

**OCTOBER IS  
DOMESTIC VIOLENCE AWARENESS MONTH**



# **DOMESTIC VIOLENCE AWARENESS TOOLKIT 2021**



**HELPING VICTIMS & SURVIVORS DAILY  
OVERCOME VIOLENCE & EMBRACE SAFETY**

**@DOVESNETWORK**



## BACKGROUND

Thank you for being a part of Domestic Violence Awareness Month (DVAM) this October! In this toolkit, you'll find resources, tips, and messaging that you'll find helpful when promoting #DVAM2021. We've created a listing of resources to address the most common needs sought after by victims, survivors, friends or family, and other organizations. If you are in danger, please consider calling 911.

## TOOLKIT OVERVIEW

- About DOVES Network & Domestic Violence Awareness Month
- DV Resources and Support Tips
- Messaging
- Apps
- Support and Healing Tips
- Ways to Get Involved



## Our Mission

Doves are a symbol of peace and it is our mission to equip underrepresented youth that has been exposed to domestic violence, known as Childhood Domestic Violence (CDV) focusing on how to daily overcome violence and embrace safety through intervention, prevention, and empowerment.

## Our Vision

Our vision is to be a national network partnered with direct service providers, academic, faith, and corporate institutions to provide trauma-informed restorative healing solutions to uproot the trauma of domestic violence.

## Our Goal

Our overarching goal is to reduce traumatic stress symptoms while overall improving functioning and development of adolescents that's been exposed to the trauma impact of domestic violence.

Established  
in  
2020



## ABOUT DOMESTIC VIOLENCE AWARENESS MONTH

“Domestic Violence Awareness Month (DVAM) evolved from the 'Day of Unity' in October 1981 observed by the National Coalition Against Domestic Violence. The intent was to connect advocates across the nation who were working to end violence against women and their children. The Day of Unity soon became an entire week devoted to a range of activities conducted at the local, state, and national levels. The activities conducted were as varied and diverse as the program sponsors but had common themes: mourning those who have died because of domestic violence, celebrating those who have survived, and connecting those who work to end violence.” ~ NRCDV

### Hashtags

#WeAreResilient

#DVAM2021

#DOVESNetwork

#JoinTheChorus

#BelieveSurvivors

#SupportSurvivors

#KeepDVSurvivorsSafe

#1Thing



# **DOMESTIC VIOLENCE RESOURCES & SUPPORT TIPS**



# DOMESTIC VIOLENCE RESOURCES

## **National**

### **24-7 Accessible / Online Chat Options**

- National Coalition Against Domestic Violence | [ncadv.org](http://ncadv.org)
- The National Domestic Violence Hotline | 1-800-799-7233 (SAFE) | [www.ndvh.org](http://www.ndvh.org)
- Love is Respect – the National Dating Abuse Helpline | 1-866-331-9474 |  
TTY 1-866-331-8453 | Text “loveis” to 22522 | Live chat at [www.loveisrespect.org](http://www.loveisrespect.org)
- National Dating Abuse Helpline | 1-866-331-9474 | [www.loveisrespect.org](http://www.loveisrespect.org)
- National Indigenous Women's Resource Center | [www.niwrc.org/](http://www.niwrc.org/)
- StrongHearts Native Helpline | 1-844-762-8483

## **STATE Specific**

- State domestic violence coalitions: [www.ncadv.org/state-coalitions](http://www.ncadv.org/state-coalitions)

## **LEGAL RESOURCES**

- Womenslaw.org | [www.womenslaw.org](http://www.womenslaw.org)

## **LATINA/LATINO RESOURCES**

- Casa de Esperanza | Linea de crisis 24-horas/24-hour crisis line |  
1-651-772-1611 | [www.casadeesperanza.org](http://www.casadeesperanza.org)
- National Latin@ Network for Healthy Families and Communities |  
1-651-646-5553 | [www.nationallatinonetwork.org](http://www.nationallatinonetwork.org)

## **ELDER ABUSE RESOURCES**

- National Clearinghouse on Abuse in Later Life | 1-608-255-0539 | [www.ncall.us](http://www.ncall.us)



## SOCIAL MEDIA MESSAGING

If you or someone you love is a victim of DV, reach out to the National DV Hotline at 1-800-799-7233 or chat online at [thehotline.org](https://thehotline.org).

You are not alone!

Domestic violence harms more than victims. It harms communities and our nation as a whole. Join me this October and share

Raise awareness and educate others about domestic violence statistics using #DVFacts. Share #WeAreResilient this October and all year!

#DYK up to 99% of domestic violence experience economic abuse while with an abusive partner?

95% of children witness domestic violence.

Every day, over 20,000 calls are placed to DV hotlines in the U.S. Help shrink this number by joining @DOVESNetwork and sharing #DVFacts to raise awareness!

Domestic violence doesn't end when October does, and neither will our efforts to raise awareness about domestic violence by sharing #DVFacts

Domestic violence + firearms = a lethal combination.

Everybody recognizes physical violence as a potential sign of domestic violence, but what about name-calling? Controlling a bank account? Refusing to use birth control? Share #WeAreResilient and teach others all the ways DV can look with the Iceberg of DV.

**SOURCE: NCADV**

**Add hashtags given at the beginning of toolkit to each messaging caption.**



# DOMESTIC VIOLENCE RESOURCES

## RECOMMENDED APPS

FREE ON APPLE STORE / GOOGLE PLAY

- **RUSafe App** - Guided questions to clarify if you're in an abusive relationship + gives safety planning
- **Tech Safety App** - helps identify technology facilitated abuse and tactics, while providing tips on how to protect yourself.
- **myPlan App** - password protected that helps you identify abuse and gives you recommended next steps + counseling options
- **Noonlight App** - gets you emergency help with release of button
- **TapeACall Pro: Call Recorder** (free or paid options) - Recording a phone call
- **DocuSAFE Evidence Collection** - Documenting abusive incidents
- **Rev Voice Recorder** - recorder that records in the background while using other apps

SOURCE: DOMESTICHELTERS.ORG





# **SUPPORT & HEALING TIPS**



## WHY DOESN'T SHE / HE JUST LEAVE?

# CORRECTIVE LANGUAGE: WHY DOES HE/SHE ABUSE?

#1 - LEAVING IS THE MOST DANGEROUS

#2 - UNDERSTAND THE MINDSET OF VICTIM (BELOW EXAMPLES)

### FEAR

- Of being killed
- If there's children:
  - Abuser will hurt the kids
  - The children being taken
- Of being alone
- Judgement from others
- Self Protect - No one will believe you
- It's all their fault
- They have no one

### FEELS

- Love for the partner
- They don't want the relationship to end, just the violence
- He / she might change
- They have no place to go
- It's only when they're drunk
- Maybe I deserved it
- No one will help me
- They can't do it on their own

### FAITH

- It's against religious beliefs to divorce
- God hates divorce
- God is testing my faith

### FAMILY

- Children should be raised in a home with two parents
- Believe it's their responsibility to hold the family together

### FINANCES

- Unable to work
- Has no job skills
- Has no access to funds
- Unable to afford childcare
- Violence episodes has caused them to miss work

## DOMESTIC VIOLENCE IMPACT ON CHILDREN "CHILDHOOD DOMESTIC VIOLENCE"





## TIPS ON SUPPORTING A DOMESTIC VIOLENCE VICTIM & SURVIVOR

- Be a resource
  - Know the national hotline number, chats, and app's
  - Understand the dynamics of Domestic Violence and what it looks like
- Understand that while you don't relate to their suffering, it feels very real to them
- Don't get into the conversation trying to "problem solve" instead have the resources and intention to be a "safe space" for them to talk and feel freely without judgement
- Don't try to fix everything
- Don't interrogate
- Do not insist on telling them what to do if not asked
- Celebrate their survival success
- Small acts of kindness goes a long way
- Keep their business confidential
- Stand with them
- Be consistent
- Everyone heals differently
- Healing will take time
- Listen more than talk and listen with empathy
- Don't post pictures of them or tag their location on social media channels without their consent
- Generate your own code word and **DO NOT PUBLISH IT ON SOCIAL MEDIA** (abusers are on the internet too)



# **SAMPLE SUPPORT RESPONSES TO DOMESTIC VIOLENCE VICTIMS & SURVIVORS**

- I'm sorry this happened to you.
- I believe you.
- You deserve to feel safe.
- You are not alone, we'll get through this together.
- It's okay for you to feel \_\_\_\_\_.
- You are not going crazy .
- You did not deserve that.
- You are not the cause of the abusers behavior.
- Thank you for trusting me by telling me.
- I'm here with and for you.
- How can I help? Is there anything I can do?
  - Beyond safety - bills, free lunches etc.



# SURVIVOR HEALING JOURNEY

KNOW THAT THE FIRST STEP OF HEALING KICKS OFF WHEN THE VICTIM OF ABUSE IS SAFELY AWAY FROM THEIR ABUSER.

- **Healing**

- Trauma-Informed Therapy

- **Environment**

- Stable environments allows rest for survivors to adjust to a new normal

- **Exercise**

- Stay active by yoga, exercising, stretching, hiking, etc.

- **Family**

- You and your children can practice self care by:
  - Crafting together
  - Reading books
  - Coloring
  - Outdoor activities

- **Connections**

- Utilizing support groups to make meaningful connections
- Connecting to your faith / spiritual community
- Staying safely connected with your family and friends

- **Breaking Cycles**

- Personal Development Trainings
- Education & Prevention Programs
- Advocacy



## WAYS TO GET INVOLVED

THERE'S A VARIETY OF WAYS YOU CAN GET INVOLVED WITH DOVES NETWORK TO HELP ADVANCE OUR MISSION & VISION WHERE SURVIVORS CAN DAILY OVERCOME VIOLENCE AND EMBRACE SAFETY.

- **Stay connected by signing up for DOVES Network Emails**
- **Donate Funds**
  - One time tax free donation
  - Monthly subscriptions
  - Host a fundraiser for DOVES Network
- **Donate Electronics**
  - Cell Phones
  - Old Laptops
  - Chargers
- **Volunteer**
  - **Current openings**
    - Marketing - Social Media, Blog Writer, Market Research
  - Outreach Specialist