






















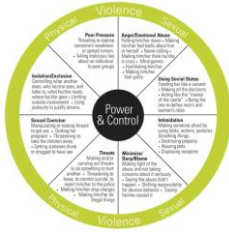



# October

# 2022

## DOMESTIC VIOLENCE AWARENESS MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>If you or someone you know is a victim of domestic violence and need assistance, please call our 24 – Hour Hotline: 1.800.686.1122</i></p> <div style="border: 2px solid purple; padding: 10px; text-align: center;"> <p><b>EVERY 1</b> KNOWS <b>SOME 1</b></p> </div> <div style="text-align: center;">  <h1>OneEighty</h1> <p>Helping people change direction.</p> </div>						<p><b>1</b></p> <p><b>Domestic Violence</b> is a pattern of abusive and coercive behaviors, including physical, sexual, and psychological attacks, as well as economic coercion, that adults and adolescents use against their intimate partners to gain control.</p>
<p><b>2</b></p> <p>Domestic violence affects people of <u>all</u> genders, ages, races, religions, and socioeconomic backgrounds. It is a crime based on the exertion of power and control by one partner over the other in an intimate relationship.</p>	<p><b>3</b></p> <p>Show your support for survivors as you travel by placing a DVAM ribbon magnet on your car. Stop in at OneEighty M – F from 8am – 5pm to pick one up.</p> 	<p><b>4</b></p> <p>Watch a <b>TED</b> talk on domestic violence to gain important insight into the psyche of a survivor. Click <a href="#">HERE</a> to listen to Leslie Morgan Steiner: Why domestic violence victims don't leave.</p>	<p><b>5</b></p> <p>Listen to the <i>Wednesday Workshop Podcast</i>, an advocate-led podcast which shares strategies to heal and move beyond the trauma inflicted by domestic and sexual violence</p> <p><a href="https://twcwaukesha.org/resources/">https://twcwaukesha.org/resources/</a></p> 	<p><b>6</b></p> <p>Research candidates' positions on domestic violence reform and funding plans at all levels of government.</p> 	<p><b>7</b></p> <p><b>TEEN ALERT</b></p>  <p>Test your knowledge of healthy relationships and dating abuse with downloadable quizzes</p> <p><a href="http://loveisrespect.org">loveisrespect.org</a></p>	<p><b>8</b></p> <p>Educate yourself and those around you on the importance of a thorough safety plan <a href="#">HERE</a> Safety planning can help protect and keep you safe in a dangerous situation and prepare you to react quickly.</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9</p> <p>Read the Wayne and Holmes Counties Commissioners' <b>2022 Domestic Violence Awareness Month (DVAM) Proclamations</b></p> <p><a href="http://www.one-eighty.org">www.one-eighty.org</a></p> 	<p>10</p> <p><b>LGBTQIA+ RESOURCES</b></p>  <p><a href="https://www.tnlr.org/en/24-hour-hotline/">https://www.tnlr.org/en/24-hour-hotline/</a></p> <p><a href="https://www.thehotline.org/resources/abuse-in-lgbtq-communities/">https://www.thehotline.org/resources/abuse-in-lgbtq-communities/</a></p> <p><a href="https://lgbtcleveland.org/">https://lgbtcleveland.org/</a></p> <p><a href="https://www.the Trevorproject.org/">https://www.the Trevorproject.org/</a></p> <p><a href="https://www.pflagcleveland.org/">https://www.pflagcleveland.org/</a></p> <p><a href="https://www.glaad.org/">https://www.glaad.org/</a></p>	<p>11</p> <p><i>“Empathy has no script. There is no right way or wrong way to do it. It’s simply listening, holding space, withholding judgment, emotionally connecting, and communicating that incredibly healing message of “You’re not alone.”</i> Brené Brown</p> <p><a href="https://brenebrown.com/videos/rsa-short-empathy/">https://brenebrown.com/videos/rsa-short-empathy/</a></p> 	<p>12</p> <p><b>Ohio Domestic Violence Fatalities Report: 7/1/2020 – 6/30/2021:</b></p> <p>131 fatalities in 90 cases total</p> <p>34% of cases involved perpetrator suicide</p> <p>22 cases involved both a homicide and a suicide</p> <p>121 people were killed or injured with guns</p> <p>88 people were killed or injured by guns</p> <p>18% of cases involved children at the scene</p> <p>6 perpetrators were killed by law enforcement</p> <p>There were 82 male perpetrators and 9 female perpetrators</p> <p><a href="https://www.odvn.org/FatalityReport.pdf">2020-2021 ODVN FatalityReport.pdf</a></p>	<p>13</p> <p><b>National Domestic Violence Statistics</b></p> <p>*Only 34% of people who are injured by intimate partners receive medical care for their injuries</p> <p>*An abuser’s access to a firearm increases the risk of intimate partner femicide by 400%</p> <p>*Partner violence is most common against women between the ages of 18-24</p> <p><a href="https://ncadv.org/STATISTICS">https://ncadv.org/STATISTICS</a></p>	<p>14</p> <p>Share with friends and family the significance of purple to acknowledge and support domestic violence survivors:</p> <p><i>Purple is a symbol of peace, courage, survival, honor, and dedication to ending domestic violence.</i></p> <p>Update your social media profile pictures to include a purple ribbon in observance of DVAM.</p> 	<p>15</p> <p>Use your social media influence to share resources, blog/vlogs, and messages of support and encouragement for domestic violence survivors.</p>     
<p>16</p>  <p>Visit <a href="https://nomore.org/take-action/">https://nomore.org/take-action/</a> and take the pledge to help end domestic violence</p>	<p>17</p> <p><i>“Out of suffering have emerged the strongest souls; the most massive characters are seared with scars.”</i> Khalil Gibran</p>  <p><i>“And one has to understand that braveness is not the absence of fear but rather the strength to keep on going forward despite the fear.”</i> Paul Coelho</p>	<p>18</p> <p><b>Twitter Chat Tuesday</b></p> <p>Join us from 3:00-4:00 PM ET as we explore the National Resource Center on Domestic Violence (NRC DV)’s DVAM theme (“No Survivor Without Racial Justice”) in both English and Spanish. More info <a href="#">here</a>.</p>	<p>19</p> <p><b>DVAM Day of Giving</b></p> <p>Survivors, advocates, and programs urgently need support. Visit <a href="http://www.one-eighty.org">www.one-eighty.org</a> or another agency that supports survivors and donate today.</p>  <p>Helping people change direction.</p> 	<p>20</p> <p><b>Wear Purple</b> for #PurpleThursday . Use wearing purple as a conversation starter and support for survivors. Share your commitment to ending domestic violence.</p>   	<p>21</p> <p><i>“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.”</i> Maria Robinson</p> 	<p>22</p>  <p><b>#PutTheNailInIt</b></p> <p>Paint your ring fingernail purple, and take the #PutTheNailInIt vow to help spread awareness of domestic violence</p> <p><a href="http://putthenailinit.com">putthenailinit.com</a></p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>23</p> <p>Discuss domestic violence within your faith-based community. If you would like to host a guest speaker, contact OneEighty Coordinated Community Response Specialist - Gayle Byrne: <a href="mailto:byrne-g@one-eighty.org">byrne-g@one-eighty.org</a> 330.804.3308</p> 	<p>24</p> <p><b>Why Victims Stay</b></p> <p><b>Economic dependence</b></p> <p>Fear of greater danger w/leaving</p> <p><b>Fear of losing custody</b></p> <p>Lack of alternative housing</p> <p><b>Lack of job skills</b></p> <p>Social isolation</p> <p><b>Fear of loneliness</b></p> <p>Guilt of failed marriage</p> <p><b>Belief that abuser will be charged by police</b></p> <p>Feeling of helplessness</p> <p><b>Lack of emotional support</b></p> <p>Cultural/Religious restraints</p> <p><b>Love/Hope for behavior change</b></p>	<p>25</p> <p><b>Victim Advocates</b></p> <p>offer FREE support throughout a victim's journey, including</p> <ul style="list-style-type: none"> <li>* safety planning</li> <li>* court accompaniment</li> <li>* protection order assistance</li> <li>* legal aid referral</li> <li>* resources provision</li> <li>* non-judgmental support</li> <li>* bi-weekly Empower Support Group meeting facilitation</li> </ul> <p><a href="mailto:advocates@one-eighty.org">advocates@one-eighty.org</a></p>	<p>26</p> <p><b>Power &amp; Control Wheel</b></p> <p>Learn about common abusive behaviors in intimate partner and domestic relationships</p> <p><a href="#">HERE</a></p> 	<p>27</p> <p>Practice self-care <b>each day!</b> Even simple activities for a short time are healing to your mind and body:</p> <p><i>Read a book</i></p> <p><i>Take a long bath</i></p> <p><i>Take a long walk</i></p> <p><i>Color/draw/doodle</i></p> <p><i>Listen to music</i></p> <p><i>Daydream</i></p> <p><i>Go to church</i></p> <p><i>Write in a journal</i></p> <p><i>Take a bike ride</i></p> <p><i>Call a friend to chat/laugh</i></p> <p><i>Make a favorite treat</i></p> <p><i>Take a nap</i></p> <p><i>Paint your nails</i></p> <p><i>Work out</i></p> <p><i>Do a puzzle</i></p> 	<p>28</p> <p>Host a movie night which addresses domestic violence and discuss the issue with family and friends.</p>  <p>Suggestions:</p> <p><i>A Vigilante</i></p> <p><i>The Color Purple</i></p> <p><i>Berlin Syndrome</i></p> <p><i>Precious</i></p> <p><i>Affliction</i></p> <p><i>Boys on the Side</i></p> <p><i>Fried Green Tomatoes</i></p> <p><i>Reviving Ophelia</i></p> <p><i>The invisible Man (2020)</i></p>	<p>29</p> <p><i>"Promise me you'll always remember: You're braver than you believe, and stronger than you seem, and smarter than you think."</i></p> <p>A.A. Milne (Christopher Robin)</p> 

<p>30</p> <p>Learn about volunteering opportunities at OneEighty</p> <p>Contact Volunteer Coordinator - Dwight Sprang: <a href="mailto:sprangd@one-eighty.org">sprangd@one-eighty.org</a></p> 	<p>31</p> <p>Domestic violence awareness and learning must last all year. Continue your journey through reading...</p> <p><a href="http://www.clevnet.org">www.clevnet.org</a></p> 
---	--

## Find these books and more on the DVAM Wayne County Public Library/Clevnet lists:

