



DID
YOU
KNOW?

October is Domestic
Violence Awareness
Month (DVAM).





Fast Facts

- Domestic Violence Awareness Month is held each year in October and was first observed as a national “Day of Unity” in 1981.
- Teen Domestic Violence Awareness Month is observed in February each year.
- 1 in 4 women (24.3%) and 1 in 7 men (13.8%) aged 18 and older in the US have been the victim of severe physical violence by an intimate partner in their lifetime.



Source: <https://www.thehotline.org/stakeholders/domestic-violence-awareness-month/>





Fast Facts Cont.

- Intimate partner violence alone affects more than 12 million people every year.
- 40% of child abuse victims also report experiencing domestic violence.
- 30% to 60% of intimate partner violence perpetrators also abuse children in the household.
- One study found that children exposed to violence in the home were 15 times more likely to be physically and/or sexually assaulted than the national average.



Source: <https://www.thehotline.org/stakeholders/domestic-violence-statistics/>



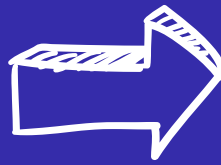
DID
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There is a relationship
spectrum.

The Relationship Spectrum

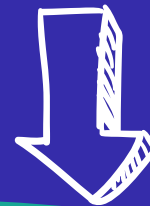
Healthy relationships are based on equality & respect.

- Honesty
- Trust
- Good communication



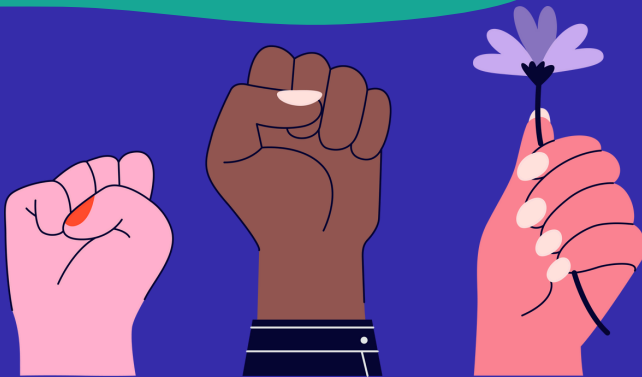
Unhealthy relationships are based on attempts to control the other person.

- Pressure
- Dishonestly
- Struggles for control




Abusive relationships are based on an imbalance of power & control.

- Manipulation
- Accusations
- Isolation pressure
- Blame shifting




I CAN
- and -
I WILL



DID
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There is help and there is
hope.



you are:
NOT ALONE
in this.

Ways to Help Survivors

I. Educate Yourself & Others:

- Take time to learn about the different types of abuse.
- Learn about local and state resources to share with your community.

II. Listen Without Judgement:

- Support a survivor by creating a safe space, actively listen, validate emotions, & help them create a safety plan.

III. Encourage Professional Support:

- Professional guidance can provide individuals with the tools and supports they need to work through their traumas.

IV. Raise Awareness & Advocate:

- Get involved & join the conversation!

NYS DOMESTIC AND SEXUAL VIOLENCE HOTLINE

800.942.6906

WHEN YOUR HOME
ISN'T SAFE

TEXT. CALL. CHAT.

844.997.2121



TEXT CONFIDENTIALLY
WITH A DV/SA
ADVOCATE

800.942.6906



ACCESS REMOTE
COUNSELING THROUGH
YOUR LOCAL DV/SA
PROGRAM

OPDV.NY.GOV



CHAT PRIVATELY WITH
DV/SA ADVOCATE ON A
SECURE WEBSITE

ALL AVAILABLE 24 HOURS/DAY, 7 DAYS/WEEK

FOR YOUR SAFETY

- Call 911 if you are in immediate danger and the police will respond.
- Seek treatment at a hospital emergency department if needed. Hospitals are open and a safe place to go for medical care.
- Add NYS resource info (above) in your cell phone under a fake contact name to avoid suspicion.
- Create a code word for friends and family that will tell them you need help.
- Know the areas in your home with a lock on the door.
- Prepare a go-bag with important documents, medication and extra clothing.
- Tell your family and friends where you will flee if you need to leave urgently.
- Talk with your children about safety so they have a sense of acceptable situations.
- Advocates are available to help you days, evenings and weekends.

opdv.ny.gov



Office for the
Prevention of
Domestic Violence

Department
of Health

Office of Children
and Family Services

Office of
Victim Services

Division of Criminal
Justice Services



PHOTOGRAPH
THIS
INFORMATION
FOR QUICK REFERENCE