more about legal protections available for pets visit az.leg.gov.

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“Rethinking our approach to intimate partner violence (IPV) through a public health framework, replacing the dominant criminalization strategy, the urgency of violence prevention is elevated, and we can intervene before harm occurs, rather than reacting and incarcerating. A public health approach compels us to closely examine the social determinants of health that drive violence such as poverty and adverse childhood experiences. It urges us to reconsider the cycles of violence many are trapped in, to address the unequal conditions that foster violence, and to revisit, how, if at all, we foster healing from the trauma violence imprints on our minds and bodies”. – Alliance for Boys and Men of Color [Learn more](#) about shifting our approaches to ending intimate partner violence.

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“Domestic violence can be so easy for people to ignore, as it often happens without any witnesses, and it is sometimes easier not to get involved. Yet, by publicly speaking out against domestic violence, together we can challenge attitudes towards violence in the home and show that domestic violence is a crime and not merely unacceptable.” — Honor Blackman

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“One of the most basic things we can do is let the men in our lives know it’s not okay to mistreat a woman.” — Tim McGraw. What can men do to be involved to help with ending domestic violence? Click [here](#) to learn more about engaging young boys and men in the movement to end violence.

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In order to curb the negative impacts of domestic violence and homelessness, leaders should take active measures to ensure that survivors’ housing rights are safeguarded. Municipalities should consider passing new laws that prohibit housing discrimination against survivors and provide affirmative housing rights to survivors seeking to leave an abusive relationship. These laws will benefit not only survivors but also entire communities. To learn more about safe homes and safe communities click [here](#).

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Preventing domestic violence is not something that happens solely during adulthood. Prevention is just as important during adolescence. According to the CDC, an estimated 8.5 million women in the U.S. and over 4 million men reported experiencing stalking, and physical or sexual violence from an intimate partner in their lifetime. They indicated and indicated that they first experienced these or other forms of violence by that partner before the age of 18. Click [here](#) to learn more.

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The effects of abuse are devastating and far-reaching. Domestic violence speaks many languages, has many colors and lives in many different communities.”

— Sandra Pupatello

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The work to end domestic violence spans beyond Domestic Violence Awareness Month. Together we can create safe spaces and support survivors year-round. To learn more about ways to help visit our website at acesdv.org.

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Only three percent of sexual abuse cases involving people with developmental and cognitive disabilities are ever reported. Yet, people with cognitive disabilities experience the highest rates of violence of all people with disabilities. To learn more about the additional barriers to safety for individuals with disabilities click [here](#).

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