

October

2020

DOMESTIC VIOLENCE AWARENESS MONTH


Celebrate ✦ Mourn ✦ Connect







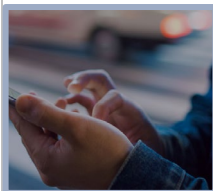

Domestic Violence Awareness Month was first observed in 1987 and 3 key themes remain today: mourning those who have died because of domestic violence, celebrating those who have survived, and connecting those who work to end violence. – NRCDV

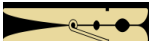






OneEighty

Helping people change direction.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>SPECIAL EVENTS: BOOK CLUB 10/27 @ 7:00PM</p>  <p>WEEKLY THURSDAY 30-MINUTE SESSIONS EACH AFTERNOON AT 2:00PM AND EVENING AT 7:00PM ON VARIOUS DOMESTIC VIOLENCE- RELATED TOPICS FROM LOCAL EXPERTS</p>		<p>Learn about volunteering opportunities at OneEighty Contact Volunteer Coordinator - Dwight Sprang: sprangd@one-eighty.org</p>		<p>1 Submit a letter to the editor of your local newspaper or share an online facebook or blog post of encouragement for victims and support for domestic violence survivors</p>	<p>2 Educate yourself and those close to you on the multiple types of domestic violence: *Control *Physical Abuse *Sexual Abuse *Emotional Abuse/Intimidation *Isolation *Verbal Abuse *Using Male Privilege *Economic Abuse</p> <p>http://www.ncdsv.org/images/PowerControlwheelNOSHADIN G.pdf</p>	<p>3 Encourage athletic coaches to talk about the importance of respect and nonviolence</p> <p>https://www.king5.com/article/sports/high-school/garfield-odea-coach-boys-into-men-who-respect-women/281-484972650</p>

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<p>4</p> <p>Power & Control Wheel</p>  <p>Learn about common abusive behaviors in intimate relationships</p> <p>http://www.ncdsv.org/images/PowerControlWheelNOSHADM.pdf</p>	<p>5</p> <p>Participate in your local Light in the Window Campaign, signifying community solidarity toward ending domestic violence by displaying purple-lit, electric candles in the windows of residences</p> 	<p>6</p> <p>Visit @OneEighty104 on Twitter or OneEighty, Inc. on facebook each Tuesday to learn more about domestic violence prevention and how to support survivors</p> 	<p>7</p> <p>Share with friends and family the significance of the color purple to acknowledge and support survivors of domestic violence: <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>8</p> <p>Join OneEighty Prevention Education staff at 2:00pm Register:</p> <p>https://us02web.zoom.us/j/6409092929</p> <p>or 7:00pm</p> <p>https://us02web.zoom.us/j/6409092929</p> <p>to gain valuable insight into the impacts of DV and its prevention</p>	<p>9</p> <p>View Columbian artist Ruby Rumié's 2019 photographic art exhibit, "Divine Breath NYC," that captures a symbolic ritual that visualizes the pain of domestic violence and a healing ceremony undertaken by survivors</p>  <p>https://www.thecut.com/2019/10/the-ritual-that-visualizes-the-pain-of-domestic-violence.html</p>	<p>10</p> <p>Read the Wayne and Holmes Counties Commissioners' 2020 Domestic Violence Awareness Month (DVAM) Proclamations:</p> <p>www.one-eighty.org</p>
<p>11</p>  <p>#PutTheNailInIt</p> <p>Paint your ring fingernail purple, and vow to help spread awareness of domestic violence</p> <p>www.putthenailinit.com</p>	<p>12</p> <p>"Promise me you'll always remember: You're braver than you believe, and stronger than you seem, and smarter than you think."</p> <p>-- A.A. Milne (Christopher Robin)</p> 	<p>13</p> <p>Utilize the National Domestic Violence Hotline's help for friends and family:</p> <p>https://www.thehotline.org/help-for-friends-and-family/</p> <p>"The journey of a thousand miles begins with one step."</p> <p>--Lao Tzu</p>	<p>14</p> <p>TEEN ALERT</p> <p>Test your knowledge of healthy relationships and dating abuse with downloadable quizzes</p>  <p>http://www.loveisrespect.org</p>	<p>15</p> <p>Join the Wayne Co. Prosecutor's Office at 2:00 Register:</p> <p>https://us02web.zoom.us/j/6409092929</p> <p>or 7:00pm</p> <p>https://us02web.zoom.us/j/6409092929</p> <p>to learn about DV prosecution, advocacy, and collaboration. Wayne Co. Child Support Services will speak about handling DV cases from start to finish</p>	<p>16</p> <p>Visit https://nomore.org/take-action/ and take the pledge to help end domestic violence</p> 	<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</p>

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<p>18</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</i> <i>Take a long bath</i> <i>Take a long walk</i> <i>Color/draw/doodle</i> <i>Listen to music</i> <i>Daydream</i> <i>Go to church</i> <i>Write in a journal</i> <i>Take a bike ride</i> <i>Call a friend to chat/laugh</i> <i>Make a favorite treat</i> <i>Take a nap</i> <i>Paint your nails</i> <i>Work out</i> <i>Do a puzzle</i></p>	<p>19</p>  <p>Stop by OneEighty and view the Clothesline Project, an art display created by survivors, designed to educate the community about domestic violence, share messages of hope, that help is available, and a path to healing</p>	<p>20</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>21</p> <p>Organize with friends to wear purple tomorrow for National Domestic Violence Awareness Month (DVAM) NATIONAL WEAR PURPLE DAY. Take some pictures and post them online! Tag your local, state or national domestic violence program or coalition. #PurpleforDV</p> 	<p>22</p> <p>#PURPLE THURSDAY</p> <p>Join the Wayne County Children's Advocacy Center at 2:00pm Register: https://us02web.zoom.us/j/84912200000</p> <p>or 7:00pm https://us02web.zoom.us/j/84912200000</p> <p>to learn about abused children forensic interviews & medical exams</p>	<p>23</p> <p>Host a movie night which addresses domestic violence and discuss the issue with family and friends. Suggestions:</p> <p><i>A Vigilante</i> <i>Pretty Little Liars</i> <i>Berlin Syndrome</i> <i>Precious</i> <i>Affliction</i> <i>Boys on the Side</i> <i>Fried Green Tomatoes</i> <i>Reviving Ophelia</i></p>	<p>24</p> <p>Educate yourself and those around you on the importance of a thorough safety plan, which can help protect and keep you safe in a dangerous situation and prepare you to react quickly.</p> <p>https://www.thehotline.org/2013/04/10/what-is-safety-planning/</p>
<p>25</p> <p>Watch a TED talk on domestic violence. Follow this link: https://www.ted.com/talks/leslie_morgan_s_teiner_why_domestic_violence_victims_do_n_t_leave?language=en</p> <p>"Survivors of abuse show us the strength of their personal spirit every time they smile." --Jeanne McElvaney</p>	<p>26</p> <p>Research the positions on domestic violence reform and funding plans of candidates running for office at all levels of government</p>	<p>27</p>  <p>Join OneEighty staff members for zoom book club TONIGHT AT 7:00pm to discuss <i>Split</i>, by Swati Avasthi Register: https://us02web.zoom.us/j/84912200000</p>	<p>28</p> <p>"The question isn't who's going to let me; it's who's going to stop me." --Ayn Rand</p> 	<p>29</p> <p>Join Wooster Community Hospital and Aultman Orrville Hospital's SANE Coordinators at 2:00pm Register: https://us02web.zoom.us/j/84912200000</p> <p>or 7:00pm https://us02web.zoom.us/j/84912200000</p> <p>to learn valuable information about their forensic exam programs:</p>	<p>30</p> <p>Check out your local library's online domestic violence awareness display with facts and victim resources. Download a book on this topic to learn more. Suggested titles:</p> <p><i>*Should I Stay or Should I Go?: A Guide to Knowing if Your Relationship Can – and Should – Be Saved</i> <i>*Why Does he DO That?: Inside the Mind of Angry and Controlling Men</i> <i>*Shining Through: Pulling it Together After Sexual Abuse, Ed II</i> <i>*Blink: The Power of Thinking Without Thinking</i> <i>*Batterer as Parent: Addressing the Impact of Domestic Violence on Family</i></p>	<p>31</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>Follow NCADV, ODVN and OneEighty on social media platforms</p> 