

# HUMAN OPTIONS

PREVENT. PROTECT. EMPOWER. TRANSFORM.

**Domestic Violence Awareness Month (DVAM)** is in October, and we would love to get everyone involved this year!

Quick history...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 (National Network to End Domestic Violence).

**PURPLE THURSDAY**  
**10.22.20**

**Purple Thursday** is a national day of action each October during Domestic Violence Awareness Month. It is an opportunity to raise awareness about domestic violence and an easy way for people to show their commitment to promoting healthy relationships. Please join us on **October 22<sup>nd</sup>**, wear purple, be a voice, and start a conversation about domestic violence!




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[#pledgepurple](#)

[#dvam2020](#)

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## Facts on Intimate Partner Violence

### Warning Signs

- o Jealous and controlling
- o Always wants to be together
- o Shows up without calling
- o Isolates you from friends and family
- o Puts you down
- o Everything is your fault
- o Makes excuses for his behavior
- o Forces you to do things that make you uncomfortable

### How Can You Tell?

- o Does this person...
- o Show up late for work or other appointments?
- o Have no money despite working?
- o Get written up or fired because their partner calls too often?
- o Have a change in behavior, affect, or appearance?

### Types of Violence

- o *Verbal*: Yelling, screaming, using profanity
- o *Emotional*: Lying and accusations
- o *Sexual*: Humiliation and forces you to have sex
- o *Physical*: Pinching, slapping, punching, kicking, hitting
- o *Financial*: Taking your paycheck, giving you little or no money
- o *Digital*: Using technologies such as texting and social networking to bully, harass, stalk or intimidate

### Facts

- o Persons who harm with access to firearms increases the risk of homicide at least five-fold. When firearms have been used in the most severe abuse incident, the risk increases 41-fold.
- o 72% of all murder-suicides involve an intimate partner.
- o An estimated 48% of Non-Hispanic (NH) Alaskan Native (AIAN) women and 41% of NH AIAN men experienced contact sexual violence, physical violence, and/or stalking by an intimate partner
- o In Orange County, 26.3% of adults females report having experienced physical or sexual violence by an intimate partner since age 18.
- o 1.3 million women in the U.S. are victimized by domestic violence every year
- o 26% of gay men and 37.3% of bisexual men have experienced rape, physical violence, and/or stalking by an intimate partner in their lifetime, in comparison to 29% of heterosexual men.

### Power and Control

Domestic Violence is about power and control by using:

- o Situations and people to control the victim
- o Intimidation
- o Emotional abuse
- o Isolation
- o The children
- o Economic control
- o Denial and blaming the victim for abuse



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## PREVENT. PROTECT. EMPOWER. TRANSFORM. Statistics

- **1 in 3 women and 1 in 4 men in the United States have experienced some form of physical violence by an intimate partner.**  
Black, M.C., Basile, K.C., Breiding, M.J., Smith, S.G., Walters, M.L., Merrick, M.T., Chen, J., & Stevens, M. (2011). The national intimate partner and sexual violence survey: 2010 summary report. Retrieved from [http://www.cdc.gov/violenceprevention/pdf/nisvs\\_report2010-a.pdf](http://www.cdc.gov/violenceprevention/pdf/nisvs_report2010-a.pdf).
- **85% of domestic violence victims are female, and 15% are male.**  
Violence Policy Center, Bureau of Justice Statistics, National Institute of Justice, Center for American Progress  
*Infographic by Alissa Scheller for The Huffington Post.*
- **81% of parents believe TDV is not an issue or admit they don't know if it's an issue for teens.**  
Love is Respect. (2014). <http://bit.ly/1fyiQnT>
- **Over 80% of high school counselors report feeling unprepared to address incidents of abuse on their school campus.**  
Break the Cycle: Empowering Youth to End Domestic Violence. (n.d.). [http:// bit.ly/199Wex6](http://bit.ly/199Wex6);
- **According to the California Women's Health Survey (CWHs)1, approximately 40% of California women experience physical intimate partner violence in their lifetimes (male lifetime prevalence rates are not available).**  
"California Domestic Violence Shelters: Safety, Support and Services" (CAADV/CPEDV, 2005).
- **Of those experiencing physical intimate partner violence, 75% of victims had children under the age of 18 years at home.**  
Weinbaum, Z., Stratton, T., Roberson, S., Takahashi, E., & Fatheree, M. (2006). Women experiencing intimate partner violence, California, 1998-2002. In Weinbaum, Z. & Thorfinnson, T. (eds.) *Women's Health: Findings from the California Women's Health Survey, 1997-2003*. California Department of Health Services, Office of Women's Health. Sacramento, California, May 2006. Chapter 12.
- **According to the California Department of Justice, Criminal Justice Statistics Center4, there were 174,649 domestic violence-related calls for assistance in 2007 (the most recent year for which data is available). Of these calls, 40% involved the use of weapons.**  
"Crime in California." California Department of Justice, Division of California Justice Information Services, Bureau of Criminal Information and Analysis, Criminal Justice Statistics Center: 2007.
- **According to the National Coalition Against Domestic Violence (NCADV, 2000), between 45-70% of children who are exposed to domestic violence are also victims of physical abuse (Fantuzzo & Mohr, 1999).**  
<http://www.ncifcj.org/sites/default/files/Childrens%20Exposure%20to%20Violence.pdf>



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**SOCIAL MESSAGING**

**Tags:** Facebook/Instagram/Twitter/LinkedIn - @humanoptions

**Hashtags:** #pledgepurple #31daysofaction #purplethursday #DVAM

## Sample Social Media Posts

Feel free to use any of these Social Media posts. You can use one each week to make things easier. 😊 You can also share or reshare one of the daily posts from the social accounts @humanoptions (see tags above).

### **Sample Post #1: Raise awareness about DV**

*Intimate partner violence can affect anyone, at any time.*

### **Sample Post #2: Engage in 31 Days of Action**

Today is Day XX of the 31 Days of Action Calendar for Domestic Violence Awareness Month! Today's challenge is...

To join us in taking action click here: [www.humanoptions.org/DVAM2020](http://www.humanoptions.org/DVAM2020)

Don't forget to tag and share! #pledgepurple #31daysofaction

### **Sample Post #3: Purple Thursday**

Wear Purple on October 22<sup>nd</sup> to show your support for survivors and educate those around you. Post a Pic & Tag Us!


Take a photo of yourself wearing purple and share it on social media. Be sure to tag us! for #purplethursday #pledgepurple

### **Sample Post #4: Show your support for Human Options**

I stand with @humanoptions to end Intimate partner violence!

Show the world your do too by sharing this post!



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## RESOURCES

If you need help or know someone who does, you can call our 24-hour free hotline at **877-854-3594**, it is available **7 DAYS A WEEK**

### National Domestic Violence and Teen Dating Violence 24/7 lines

Phone: 800-799-SAFE (7233)

Text: LOVEIS to 22522

Chat: [www.thehotline.org](http://www.thehotline.org)

### Local Domestic Agencies

#### **Domestic Violence 24-hour hotlines (Emergency Hotlines)**

Human Options: (877) 854-3594

Laura's House: (866) 498-1511

WTLC: (714) 992-1931

Interval House: (714) 891-8121

### Local Police Departments

For immediate safety intervention, plus referrals to advocates on safety planning, restraining orders, and emergency housing.

### Local Family Resource Centers

#### **Minnie Street Family Resource Center**

Phone Number: (714) 972-5775

Email: [minniestreetfrc@factoc.org](mailto:minniestreetfrc@factoc.org)

#### **Newport Mesa Family Resource Center**

Phone Number: (949) 764-8100

Email: [newportmesafrc@fact.oc.org](mailto:newportmesafrc@fact.oc.org)

For a full list of all the family resource centers in Orange County visit: [www.factoc.org](http://www.factoc.org)



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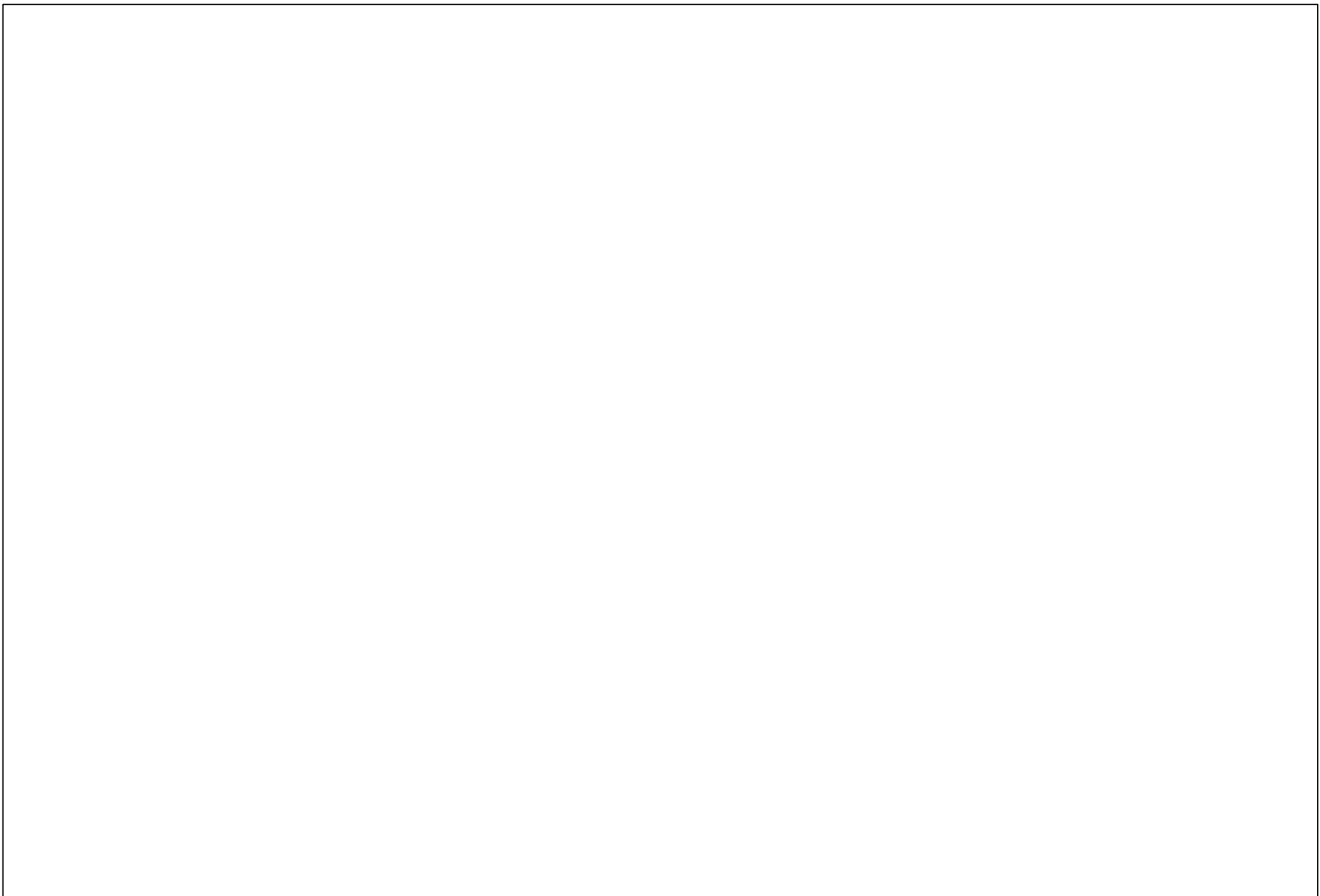
PREVENT. PROTECT. EMPOWER. TRANSFORM.

In support of Domestic Violence Awareness Month (DVAM) and promoting healthy relationships we would like for you to take a few moments and reflect on the following...

**What does a positive healthy relationship look like, sound like, and feel like? Express and/or draw your thoughts & feelings below.**

Respect  
Knowledge  
Care  
Empathy  
Responsibility

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Knowledge  
Care  
Empathy  
Responsibility



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**Heart Puzzle**

## *Did you know the meaning behind the Human Options logo?*

The multi-faceted colors and heart reflect the concept that the issues surrounding relationship violence are also multi-faceted and complex. The colors and parts of the heart are each distinctive, yet they blend together. There are many reasons and circumstances behind relationship violence, and Human Options has multiple approaches to responding to relationship violence. The heart represents our boldness to innovate, our multi-approach to find solutions and our compassion.

Color or decorate each of the 4 pieces of the heart. You may use whichever method you prefer (crayons, markers, paint...etc.) The possibilities are endless, so be creative!

Then, show us your heart! Share on social media using the hashtags below.



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## ¿Sabías el significado del logotipo de Human Options?

Los colores multifacéticos y el corazón reflejan el concepto de que los problemas que rodean la violencia en las relaciones son multifacéticos y complejos. Los colores y las partes del corazón son distintivos, pero también se mezclan entre sí. Hay muchas razones y circunstancias detrás de la violencia en las relaciones, y Human Options tiene múltiples enfoques para responder a la violencia en las relaciones. El corazón representa nuestra audacia para innovar, nuestro enfoque múltiple para encontrar soluciones y nuestra compasión.

Colorea o decora cada una de las 4 piezas del corazón. Elija la opción de su preferencia (crayolas, marcadores, pintura... etc.) Las posibilidades son infinitas, así que sé creativo!

¡Luego, muéstranos tu corazón! Comparte en las redes sociales usando los hashtags que se encuentran abajo.



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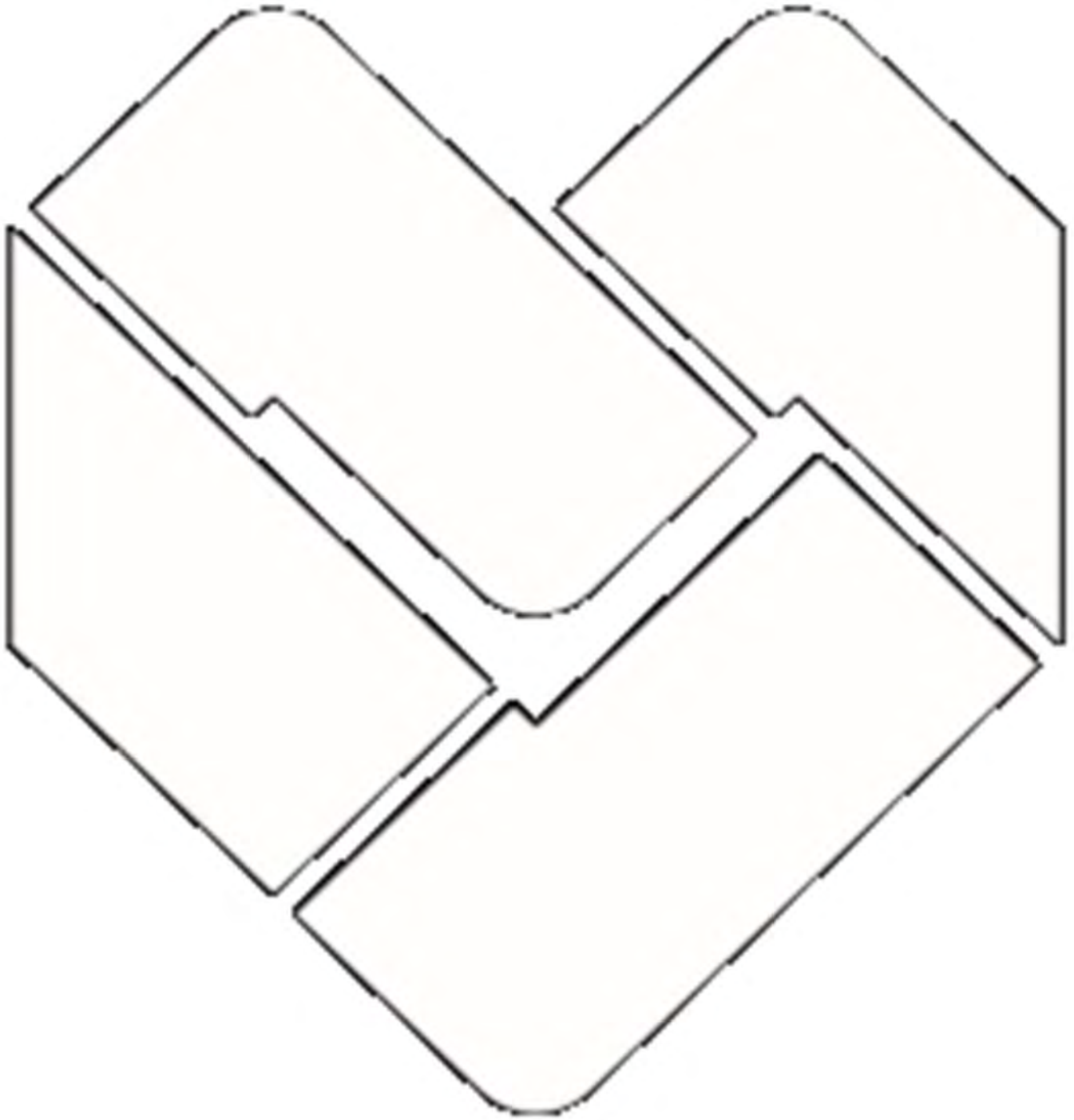
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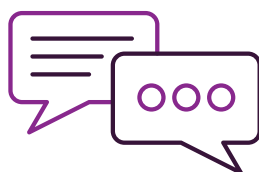
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# I PLEDGE TO:



Lend my voice and take action when someone is in an unhealthy or dangerous relationship!



Use my position as a leader and advocate to help others understand that strength is not defined by power or control.

October is Domestic Violence Awareness Month and I will take a stand this month!

**I #PledgePurple to #StandAgainstDV. #HumanOptions**

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Signature

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Date

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