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# Domestic Violence Awareness Month 2020



#DVAMcle  
#DVAM2020  
#1Thing

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## Domestic Violence Awareness Month

Journey Center for Safety and Healing provides services that foster safety and healing for those affected by child abuse and domestic violence; and prevents abuse through education, advocacy, and systemic change. Formerly known as Domestic Violence & Child Advocacy Center, Journey Center carries on the same mission, vision and values.

Domestic Violence Awareness Month (DVAM) is held throughout the month of October as a way to bring greater awareness to this important issue. We are excited to take this Journey with you throughout October as we create awareness about domestic violence, the importance of healthy relationships, and learn ways that we can help those we love.

### What is Domestic Violence?

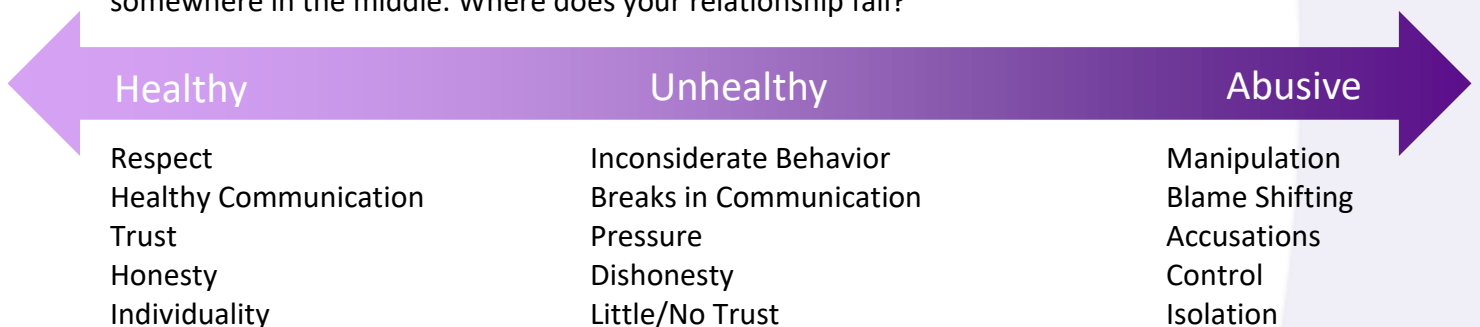
Domestic violence is a pattern of behaviors used by one partner to maintain **power** and **control**. It occurs when one person intentionally causes physical or emotional harm to a partner in an intimate relationship.

Domestic violence crosses racial, cultural, socioeconomic, and religious lines and occurs in all types of intimate relationships – it happens to people of all genders. However, woman are the most frequent victims of domestic violence.

Some important statistics to remember:

- On average, **24 people per minute** are victims of rape, physical violence, or stalking by an intimate partner in the U.S. – that is more than **12 million people** over the course of a year
- **1 in 4 women** and **1 in 7 men**, 18+ in the U.S. have been the victim of severe physical violence by an intimate partner in their lifetime
- **Females ages 16 – 34** generally experience the highest rates of domestic violence
- Nearly half of female homicide victims are killed by a current or former male intimate partner

All relationships exist on a spectrum from healthy to abusive with unhealthy aspects somewhere in the middle. Where does your relationship fall?



## Myths & Facts

**Myth:** Domestic violence is just a momentary loss of temper.

**Fact:** People who abuse make the choice to abuse their partner. Abusers act deliberately and they choose whom to abuse.

**Myth:** The victim can always walk away from the relationship.

**Fact:** There are many reasons why someone may choose to stay in an abusive relationship. It is important to remember that the most dangerous time for a domestic violence victim is when they leave or attempt to leave an abusive relationship.

**Myth:** Domestic violence is a private family matter; it's not a social issue.

**Fact:** Domestic violence affects everyone. The reality is that society incurs a high cost from domestic violence including: hospital treatment, medication, court proceedings, and legal fees. It also includes the psychological and physical impact of those who experience unhealthy or abusive relationships. Remember, when we say that domestic violence is, "not my business", we are condoning and permitting it and telling victims that they are alone.

**Myth:** Domestic violence only happens in poor families.

**Fact:** Domestic violence can, and does, affect everyone. It crosses racial, cultural, socioeconomic, and religious lines and occurs in all types of intimate relationships.

**Myth:** If a violent episode doesn't happen often, the situation is not that serious.

**Fact:** While there are aspects of domestic violence (emotional, verbal, financial abuse, etc.) that may not be considered criminal, the effects of these types of abuse can be long lasting. Regardless of physical abuse, domestic violence should always be taken seriously.

**Myth:** Alcohol and drugs make abusers violent.

**Fact:** Alcohol and drugs can make existing abuse worse or be a catalyst for abuse but they do not cause abuse.

**Myth:** A parents' abusive relationship doesn't have to affect children.

**Fact:** An estimated 90% of children whose mothers are abused witness the abuse and 50% of men who assaulted their wives also assaulted their children. Children who experience domestic violence are 2-3 times more likely to repeat the cycle of violence in adulthood. Domestic violence in the home can have long term effects including higher risk for health problems as adults.

**Myth:** Abusers are mentally ill.

**Fact:** There is no relationship between violent behavior and mental health. Research shows that those with severe mental illness are over 10 times more likely to be victims of violence crime.

## Red Flags & Warning Signs

It may not always be easy to tell if you or someone you care about is in an unhealthy or abusive relationship. Here are a few signs to look out for:

- Frequent lateness and/or sudden absence
- Fear of their partner or references to their partner's anger
- Insufficient resources to live on
- Increased secrecy
- Constant thoughts and/or obsession with their partner
- Making excuses or taking blame for their partner's behavior
- Increased depression and/or anxiety
- One partner controls who the other sees, where they go, and/or what they do
- Bruises, scratches, or other unexplained injuries
- Extreme jealousy
- One partner makes all the decisions and/or prevents the other from making decisions

## How Can You Help?

If someone you care about is in an unhealthy or abusive relationship you may not know what to do or what to say. You may want to "save" your loved one but it's not always that easy. Remember, there are many reasons why someone may choose to stay in their relationship; and, leaving can be dangerous.

Here are a few ways that you can help a friend or loved one:

- Be supportive – regardless of their decision(s)
- Listen- give your full attention
- Believe what you are being told
- Remind them that the abuse is not their fault
- Do not judge
- Acknowledge they are in a difficult situation
- Provide resources

### Say This

- Tell me how you responded
- How have you kept yourself safe in the past?
- You deserve to feel safe
- There are people that can help you

### Not That

- What did you do?
- I know you are being abused
- Did you do something to stop the abuse?
- Can't you just forget it?

## Social Media Images

Share these images, and other Journey Center social media posts, to start conversations and promote awareness and education. Click each image to download and share.

# Need to Talk?

Call or text our 24-Hour Helpline  
**216.391.4357 (HELP)**

Or live chat at:  
**Journeyneo.org**



## WHAT IS DOMESTIC VIOLENCE?

DOMESTIC VIOLENCE IS A PATTERN OF BEHAVIORS USED BY ONE PARTNER TO MAINTAIN POWER AND CONTROL

1 IN 4 WOMEN AND 1 IN 7 MEN, 18+ IN THE U.S. HAVE BEEN THE VICTIM OF SEVERE PHYSICAL VIOLENCE BY AN INTIMATE PARTNER IN THEIR LIFETIME

IT OCCURS WHEN ONE PERSON INTENTIONALLY CAUSES PHYSICAL OR EMOTIONAL HARM TO A PARTNER IN AN INTIMATE RELATIONSHIP

DOMESTIC VIOLENCE CROSSES RACIAL, CULTURAL, SOCIOECONOMIC, AND RELIGIOUS LINES AND OCCURS IN ALL TYPES OF INTIMATE RELATIONSHIPS - IT HAPPENS TO PEOPLE OF ALL GENDERS



**216.391.4357 (HELP)**

### What's True About Domestic Violence?

**Myth:** DV is a momentary loss of temper.

**Fact:** People who abuse make the choice to abuse their partner. Abusers act deliberately and they choose whom to abuse.

**Myth:** Alcohol & drugs make abusers violent.

**Fact:** Alcohol and drugs can make existing abuse worse or be a catalyst for abuse but they do not cause abuse.

**Myth:** The victim can always just walk away.

**Fact:** The most dangerous time for a DV victim is when they leave or attempt to leave their relationship.



### What's True About Domestic Violence?

**Myth:** If a violent episode doesn't happen often, the situation is not that serious.

**Fact:** There are many aspects of DV that are not considered criminal: verbal/emotional abuse, financial abuse, etc. Regardless of physical abuse, DV should always be taken seriously & the effects of abuse can be long lasting.

**Myth:** A parents' abusive relationship doesn't have to affect children.

**Fact:** Children who experience DV are 2-3 times more likely to repeat the cycle of violence in adulthood. DV in the home has long term effects.



Everyone deserves to feel safe on their Journey to safety and healing. You are not alone.  
#DVAMcle #DVAM2020

## Warning Signs

How might you know if someone you cared about was in an unsafe relationship?

- Increased secrecy
- Fear of their partner and/or references to their partner's anger
- Depression and/or anxiety
- Extreme jealousy from their partner or friends and/or family members
- Making excuses or taking blame for their partner's behavior
- Inappropriate displays of emotion(s)
- One partner makes all of decisions in the relationship
- Discourages their partner from seeing loved ones or participating in activities

216.391.4357 (HELP)



Respect  
Healthy Communication  
Trust  
Honesty  
Individuality

Healthy

Inconsiderate Behavior  
Breaks in Communication  
Pressure  
Dishonesty  
Little/No trust

Unhealthy

Manipulation  
Blame Shifting  
Accusations  
Pressure  
Isolation

Abusive

216.391.4357 (HELP)

## How Can You Help?

- Be supportive— regardless of their decision(s)
- Listen— give your full attention
- Believe what you are being told
- Remind them that the abuse is not their fault
- Do not judge
- Acknowledge they are in a difficult situation
- Provide resources



216.391.4357 (HELP)

## What Can You Say?

Say This:

- Tell me how you responded
- How have you kept yourself safe in the past?
- You deserve to feel safe
- There are people that can help you

Not That:

- What did you do?
- I know you are being abuse
- Did you do something to stop the abuse?
- Can't you just forget it?



216.391.4357 (HELP)

Nearly three out of four Americans personally know someone who is or has been a victim of domestic violence. Do your #1Thing and support survivors and speak out against domestic violence. #DVAMcle #DVAM2020

Modeling respect, equality, and peace in your relationships is #1Thing you can do to help end domestic violence. #DVAMcle #DVAM2020

## Domestic Violence & COVID-19

Those experiencing domestic violence are facing added and unique barriers during this time. They may have limited options for accessing support services and networks and may feel uncertain about what the future holds. We can all do our part to help those we care about.

### **What does COVID-19 mean for those impacted by domestic violence?**

- Increased isolation
  - Seeing friends and family or going to work is a common safety net for survivors that is no longer in place
- Increased control
  - Control is central in domestic violence – this greatly limits a victim’s options for accessing help
- Fear
  - There may be more extreme abuse happening with limited options to escape
  - Ability to call for help has decreased
- Uncertainty about the future
  - Financial security is one of the biggest barriers to safety for survivors
  - This is especially true for vulnerable populations
- Limited access to resources
  - Some previous plans/supports may no longer be an option

### **How Can You Help?**

- Stay in touch
  - Reach out to check in but keep things general. Provide correct, updated information.
- Listen
  - Believe. Be supportive and non-judgmental
- Don’t try to fix everything
  - Survivors are savvy and resilient, sometimes just being in contact or listening and validating is all you can do
- Help if you can
  - Ask open ended questions
  - Provide resources for food, utility assistance, transportation, etc.
- Understand the dynamics of domestic violence:
  - Abusers often blame their abuse on other people or external factors
  - Abuse is about power and control
- Refer to Journey Center

**Call or text: 216.391.4357 (HELP)**  
**Chat: [Journeyneo.org](https://www.journeyneo.org)**

## DVAM Events

- **Webinars**
  - Join us to learn more:
    - **October 7:** Domestic Violence 101: How to Help
    - **October 16:** LGBT+ Survivors
- **Friday Facts**
  - Join us **every Friday** in October on Instagram where we answer *your* questions!
- **Chalk it Up for Healthy Relationships**
  - **Monday, October 12**
  - Get out your sidewalk chalk and write a message of love and support. Let your neighbors know that you take a stand against domestic violence.
- **Wear Purple Day**
  - **Thursday, October 22**
  - Wear your purple to bring awareness to domestic violence. Take a selfie and use the hashtags #DVAMcle, #DVAM2020, and #1Thing to let your loved ones know that everyone deserves to feel safe and loved in their relationships!
- **DVAM Town Hall: What's Happening in Our Communities?**
  - **Tuesday, October 27 at 5p**
  - **Wednesday, November 4 at 12p**
  - Join us for a community discussion to talk about the needs of domestic violence survivors in your community.

## Get Involved

- Organize a collection of needed items on [Journey Center's Wish List](#)
- Use the social media hashtags: #DVAMcle, #DVAM2020, #1Thing
- Share Journey Center's posts and videos
  - Facebook: [JourneyCenterNEO](#)
  - Twitter: [Journey NEO](#)
  - Instagram: [JourneyCenterNEO](#)
- Celebrate and promote safe and healthy relationships
- Host a Facebook fundraiser to support Journey Center
- Have a conversation at the dinner table with your family about what a healthy relationship is and is not
- Hold a cell phone drive to collect old phones for Journey Center
- Wear and display **purple** ribbons to promote healthy relationships and take a stand against abusive relationships
- Call or text our 24-Hour Helpline if you are someone you know is in an unsafe or abusive relationship: **216.391.4357 (HELP)** or live chat at: [Journeyneo.org](#)

**Journey Center for Safety and Healing** provides services that foster safety and healing to those affected by domestic violence and child abuse and prevents abuse through education, advocacy, and systemic change.

We envision a community where safety and well-being are achieved by empowering people to find a path toward healthy, thriving relationships.