

Domestic Violence Awareness Month 2023

#DVAMcle

#DVAM2023

#Every1KnowsSome1



Safety
Healing
Breaking Cycles

What is Domestic Violence Awareness Month (DVAM)?

Launched in October 1987, DVAM was created as a way to connect and unite advocates, survivors, and supporters. Communities and advocates across the country connect to one another to raise awareness about the signs of abuse, recognize the prevalence of domestic violence in our communities, and promote ways to stop abuse.

DVAM is a chance for everyone to unite to work towards ending domestic violence. Journey Center is inviting advocates, loved ones, and supporters to join us in uplifting survivors and supporting this important issue. Together, we can make a change in our communities.

Journey Center is excited to take this Journey with you throughout October as we create awareness about domestic violence, the importance of healthy relationships, and learn ways to help those we love. We believe that everyone deserves a relationship built on love, respect, and trust. Journey Center is proud to promote safety, healing, and breaking cycles in October and throughout the year.

Who is Journey Center?

[Journey Center for Safety and Healing](#) is Cuyahoga County's most comprehensive domestic violence agency. Formerly known as Domestic Violence & Child Advocacy Center, Journey Center carries on the same mission, vision, and values. Journey Center provides services that foster safety and healing to those affected by domestic violence and child abuse and prevents abuse through education, advocacy, and systemic change.

Journey Center values Empowerment, Resiliency, Safety, Inclusion, Integrity, and Connectedness.

Our Vision

Journey Center for Safety and Healing envisions a community where safety and well-being are achieved by empowering people to find a path toward healthy, thriving relationships.

Our Mission

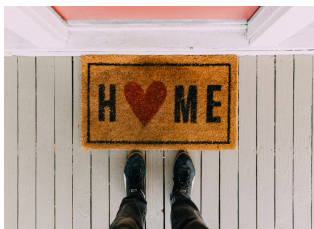
Journey provides services that foster safety and healing to those affected by child abuse and domestic violence; and prevents abuse through education, advocacy, and systemic change.

Journey Center Programs and Services



24-Hour Helpline

Answered 24-hours a day, 7 days a week. Advocates can assist callers with resources, referrals, and general information; crisis intervention and safety planning, legal information and/or options, intakes for services; and offer assistance to those experiencing abuse as well as friends/family.



Emergency Domestic Violence Shelter

Operating in a confidential location, the shelter operates as a safe haven for individuals and families at high risk for re-victimization and stalking. Advocates provide crisis intervention, safety planning, group activities, assistance with education, and connections to housing, employment and community supports.



Justice System Advocacy

Journey provides court advocacy for domestic violence victims involved in criminal and civil proceedings throughout Cuyahoga County. Advocates speak with each victim about their unique situation. Options are explored and considered, with an emphasis on safety and self-determination.



Latina Domestic Violence Project

Offers culturally relevant advocacy and support services for Latino victims of domestic violence. All Advocates are bilingual in Spanish.



Safe & Sound Visitation Center

Safe & Sound Visitation Center (SSVC) is the only one of its kind in Cuyahoga County helping high-risk, high-conflict families in need of safe, supervised visits and/or safe exchanges.



Domestic Violence Housing First Initiative

The Domestic Violence Housing First Initiative connects survivors and their children to independent housing so they can remain safe without entering shelter.



Trauma Services

Therapy services for children, adolescents, and adults who have experienced trauma, grief, and loss related to child abuse, teen dating violence, domestic violence, and/or stalking.



Support Groups

Support groups are available for individuals who have experienced abusive relationships. These free, weekly, facilitated groups offer a confidential setting for discussion, support, and more.



Domestic Violence Education Classes

This 7-week program provides education on the dynamics of domestic violence to help those affected by abuse make informed life decisions.



Training and Continuing Education

Journey Center offers educational presentations and a wide variety of professional training workshops to the greater Cleveland area. Topics include: domestic violence, dating violence, child abuse, and other related topics.

What is Domestic Violence?

Domestic violence is a pattern of behaviors used by one partner to maintain **power** and **control**. It occurs when **one person intentionally causes physical or emotional harm** to a partner in an intimate relationship.

Domestic violence crosses racial, cultural, socioeconomic, and religious lines and occurs in all types of intimate relationships. While it happens to people of all genders, women are the most frequent victims of domestic violence.

Types of Abuse

Verbal & Emotional Abuse

Any non-physical behavior an abusive partner says or does that manipulates or controls your feelings and/or behaviors and causes you to be afraid.

This may include: name calling, yelling and/or screaming, threats to harm, telling you where to go or who to talk to, [controlling](#) what you wear, constant monitoring, threats to harm themselves, isolation, body shaming, or stalking behaviors.

Financial Abuse

The use of finances or resources from one partner against the other.

This may include: taking your money, putting all bills in your name, selling or destroying your possessions or property, making you account for every dime you spend, forcing you to quit or lose jobs, and/or taking or disabling your car.

Physical Abuse

Any intentional, unwanted contact with your body by the abuser or an object within the abuser's control.

This may include: slapping, hitting, punching, choking, threatening with a weapon, banging head into the wall, dragging through the house, burning with cigarettes, blocking an entrance or exit, pushing, tripping, and/or restraining.

Sexual Abuse

Any action that an abuser uses to persuade, force, or coerce their partner to engage in sexual activity.

Sexual abuse may include: rape, forced or coerced sex, forbidding or interfering with birth control, forcing distasteful sex acts on you, cheating, or accusing you of cheating, sending unwanted or unsolicited pictures, or forcing you to take or send unwanted photos.

Digital Abuse

The misuse of technology to bully, harass, stalk, or intimidate a partner.

Digital abuse may include: steals or insists on being given your password(s), forcing you to share your location, monitoring social media accounts, using smart technology to track their partner, or sending and/or airdropping unwanted/unsolicited photos.

Recognizing Abuse

There are a few questions to ask yourself, or someone you care about, that may be red flags for an unhealthy or abusive relationship.

- ? Do you ever feel threatened by your partner?
- ? Do you feel that you deserve more respect than you are getting?
- ? Do you ever feel unsafe disagreeing or arguing with your partner?
- ? Do you believe you can help your partner to change the abusive behavior if you were only to change yourself?
- ? Do you find that not making your partner angry has become a major part of your life?
- ? Do you do what your partner wants you to do out of fear rather than doing what you want to do?
- ? Do you stay with your partner because you fear they will hurt you if you leave or tell someone?
- ? Does your partner call you names, swear at you, put you down, or control all of your activities?

If you answered “yes” to any of these questions, you may be in an unhealthy or abusive relationship.

Help, support, and information are available to you through Journey Center.

Call our 24-Hour Helpline at 216.391.4357 (HELP)

Why Victims Stay

Leaving is not easy. On average, it takes a victim seven times to leave before staying away for good. **Leaving an abusive relationship is the most dangerous time for a victim.**

Fear

Abusers often make threats of increased violence and even homicide if the victim threatens or attempts to leave. Without help from family, friends, and community resources, victims who leave their partners may be placing themselves in danger.

Control

Often the abuser has control over many, or all, aspects of the victim's life.

Children

Victims often wish for their children to grow up with both parents; and being a single parent may add additional stress factors to a victim.

Isolation

Many abusers purposely destroy relationships the victim has with family and friends to leave them feeling alone and with no control over the situation and no one to reach out to for help.

Financial Concerns

Victims may feel they have lost all control over money. Their abuser may have limited their access to money or work.

Lack of Resources

A victim may not know where to start when looking for help. Or, they may have reached out before and been denied help or not qualified for services.

Optimism, Hope, or Love

It's important to remember that an abuser is not abusive all of the time. An abuser may be loving, caring, and supportive at times. This can be confusing for a victim and they may have hope that the abuser will keep their promises to stop being abusive. Abuse is gradual and occurs over time, the love that the victim has for their partner is real.

Every person's situation is unique, and a victim may be unable to leave a situation for a variety of reasons.

It's important to remember: a victim knows their abuser best.

How Can You Support Someone Impacted by Domestic Violence

- ♥ **Be supportive.** Regardless of their decision(s).
- ♥ **Listen.** Give your full attention. Ask open ended questions.
- ♥ **Believe what you are being told.** Survivors are savvy and resilient, sometimes just being in contact or listening and validating is all you can do.
- ♥ **Remind them that the abuse is not their fault** and acknowledge they are in a difficult situation.
- ♥ **Do not judge.** Be supportive and non-judgmental.
- ♥ **Don't try to fix everything.** Remember, you cannot "rescue them." A survivor must make their own decision(s).
- ♥ **Encourage them** to participate in activities outside of their relationship.
- ♥ **Help if you can.** Provide options for food, utility assistance, transportation, etc.
- ♥ **Provide resources.** Encourage them to reach out for services and support.

Starting a Conversation

Find the right time, away from people and distractions.

Make the victim feel comfortable.

Be prepared to listen and for what your loved one may tell you.

Keep your door open. Your loved one may not want to tell you everything.

Never blame the victim. Remember, a victim is NEVER at fault for abuse.

Learn about domestic violence.



Books

[It's My Life Now: Starting Over After An Abusive Relationship](#)

by Meg Kennedy Dugan & Roger R Hock

[Dance of Anger: A Women's Guide to Changing the Patterns of Intimate Relationships](#)

by Harriet Lerner

[The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma](#)

by Bessel van der Kolk M.D.

[Why Does He Do That? Inside the Minds of Angry and Controlling Men](#)

by Lundy Bancroft

[The Battered as a Parent](#)

by Lundy Bancroft

[Should I Stay or Should I Go? A Guide to Knowing if Your Relationship Can - and Should - be Saved](#)

by Lundy Bancroft & Jac Patrissi

[When Dad Hurts Mom](#)

by Lundy Bancroft

[Trauma and Recovery: The Aftermath of Violence](#)

by Judith Lewis Herman

[Written on the Body: Letters from Trans and Non-Binary Survivors](#)

Multiple Contributors

[Supporting Women After Domestic Violence: Loss, Trauma, and Recovery](#)

by Hilary Abrahams



Podcasts

[Podcast on Crimes Against Women](#)

[NRCDV Radio](#)

[Prevent Connect Podcast](#)

[Resource on the Go Podcast \(NSVRC\)](#)

[Therapy for Black Girls Podcast](#)

[The Girlfriends](#)

Self-care is sometimes easier said than done- it may be even more challenging for someone who is or has experienced abuse. Take a look at these tips to find [self-care](#) ideas that may work for you.

Breathe

Walk

Get your body moving. Take a walk around the block or go to the park,

Positive Self-Affirmations

Replace the negative words told to you by an abuser and replace them with positive words. Try: "I am worthy. I am valuable." or another saying that works for you.

Drink Water

Get Active

Try yoga, running, dancing or another workout as a way to help relieve stress.

Meditate

Hobbies

Do an activity such as painting, music, or arts and crafts that can help you be creative and something you can find joy in.

Write or Journal

Write down your thoughts, doodle, or just write how your day was. Expressing your thoughts, feelings, and emotions down can be a good way to process your emotions.

Listen to Music, a Podcast, or an Audiobook


Take time to listen to something that brings you joy.


Watch a Funny Movie, TV Show, or YouTube Video


Ask For Help


Talk to someone you trust about what you're feeling. Or, reach out to Journey Center.


Suggested Social Media Messages


 Everyone deserves to feel safe on their Journey to safety and healing. You are not alone. #DVAMcle #DVAM2023 #Every1KnowsSome1


 Nearly three out of four Americans know someone who is or has been a victim of domestic violence. Support survivors and speak out against domestic violence. #DVAMcle #DVAM2023 #Every1KnowsSome1


 October is Domestic Violence Awareness Month. I'm joining Journey Center and others across the nation to promote safe, healthy relationships for everyone. #DVAM2023 #DVAMcle #Every1KnowsSome1


 Abuse can come in many forms, including emotional and verbal abuse. In fact, nearly HALF of all men and women experience this form of abuse from an intimate partner. #DVAMcle #DVAM2023 #Every1KnowsSome1

 Modeling respect, equality, and peace in your relationships is one thing you can do to help end domestic violence. #DVAMcle #DVAM2023 #Every1KnowsSome1

 I can support domestic violence survivors by spreading awareness of Journey Center for Safety and Healing services so others may reach out for help. #DVAMcle #DVAM2023 #Every1KnowsSome1

 1 in 4 women & 1 in 7 men experience severe physical violence from an intimate partner in their lifetime. Nearly half of men & women experience emotional abuse. Abuse is a lot closer to home than you may realize. #DVAMcle #DVAM2023 #Every1KnowsSome1

 Domestic violence doesn't discriminate, and it can happen to anyone. Every survivor, regardless of race, background, or class, deserves support. We all play a role in ending DV & supporting survivors. #DVAMcle #DVAM2023 #Every1KnowsSome1

 Domestic violence can manifest in a number of ways, and there's usually more than one tactic taking place in an abusive relationship. Regardless of the coercive behavior(s) used, it always comes back to power and control over the victim. #DVAMcle #DVAM2023 #Every1KnowsSome1

Shareable Social Media Images

What is Domestic Violence?

Domestic Violence is a pattern of behaviors used from one partner over the other to gain and maintain power and control.



Journey
Center for Safety and Healing

Journeyneo.org
216.391.4357 (HELP)

Support a Loved One

- Start a conversation in a positive way
- Be supportive
- Focus on unhealthy/abusive behaviors
- Keep your conversation friendly
- Don't blame the victim
- Allow them to make their own decisions
- Offer resources
- Be prepared for more conversations



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You deserve a safe, healthy relationship.



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Journeyneo.org

[Facebook Banner](#)

[LinkedIn Banner](#)

[Zoom Background](#)

Journey Center Week of Action



Monday, October 16: Message Monday

Share things to say when a domestic violence survivor shares their story with you or with your community. "I believe you," "You deserve to be treated with respect." Let someone impacted by abuse know that they are not alone.



Tuesday, October 17: "How to Help a Loved One" Training

During this 1-hour webinar we will learn how to support someone we love and care about who may be experiencing an unhealthy or abusive relationship.



Wednesday, October 18: Wellness Wednesday

Today is a reminder to take care of yourself and your well-being. Whether you are in an unhealthy relationship or supporting a loved one- your mental and physical well-being are important.



Thursday, October 19: Purple Thursday

Share your images on social media and tag Journey Center to show off your purple Outfit of the Day.



Friday, October 20: Friday Facts

This Friday, and every Friday throughout October, join Journey Center on our social media to learn about one element of domestic violence and the impact it has on our community.



Saturday, October 21: Speak Up

Have an intentional conversation with at least one person about domestic violence.

DVAM Daily Action Calendar

Join Journey's [DVAM 2023 Facebook Group](#) for an entire month of daily action. Each day Journey and our supporters will participate in one action to promote and support safe, healthy relationships for all while taking a stand against domestic violence.



Self-Care Sunday

Every Sunday we will take one action to promote and practice self-care.



Media Monday

Every Monday Journey will share an article or two about domestic violence and its impact.



Let's Talk Tuesday

Each Tuesday throughout October have a conversation with at least one person in your life about one aspect of domestic violence.



Watchlist Wednesday

Every Wednesday in October Journey Center will share a movie or documentary to watch.



Tune In Thursday

Each Thursday Journey Center will share a podcast to listen to that discusses an important aspect of domestic violence.



Pay it Forward Friday

One thing we can all do is support Journey through donations. Make a financial donation or donate the items on our Wish List that support our clients.

Get Involved



ADVOCATE

Download and share Journey Center's **DVAM 2023 Toolkit**

Like, follow, and share Journey Center's posts and videos

Facebook: [JourneyCenterNEO](#)

LinkedIn: [JourneyCenterNEO](#)

Instagram: [JourneyCenterNEO](#)

YouTube: [JourneyCenterNEO](#)

Twitter: [Journey_NEO](#)

Participate in Journey Center's **Week of Action**

Participate in Journey Center's **Daily Action Calendar** and [Facebook Group](#)

Subscribe and share **Journey Center's Newsletter** with your family and friends

Wear and display purple ribbons to promote healthy relationships and take a stand against abusive relationships

Download and use Journey Center's [DVAM Social Media Banners and Image](#)

Call or text our **24-Hour Helpline** if you or someone you know are in an unsafe or abusive relationship

216.391.4357 (HELP) or **live chat: [Journeyneo.org](#)**

LEARN

Attend one of Journey Center's [Domestic Violence Trainings](#)

How to Help a Loved One: Tuesday, October 17, 12-1p

This free, 1-hour training is designed for individuals who have a loved one who is or has been in an unhealthy or abusive relationship. We will give attendees helpful tips and skills to support a loved one. #DVAM2023 #DVAMcle #Every1KnowsSome1

Domestic Violence and Technology: Thursday, October 26, 12-130p

This training will explore digital abuse including how abusers misuse technology to abuse their victims. We will also discuss technology trends and technology safety planning. 1.5 CEUs available. #DVAM2023 #DVAMcle



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Get Involved

DONATE

Participate in **#GiveForDV** on Thursday, October 26

Participate in **Pay It Forward Friday** each Friday in October

Make a [donation](#)

Host a **Facebook or Instagram Fundraiser**

Organize a collection of items from [Journey Center's Wishlist](#)

Hold a **cell phone drive** to collect old phones for Journey Center

Create or host a **third-party event** with your community



ACTION STEPS

Download and share Journey Center's **DVAM 2023 Toolkit**

Read and pass along Journey Center's **DVAM Images and Graphics**

Download and share **Journey Center's Calendar of Events** to ensure you don't miss an event

Read and share [Journey Center's Blog](#)


Share on social media and with your community, friends, and family **why you support victims, survivors, and those impacted by abuse**

Participate in Journey Center's **Daily Action Calendar** and **Facebook Group**

Wear Purple on Thursday, October 19


Let your friends and family know that you're participating in DVAM 2023 and tell them to take action


Have a conversation about what a safe, healthy relationship is and is not with those in your community

 Journeyneo.org

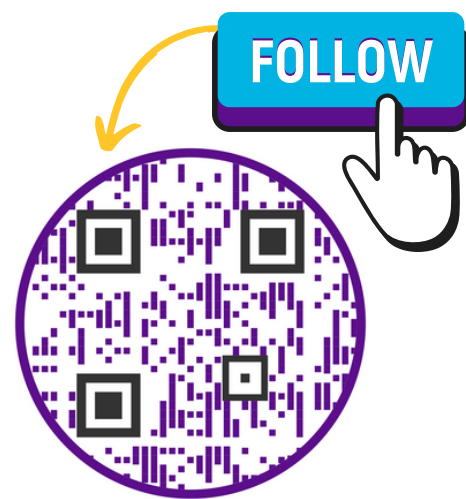
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