

October is National Domestic Violence Awareness Month

October is National Domestic Violence Awareness Month, a time to raise awareness of the facts and warning signs of domestic abuse and how to help those experiencing abuse by a partner, family member or someone else close to them.

Faith communities can play a role during National Domestic Violence Awareness Month – and beyond by:

- Offering education sessions on sexual and domestic violence so congregants can respond safely and effectively when someone asks for help.
- Leading youth group sessions on healthy relationships, free from abuse and controlling behaviors
- Creating a congregational domestic violence response team
- Identifying resources from within your faith or denomination that are available for domestic abuse survivors
- Stocking your congregational library with domestic and sexual violence information, books and videos
- Publicizing local, state and national domestic abuse hotline numbers through programs, newsletters and posters
- Partnering with other congregations, schools, law enforcement and sexual and domestic violence advocates to present programming during Sexual Assault Awareness Month in April and Domestic Violence Awareness Month in October. (See www.nsvrc.org or www.ncadv.org for resources.)

Source: Safe Havens Interfaith Partnership Against Domestic Violence and Elder Abuse (www.interfaithpartners.org)

Prayer: *We ask for continued courage to stand against all forms of oppression and violence in our world. Help us to assist women, men and children who are suffering abuse in their own homes with finding safety and hope for a better future.*

What is domestic violence?

It's not easy to tell at the beginning of a relationship if it will become abusive. Anyone of any race, age, sexual orientation, religion, or gender can be a victim of domestic violence.

If your partner physically harms, arouses fear, prevents you from doing what you wish, or forces you to behave in ways you don't want to, you may be experiencing domestic violence.

**NATIONAL
DOMESTIC
VIOLENCE
HOTLINE**

CALL 1-800-799-SAFE (7233) | TTY 1-800-787-3224 | CHAT THEHOTLINE.ORG

Domestic violence, domestic abuse, or relationship abuse is a pattern of behaviors use by one partner to maintain power and control over another partner in an intimate relationship.

You may be in an abusive relationship if your partner:

- Shows extreme jealousy of your friends and time spent away.
- Insults, demeans, or shames you with put-downs.
- Controls every penny spent in the household.
- Controls who you see, where you go, or what you do.
- Intimidates you with guns, knives, or other weapons.
- Tells you that you can never do anything right.

If you have concerns about what's happening in your relationship, call or chat today. We're completely free and confidential.

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