

# HUMAN OPTIONS

PREVENT. PROTECT. EMPOWER. TRANSFORM.

OCTOBER IS  
DOMESTIC VIOLENCE  
AWARENESS MONTH 



CULTIVATING  
**RESILIENCE** to **THRIVE**



Let's **Cultivate Resilience To Thrive** because  
together



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WE are stronger!

## HELP LEND YOUR VOICE AND STAND AGAINST DV!

Congratulations! You have taken the first step to join us this October for Domestic Violence Awareness Month (DVAM)! Thank you for lending your voice and making a commitment to raise awareness about domestic violence.

At Human Options, we are working to have a collective impact in our communities! In this toolkit, we have included information that will be helpful when raising awareness while encouraging others to become a Thrive Ally this October in honor of Domestic Violence Awareness Month.

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 Resources

**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** 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



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**October 19<sup>th</sup>**, wear purple, be a voice, and start a conversation about domestic violence!



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## Facts on Relationship Violence

### Warning Signs of an Abuser

- 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 their behavior
- o Forces you to do things that make you uncomfortable

### Signs of Someone Experiencing Abuse

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, takes away or forces you to take contraception, lies about taking/using contraception, forces or does not allow you to get an abortion
- o *Physical*: Pinching, slapping, punching, kicking, hitting, shoving, holding tightly, damage of personal items
- 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 a partner.

### 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



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- o Economic control
- o Denial and blaming the victim for the abuse



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## PREVENT. PROTECT. EMPOWER. TRANSFORM. Statistics

- Family and domestic violence is a common problem in the United States, **affecting an estimated 10 million people every year.**
- The **national economic cost of domestic and family violence is estimated to be over 12 billion dollars per year.**
- **50% of women** seen in emergency departments **report a history of abuse**, and **approximately 40% of those killed by their abuser sought help in the 2 years before death.**
- According to the CDC, **1 in 4 women and 1 in 7 men will experience physical violence by their intimate partner at some point during their lifetimes.**
- **Approximately 1.5 million intimate partner female rapes and physical assaults are perpetrated annually, and approximately 800,000 male assaults occur.**
- **Domestic violence affects approximately 325,000 pregnant women each year.**
- **Domestic violence occurs in gay, lesbian, bisexual, and transgender couples**, and the rates are thought to be **similar to a heterosexual woman, approximately 25%.**
- **Transgender victims are approximately 2x more likely to experience physical violence**
- **For every three victims of domestic abuse, two will be female, one will be male.**
- According to the National Coalition Against Domestic Violence (NCADV), **intimate partner violence increased by 42 percent from 2016 to 2018 and now makes up over 20 percent of all violent crime.**
- According to a **2014 report by American Progress: Between 2001 and 2012, more women in the U.S. were killed by an intimate partner using a gun than U.S. troops in Iraq and Afghanistan combined.**



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## SOCIAL MESSAGING

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

**Hashtags:** #PledgePurple #IThrive #ThisIsHowIThrive #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**

*Relationship violence can affect anyone, at any time.*

*Let's #CultivateResilienceToThrive because together WE are stronger! Take action now, click here: [www.humanoptions.org/DVAM2023](http://www.humanoptions.org/DVAM2023)*

*#ThisIsHowIThrive #dvam2023*

#### **Sample Post #2: Purple Thursday**

*Today is Purple Thursday! I am wearing purple/purple ribbon to show my support for victims and survivors of relationship violence.*

**#purplethursday #ThriveAlly** (Take a photo of yourself wearing purple and share it on social media tag @humanoptions.)

#### **Sample Post #3: Become a Thrive Ally**



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*I stand with @humanoptions to end relationship violence in Orange County.*

*Show you are too by sharing this post! #THRIVEALLY #IThrive #dvam2023*

## PLEDGES & PUZZLES

To access the Pledge template click here:

<https://humanoptions.org/dvam2023/social-media-toolkit/>

**Make your own pledge.** 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. Write a word, phrase, a poem, or draw. Then, we invite you to share, tag, and post your work of art!**

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#pledgepurple

#dvam

Share, Tag, Post! (@humanoptions)  
Share or Tag us on any of our social media pages  
(Instagram; Facebook; Twitter; LinkedIn)

Responsibility

Empathy

Care

Knowledge

Respect

Knowledge

Care

Empathy

Respect

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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.

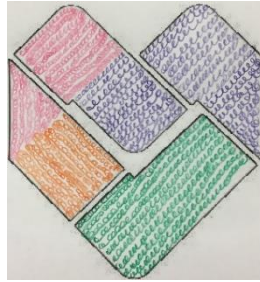


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Share, Tag, Post! ([@humanoptions](#))  
Share or Tag us on any of our social media pages  
([Instagram](#); [Facebook](#); [Twitter](#); [LinkedIn](#))

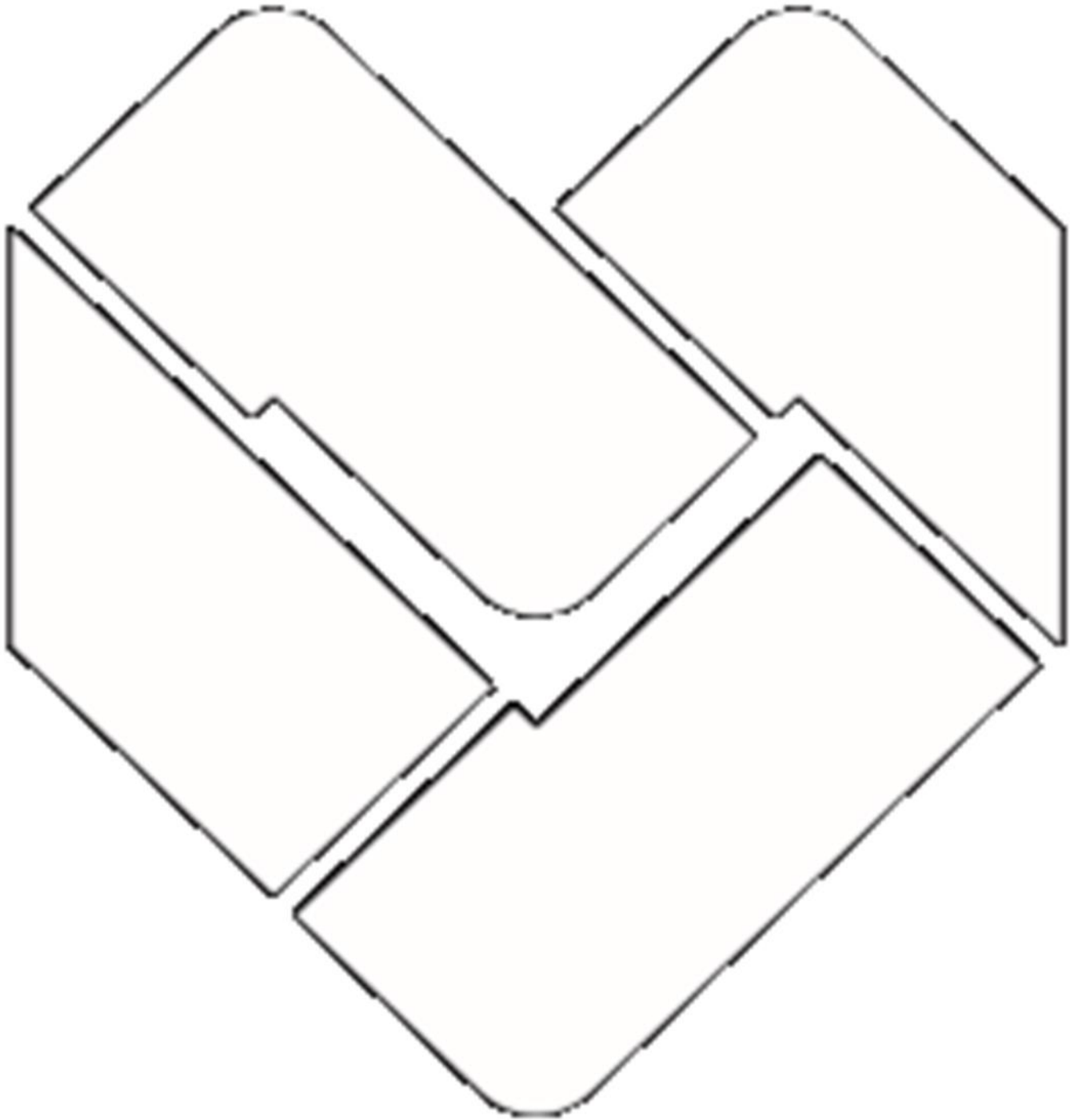


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## RESOURCES

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  
Radiant Futures: (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.

### 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**



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Phone Number: (949) 764-8100

Email: [newportmesafr@fact.oc.org](mailto:newportmesafr@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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