

October

2021

DOMESTIC VIOLENCE AWARENESS MONTH

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



Helping people change direction.


















“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.’” -Brené Brown



<https://brenebrown.com/videos/rsa-short-empathy/>

Friday	Saturday
1	2
<p>Domestic Violence</p> <p>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> <hr/> <p>Why Victims Stay:</p> <ul style="list-style-type: none"> Economic dependence Fear of greater danger w/leaving Fear of losing custody Lack of alternative housing Lack of job skills Social isolation Fear of loneliness Guilt of failed marriage Belief that abuser will be charged by police Feeling of helplessness Lack of emotional support Cultural/ Religious restraints Love/Hope for behavior change 	<p>Ohio Domestic Violence Fatalities Report:</p> <p>7/1/2019 – 6/30/2020:</p> <ul style="list-style-type: none"> 109 fatalities in 77 cases total 38% of cases involved suicide 22 cases involved both a homicide and a suicide The oldest victim was an 82-year old man 88 people were killed or injured by guns 18% of cases involved children at the scene 5 perpetrators were killed by law enforcement 20+ perpetrators had previously been charged or convicted with domestic violence prior to the fatal incident 71 perpetrators were male/ 7 female 1 law enforcement officer was killed <p>2019-2020 ODVN FatalityReport.pdf</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3</p> <p>"A healthy relationship will never require you to sacrifice your friends, your dreams, or your dignity." -- Mandy Hale</p> 	<p>4</p> <p>DECORATE YOUR DOOR Decorate your door in a fall theme and prominently display THIS FLIER</p> <p>Share on Facebook and mention @OneEighty, Inc</p> 	<p>5</p>  <p>#PutTheNailInIt</p> <p>Paint your ring fingernail purple, and take the <i>#PutTheNailInIt</i> vow to help spread awareness of domestic violence</p> <p>putthenailinit.com</p>	<p>6</p> <p>National Domestic Violence Statistics</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>https://ncadv.org/STATISTICS</p>	<p>7</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>https://twcwaukesha.org/resources/</p> 	<p>8</p> <p>TEEN ALERT Test your knowledge of healthy relationships and dating abuse with downloadable quizzes</p> <p>loveisrespect.org</p>	<p>9</p> <p>Follow NCADV (National Coalition Against Domestic Violence), ODVN (Ohio Domestic Violence Network) and OneEighty on social media</p> 
<p>10</p> <p>Practice self-care today! Even simple activities for a short time are healing to your mind and body:</p> <p><i>Read a book Take a long bath Take a long walk Color/draw/doodle Listen to music Daydream Go to church Write in a journal Take a bike ride Call a friend to chat/laugh Make a favorite treat Take a nap Paint your nails Work out Do a puzzle</i></p> 	<p>11</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>12</p> <p>Become informed about the scope of the problem in the US:</p> <p>*Intimate partner violence accounts for 15% of all violent crime</p> <p>*38% of Ohio women and 33% Ohio men experience intimate partner physical violence/rape/stalking in their lifetime</p> <p>*On a typical day, domestic violence hotlines receive 21,000 calls</p> <p>www.ncadv.org</p>	<p>13</p> <p>Talk to your young children and teens about what healthy relationships mean. Discuss establishing personal boundaries and for older children, thinking about their personal goals and what they want/expect from their relationships</p> 	<p>14</p> <p>Listen to <i>The Plain People's Podcast</i>, hosted by Jasper Hoffman, which shares stories from Amish/Plain community survivors:</p> <p>https://theplainpeoplespodcast.libsyn.com/</p> 	<p>15</p> <p>Read the Wayne and Holmes Counties Commissioners' 2021 Domestic Violence Awareness Month (DVAM) Proclamations</p> <p>www.one-eighty.org</p>	<p>16</p> <p>Host a movie night which addresses domestic violence and discuss the issue with family and friends.</p> <p>Suggestions: <i>A Vigilante The Color Purple Berlin Syndrome Precious Affliction Boys on the Side Fried Green Tomatoes Reviving Ophelia The invisible Man (2020)</i></p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>17</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: byrneg@one-eighty.org 330.804.3308</p> 	<p>18</p> <p>Encourage athletic coaches to talk about the importance of respect and nonviolence on and off the field and court.</p> <p>Check out the <i>Coaching Boys into Men</i> program lead by a couple of high schools coaches in Washington State HERE</p> 	<p>19</p> <p>Empathic Phrases:</p> <p>*You are so brave to share this with me. Thank you for trusting me.</p> <p>*What I admire most about what you're doing is...</p> <p>*I'm sorry you're going through this; I am here with you.</p> <p>*What can I do to ease your burden?</p> <p>*I wish I could have been with you in that moment.</p>	<p>20</p> <p>Organize with friends to wear purple tomorrow for National Domestic Violence Awareness Month (DVAM)</p> <p>NATIONAL WEAR PURPLE DAY.</p>  <p>Take some pictures and post them online! Tag your local, state or national domestic violence program or coalition.</p> <p>#PurpleThursday</p>	<p>21</p> <p>#PURPLE THURSDAY</p>    	<p>22</p> <p>Watch a TED talk on domestic violence to gain important insight into the psyche of a survivor. Click HERE to listen to Leslie Morgan Steiner: Why domestic violence victims don't leave</p> 	<p>23</p> <p>"Nobody can go back and start a new beginning, but anyone can start today and make a new ending." --Maria Robinson</p>
<p>24</p> <p>Power & Control Wheel</p> <p>Learn about common abusive behaviors in intimate partner and domestic relationships HERE</p> 	<p>25</p> <p>Educate yourself and those around you on the importance of a thorough safety plan HERE</p> <p>Safety planning can help protect and keep you safe in a dangerous situation and prepare you to react quickly.</p>	<p>26</p> <p>Learn about The Clothesline Project, a national initiative to bring awareness to violence against women and children</p>  <p>theclotheslineproject.org</p> 	<p>27</p> <p>Intimate Partner Violence - Leaving is complicated: One survivor's story</p> <p>Gain important perspective through Community Legal Aid's Big Ideas blog, which shares personal insight on the challenges survivors may face when living with domestic violence: www.communitylegalaid.org</p>	<p>28</p> <p>Utilize the National Domestic Violence Hotline's help for friends and family: https://www.thehotline.org/support-others/</p> 	<p>29</p> <p>Learn about volunteering opportunities at OneEighty Contact Volunteer Coordinator - Dwight Sprang: sprangd@one-eighty.org</p> 	<p>30</p> <p>Visit https://no-more.org/take-action/ and take the pledge to help end domestic violence</p> 
<p>31</p> <p>Domestic violence awareness and learning should last all year. Continue your journey through reading...</p>	<p>Find these books and more on the following Wayne County Public Library/Clevnet lists</p> 					