

OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 Day 1 Share : Domestic violence is more than physical violence. It can include threats, harassment, putting someone down, pressuring someone around sex, controlling finances, and other tactics to gain power and control. #EveryIKnowsSome1 affected by domestic violence. Read more: www.raksha.org/dvam2023 #DVAM</p>	<p>2 Guns & DV Post (Highlight DV suicide/murder suicide posts and resources)</p>	<p>3 Abusive Red Flags Post The signs that a partner could turn controlling or violent.</p>	<p>4 World Animal Day: Share a picture of your pets! DYK pets are often impacted by domestic violence? Share your experience with helping survivors with pets ; share tips on keeping pets safe for victims and survivors ; list resources or spotlight an organization that works toward ensuring pet safety!</p>	<p>5 National Depression Screening Day: DV survivors are at high risk for depression. Share facts, statistics, resources, awareness on depression. **RAKSHA AT THE DV FAIR AT THE ATL POLICE HEADQUARTERS **</p>	<p>6 Share an example of a self care list/plan for survivors. Show us a graphic/ post; list any resources that may help cope with the effects of trauma, abuse and/or mental illness as a result of abuse. (<i>Mental Illness Awareness Week is from October 1-7, 2023</i>)</p>	<p>7 Share thoughts & Raksha's work on the intersecting themes of racial justice and DV advocacy for immigrant and refugee survivors. Fact Share: Share facts re: the unique challenges and barriers faced by immigrant and refugee survivors. (For example: language access, cultural stigma). spotlight any resources for creating safety plans for immigrant and refugee survivors.</p>
<p>8 Safety planning: Share your organization's safety plan for survivors resources in the community; safety plan templates.</p>	<p>9 Talk about what fills YOUR cup! If you are a caregiver, medical practitioner, advocate, counselor/ therapist or someone who works with survivors, share what works for YOU in terms of setting boundaries, managing secondary trauma, self-care routines or anything that helps you recharge and rejuvenate!</p>	<p>10 World Mental Health Awareness Day: Let's talk about the mental health impacts of domestic violence, share resources and information for/ dedicate a post to individuals who are struggling with mental health issues as a result of domestic abuse.</p>	<p>11 National Coming Out Day: Share facts on domestic violence in LGBTQ+ relationships. You could share resources, statistics or media that highlight myths, facts, additional challenges, risks to safety and barriers faced by LGBTQ+ survivors from racial or ethnic minorities. Health Cares About Domestic Violence (HCADV) Day: Share information on the health impacts of domestic violence. Highlight the need for health screenings to include DV, IPV. Ideas: Q&A / conversation with a healthcare professional, share a video/ audio message on screening tools ; share stats resources.</p>	<p>12 Take Action Thursday As advocates, we support domestic violence survivors by supporting laws and policies that center their ability to safely access reproductive health care, including abortion. Pregnancy can prevent survivors from leaving abusive relationships, and even increase the severity of abuse, and survivors deserve options. #EveryIKnowsSome1 #DVAM Link to or @ local reproductive rights/justice/etc. organizations we work with.</p>	<p>13 Faith & Violence Prevention: Shine a light on community voices, resources or organizations that work toward dispelling myths around faith in the work of violence prevention. Share your own experience re: faith, share facts or dispel myths around faith-based violence prevention.</p>	<p>14 How would you reframe victim- blaming language that you often encounter? Share posts and stories on social media with examples of ways to rephrase victim-blaming language in your communities. Some examples from the Center for Hope and Safety She provoked him. He made a choice. They have an anger control issue. They use abuse to have power and control over their partner.</p>

<p>15 Differences of DV, What's the difference between domestic violence, intimate partner violence, and gender-based violence?</p>	<p>16 Today is World Food Day. Share a food recipe for comfort and wellness. It could be your go-to comfort meal, a family recipe, a self care snack or a culturally specific food.</p>	<p>17 Honor survivors: Spotlight an upcoming event - a local vigil or remembrance, webinar or virtual event honoring DV survivors. IDEA: Host a live Q&A session with a domestic violence advocate or expert.</p>	<p>18 Love Your Body Day. Share motivational/inspiring verse, quotes promoting self acceptance and body empowerment. You could use graphics, quotes, articles, social media posts or campaigns. ALSO HIGHLIGHT DV PRESENTATION AT GT CAMPUS THIS EVENING</p>	<p>19 Purple Thursday No matter where we are across the country, we're united in wearing purple today. Join us and share a #PurpleThursday pic to raise awareness and support survivors of domestic violence. ♡ #Every1KnowsSome1 #DVAM</p>	<p>20 Pay it Forward Friday: There are plenty of ways to support domestic violence survivors and advocates. We'll help you learn how you can take action online and in your community. Today, we ask you to spotlight an advocate, therapist or organization that works for survivors of domestic violence! HIGHLIGHT Tapestri's 4th Annual Domestic Violence Forum HAPPENING TODAY</p>	<p>21 Share how conditioning/culture/ beliefs can impact healthy relationships and the understanding of consent and boundaries in your communities. Use the stories, polls or quizzes feature on your social media pages to create awareness. Example of a poll: Is this behavior abusive or healthy?" 1) Monitoring your phone calls 2) Not allowing you to work 3) controlling access to your bank account</p>
<p>22 Activity: Journaling is a great self-care activity. Putting your trauma in words can be a healing activity for survivors. Share tips on journaling / links to resources on healing through journaling! https://www.domesticshelters.org/articles/identifying-abuse/putting-trauma-down-in-words</p>	<p>23 Housing/Employment and DV post (graphic and caption from NNEDV site). Highlight the connection of financial hardships and domestic violence</p>	<p>24 Gaslighting and DV Highlight the connection, post info from domestic shelters site.</p>	<p>25 Share information about myths around DV that is rooted in cultural beliefs and norms. If relevant, share how you or the organization you work with are attempting to address myths around DV. Ex, MYTH: Alcohol and drugs cause domestic violence. FACT: Alcohol and drugs do not cause domestic violence. Domestic violence is a choice. Many abusers use alcohol or drugs as an excuse for their actions. Are there any examples you can share that are reframed by cultural conditioning</p>	<p>26 #GiveForDV Day of Giving GiveForDV is a day of giving fueled by the power of social media and collaboration. #GiveForDV is an initiative of PCADV/NNEDV. Share (with consent) survivors' stories about how they benefited from donations to Raksha. Post a "where does my donation go?" graphic from our website.</p>	<p>27 Purple Pumpkins Share your creativity in showing your support for DVAM - a purple ribbon on your pumpkins, pics of purple pumpkins or purple in your decor.</p>	<p>28 Trauma & Triggers: Survivors are prone to re-experiencing trauma. Create awareness on how to be mindful of triggers that can rekindle trauma responses. Share tips on how communities, friends and family can help and show up in meaningful ways to support survivors.</p>
<p>29 Healthy Relationships: Address impacts of direct or indirect exposure to domestic violence on youth (Children, adolescents, teens). Highlight resources that educate children and youth to be better on building healthy relationships as tools for domestic violence awareness and prevention.</p>	<p>30 Technology Safety & Privacy: A Toolkit for Survivors Link in linktree to tool kit. Graphic to summarize key points</p>	<p>31 Recap the month's highlights and express gratitude for the support. Conclude DVAM with a statement summarizing the work you/ your team or organization did in honor of DVAM and why awareness is critical to the work. Share your key takeaways from DVAM, discuss the hurdles you face and solutions and be sure to list out any impacts/successes - big or small.</p>				