

# 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.







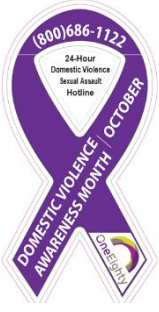












*“Empathy has no script. There is no right way or wrong way to do it. It’s simply listening, holding space, withholding judgment, emotionally connecting, and communicating that incredibly healing message of ‘You’re not alone.’” -Brené Brown*



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

Friday	Saturday
1	2
<p><b>Domestic Violence</b></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><b>Why Victims Stay:</b></p> <ul style="list-style-type: none"> <li>Economic dependence</li> <li>Fear of greater danger w/leaving</li> <li>Fear of losing custody</li> <li>Lack of alternative housing</li> <li>Lack of job skills</li> <li>Social isolation</li> <li>Fear of loneliness</li> <li>Guilt of failed marriage</li> <li>Belief that abuser will be charged by police</li> <li>Feeling of helplessness</li> <li>Lack of emotional support</li> <li>Cultural/ Religious restraints</li> <li>Love/Hope for behavior change</li> </ul>	<p><b>Ohio Domestic Violence Fatalities Report:</b></p> <p>7/1/2019 – 6/30/2020:</p> <ul style="list-style-type: none"> <li>109 fatalities in 77 cases total</li> <li>38% of cases involved suicide</li> <li>22 cases involved both a homicide and a suicide</li> <li>The oldest victim was an 82-year old man</li> <li>88 people were killed or injured by guns</li> <li>18% of cases involved children at the scene</li> <li>5 perpetrators were killed by law enforcement</li> <li>20+ perpetrators had previously been charged or convicted with domestic violence prior to the fatal incident</li> <li>71 perpetrators were male/ 7 female</li> <li>1 law enforcement officer was killed</li> </ul> <p><a href="#">2019-2020 ODVN FatalityReport.pdf</a></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><b>DECORATE YOUR DOOR</b> Decorate your door in a fall theme and prominently display <a href="#">THIS FLIER</a></p> <p>Share on Facebook and mention @OneEighty, Inc</p> 	<p>5</p>  <p><b>#PutTheNailInIt</b></p> <p>Paint your ring fingernail purple, and take the <i>#PutTheNailInIt</i> vow to help spread awareness of domestic violence</p> <p><a href="http://putthenailinit.com">putthenailinit.com</a></p>	<p>6</p> <p><b>National Domestic Violence Statistics</b></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><a href="https://ncadv.org/STATISTICS">https://ncadv.org/STATISTICS</a></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><a href="https://twcwaukesha.org/resources/">https://twcwaukesha.org/resources/</a></p> 	<p>8</p> <p><b>TEEN ALERT</b> Test your knowledge of healthy relationships and dating abuse with downloadable quizzes</p> <p><a href="http://loveisrespect.org">loveisrespect.org</a></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 <b>today!</b> 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 <b>Ohio women</b> and 33% <b>Ohio men</b> 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><a href="http://www.ncadv.org">www.ncadv.org</a></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><a href="https://theplainpeoplespodcast.libsyn.com/">https://theplainpeoplespodcast.libsyn.com/</a></p> 	<p>15</p> <p>Read the Wayne and Holmes Counties Commissioners' <b>2021 Domestic Violence Awareness Month (DVAM) Proclamations</b></p> <p><a href="http://www.one-eighty.org">www.one-eighty.org</a></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: <a href="mailto:byrneg@one-eighty.org">byrneg@one-eighty.org</a> 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 <a href="#">HERE</a></p> 	<p>19</p> <p><b>Empathic Phrases:</b></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 <b>tomorrow</b> for National Domestic Violence Awareness Month (DVAM)</p> <p><b>NATIONAL WEAR PURPLE DAY.</b></p>  <p>Take some pictures and post them online! Tag your local, state or national domestic violence program or coalition.</p> <p><b>#PurpleThursday</b></p>	<p>21</p> <p><b>#PURPLE THURSDAY</b></p>    	<p>22</p> <p>Watch a <b>TED</b> talk on domestic violence to gain important insight into the psyche of a survivor. Click <a href="#">HERE</a> 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><b>Power &amp; Control Wheel</b></p> <p>Learn about common abusive behaviors in intimate partner and domestic relationships <a href="#">HERE</a></p> 	<p>25</p> <p>Educate yourself and those around you on the importance of a thorough safety plan <a href="#">HERE</a></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 <b>The Clothesline Project</b>, a national initiative to bring awareness to violence against women and children</p>  <p><a href="http://theclotheslineproject.org">theclotheslineproject.org</a></p> 	<p>27</p> <p><b>Intimate Partner Violence - Leaving is complicated: One survivor's story</b></p> <p>Gain important perspective through Community Legal Aid's <b>Big Ideas</b> blog, which shares personal insight on the challenges survivors may face when living with domestic violence: <a href="http://www.communitylegalaid.org">www.communitylegalaid.org</a></p>	<p>28</p> <p>Utilize the National Domestic Violence Hotline's help for friends and family: <a href="https://www.thehotline.org/support-others/">https://www.thehotline.org/support-others/</a></p> 	<p>29</p> <p>Learn about volunteering opportunities at OneEighty Contact Volunteer Coordinator - Dwight Sprang: <a href="mailto:sprangd@one-eighty.org">sprangd@one-eighty.org</a></p> 	<p>30</p> <p>Visit <a href="https://no-more.org/take-action/">https://no-more.org/take-action/</a> 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><b>Find these books and more on the following Wayne County Public Library/Clevnet lists</b></p>      					

## Domestic Violence-Related Books and Resource Guides



### Non-fiction available at the Wayne County Public Library:

- *The Macho Paradox*, Jackson Katz (2006)
- *Blink: The Power of Thinking without Thinking*, Malcolm Gladwell (2005)
- *Tipping Point: How Little Things Can Make a Big Difference*, Malcolm Gladwell (2000)
- *Should I Stay or Should I Go?: A Guide to Knowing if Your Relationship Can -- and Should -- Be Saved*, Lundy Bancroft and Jac Patrissi  1)
- *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*, Bessel van der Kolk, M.D. (2015)
- *Goodbye, Sweet Girl: a  y of Domestic Violence and Survival*, Kelly Sundberg (2018) 
- *No Visible Bruises: What We Don't Know about Domestic Violence Can Kill Us*, Rachel Louise Snyder (2019)
- *Invincible: The 10 Lies  Learn Growing Up with Domestic Violence, and the Truths to Set You Free*, Brian F. Martin (2015)
- *Surviving Domestic Violence: a Guide to Healing Your Soul and Building Your Future*, Danielle F. Wozniak (2013)
- *Women with Controlling Partners: Taking Back Your Life from a Manipulative or Abusive Partner*, Carol A. Lambert (2016) 
- *Preparing to Fly: Financial Freedom From Domestic Abuse*, Sarah Hackley (2015)

### Additional Non-Fiction available through Clevnet:

- *A Woman Like You: The Face of Domestic Violence*, Vera Anderson (1997)
- *Why Does He Do That? Inside the Minds of Angry and Controlling Men*, Lundy Bancroft (2003)
- *The Battered Parent: Addressing the Impact of Domestic Violence on Family Dynamics*, Lundy Bancroft (2002) 
- *The Verbally Abusive Relationship: How to Recognize It and How to Respond, 3rd ed.*, Patricia Evans (2010)
- *When Men Batter Women*, John Gottman and Neil Jacobson (2007) 
- *Next Time She'll be Dead: Battering and How to Stop it*, Ann Jones (2010) 
- *Naming the Violence: Speaking Out about Lesbian Battering*, Kerry Lobel (1986)
- *Domestic Violence: A Reference Handbook, 2nd ed.*, Margi Laird McCue (2007)
- *Coercive Control: How Men Entrap Women in Personal Life*, Evan Stark (2009)
- *Surviving Domestic Violence: Voices of Women Who Broke Free*, Elaine Weiss (2004)
- *Not to People Like Us: Hidden Abuse in Upscale Marriages*, Susan Weitzman (2001)
- *Stop Signs: Recognizing, Avoiding, and Escaping Abusive Relationships*, Lynn Fairweather (2012)
- *Saving Liberty From the Beast: How To Protect Your Daughter from an Unhealthy Relationship*, Vicki Crompto, Ellen Zeldin Kessner (2004) 
- *But I Love Him, Protecting Your Teen Daughter from Controlling, Abusive Dating Relationships*, Dr. Jill Murray (2001)
- *Shining Through: Pulling it Together After Sexual Abuse, Ed II*, Mindy B. Loiselle and Leslie Bailey Wright (1997)
- *Relaxation & Stress Reduction Workbook, Ed VII*, Martha Davis, Elizabeth Eshelman and Matthew McKay (2019)
- *Courage to Heal Workbook for Women and Men Survivors of Child Sexual Abuse*, Laura Davis (1990) 
- *Relaxation & Stress Reduction Workbook for Kids*, Lawrence Shapiro and Robin Sprague (2009)
- *Allies in Healing: When the Person You Love was Sexually Abused as a Child*, Laura Davis (1991)
- *When Liberty Hurts Mom: Helping Your Children Heal the Wounds of Witnessing Abuse*, Lundy Bancroft (2005) 
- *Rising Strong: How the Power of Vulnerability Transforms the Way We Live, Love, Parent, and Lead*, Brené Brown (2018) 
- *I Thought It Was Just Me (It Isn't): Making the Journey from "What Will People Think?" to "I Am Enough,"* Brené Brown (2007) 
- *If I Am Missing or Dead: A Sister's Story of Love, Murder, and Liberation*, Janine Latus (2007) 
- *I, Tina*, Tina Turner and Kurt Loder (1987)

### Fiction available at the Wayne County Public Library:

- *Secrets of Eden*, Chris Bohjalian (2010) 
- *White Oleander*, Janet Fitch (2000) 
- *Water for Elephants*, Susan Gruen (2011) 
- *The Girl on the Train*, Paula Hawkins (2014) 
- *Backseat Saints*, Joshilyn Jackson (2010) 
- *Big Little Lies*, Liane Moriarty (2014) 
- *Picture Perfect*, Jodi Picoult (2002) 
- *Black and Blue*, Anna Quindlen (2010) 
- *Safe Haven*, Nicholas Sparks (2010) 
- *The Color Purple*, Alice Walker (1982) 
- 

### Additional Fiction available through Clevnet:

- *Split*, Swati Avasthi (2010) 
- *What She Left Behind*, Tracy Bilien (2012) 
- *The Prince of Tides*, Pat Conroy (2002) 
- *Into the Darkest Corner*, Elizabeth Haynes (2011) 
- *This Charming Man*, Marian Keyes (2008) 
- *Strange Fits of Passion: A Novel*, Anita Shreve (2001) 
- *Behind Closed Doors*, Susan Sloan (2005) 