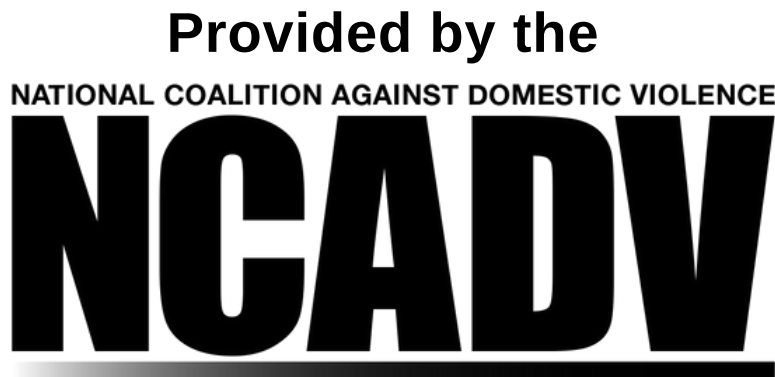


#WeAreResilient Toolkit

For Survivors, Advocates and Allies
Domestic Violence Awareness Month, October 2022

**FREE | FOR WIDE USE AND AUDIENCE |
ALL USAGE PERMISSIONS GRANTED**



www.ncadv.org

Show #WeAreResilient with NCADV on Social Media!







Contact: Lynn Brewer, Communications Director
lbrewer@ncadv.org

THANK YOU FOR BEING A PART OF #WeAreResilient!

Thank you for being a part of Domestic Violence Awareness Month (DVAM) this October!

In this toolkit, you'll find information, background, messaging, templates, and content that you'll find helpful when promoting #DVAM2022 and your commitment to seeing a national culture where we are all safe, empowered and free from domestic violence.

WHAT YOU'LL FIND IN THIS TOOLKIT

-  Details about **NCADV** and **DVAM** (*pages 2-4*)
-  Information about **Domestic Violence** (including **graphics**, links to **blog posts** and **fact sheets**) (*pages 7-15*)
-  **Samples** and **Templates** (*pages 16-19*)
-  **More Ways to Show #WeAreResilient** with NCADV (*pages 20-21*)



About NCADV

Since 1978, the National Coalition Against Domestic Violence (NCADV) has led the national grassroots response to domestic violence. Our focus on policy is supplemented by our projects and programs to educate and raise awareness.

[Check Out NCADV's 40+ Year History](#)

Our Vision

NCADV envisions a national culture in which we are all safe, empowered and free from domestic violence.

Our Mission

Our mission is to lead, mobilize and raise our voices to support efforts that demand a change of conditions that lead to domestic violence such as patriarchy, privilege, racism, sexism, and classism. We are dedicated to supporting survivors, holding offenders accountable and supporting advocates.

As the only national grassroots organization focused solely on domestic violence who does not receive government funding, NCADV is uniquely situated to address the issue of domestic violence with independence and freedom from conflicts of interest.

About Domestic Violence Awareness Month (DVAM)

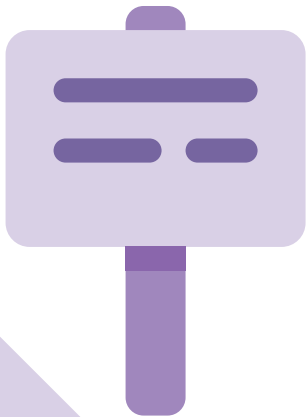
History and Origins

“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. The Day of Unity soon became an entire week devoted to a range of activities conducted at the local, state, and national levels. The activities conducted were as varied and diverse as the program sponsors but had common themes: mourning those who have died because of domestic violence, celebrating those who have survived, and connecting those who work to end violence.” -- From “Domestic Violence Awareness Month History” by the National Resource Center on Domestic Violence, who adapted it from NCADV’s 1996 Domestic Violence Awareness Month Resource Manual

Show #WeAreResilient for #DVAM2022

For #DVAM2022, NCADV encourages advocates and allies to use the #WeAreResilient hashtag. #WeAreResilient is the official hashtag for NCADV’s DVAM activities, including our 20th [national conference on domestic violence](#), *Recognizing (Y)Our Resilience*, taking place at the end of August.

DVAM RESOURCES



**RESOURCE: Print a Placard,
Snap a Selfie with Your Placard
and Share on Social Media!**

Show the world what it looks like to be ...

[A SURVIVOR](#)

[AN ADVOCATE](#)

[AN ALLY](#)



**RESOURCE: Add a Twibbon to Your
Twitter Profile!**

Show the world what it looks like to be ...

[A SURVIVOR](#)

[AN ADVOCATE](#)

[AN ALLY](#)



**RESOURCE: Add a Frame to Your
Facebook Profile!**

Show the world what it looks like to be ...

[A SURVIVOR](#)

[AN ADVOCATE](#)

[AN ALLY](#)

**RESOURCE: More Awareness Materials
are Available!**

To order materials, [free](#) and [for-purchase](#)
items can be found at the Domestic
Violence Awareness Project's [website](#).



ABOUT DOMESTIC VIOLENCE

The Iceberg of Domestic Violence

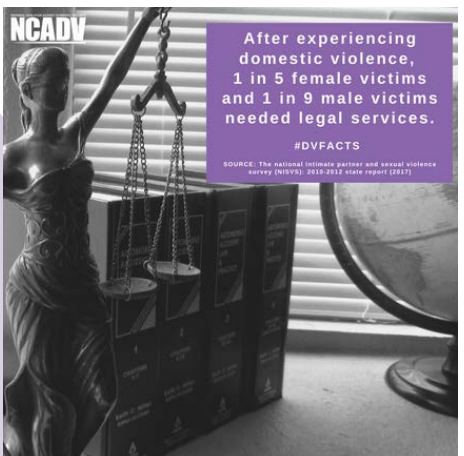
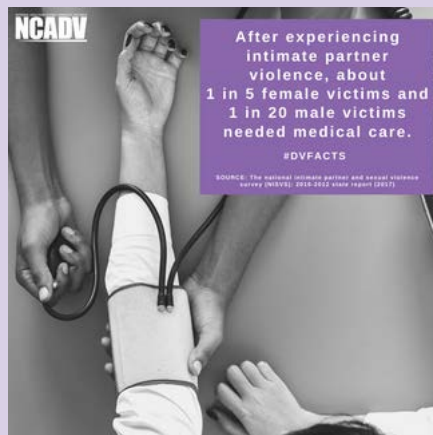
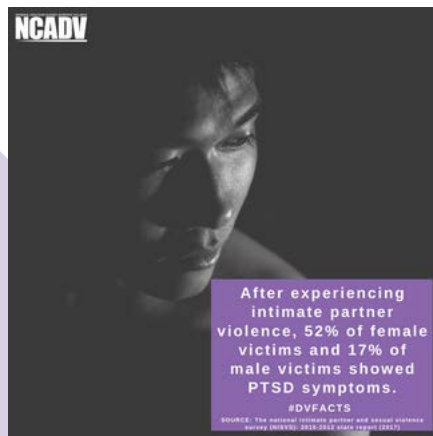
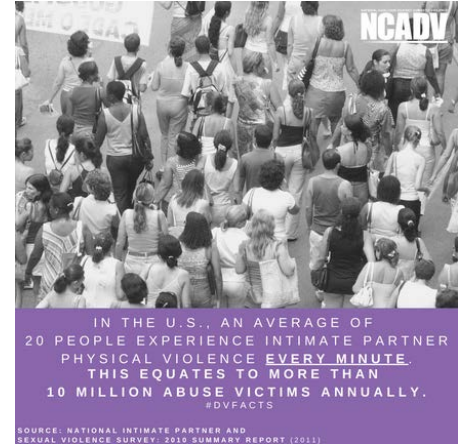
One of the most dangerous and insidious truths about domestic violence is it's easy to ignore if it's not visible. Similar to an iceberg, there's a lot more than what is visible above the surface, and that's true for individuals, communities, and cultures. **In the depiction below, we've listed outward acts that society doesn't accept, where survivors are supported and the offenders are held accountable. Ask yourself: WHY don't we do the same with acts found below the water's surface?**



[Download Iceberg of Domestic Violence](#)

DVAM RESOURCES

Shareable #DVFacts Graphics



[Download #DVFacts](#)

DVAM RESOURCES

Shareable #DVFacts Graphics



23% of women and 14% of men have experienced severe physical violence (e.g. beating, burning, strangulation) by an intimate partner during their lifetime.

#DVFACTS

SOURCE: Smith, S.O., Chen, J., Basile, K.C., Gilbert, L.K., Merson, D.C., Park, S., Wething, M., & Jain, A. (2012). The national intimate partner and sexual violence survey (NISVS): 2009-2010 main report.

NCAADV



From 2016 - 2018, the number of intimate partner violence victimizations in the United States increased 42%.

#DVFACTS

SOURCE: Morgan, R.E., & Quendler, S.A. (2019). Criminal victimization, 2018.

NCAADV

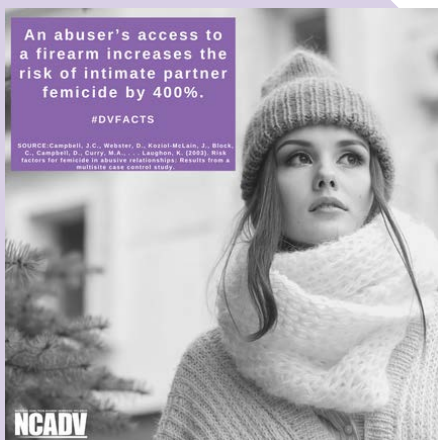


On a typical day, domestic violence hotlines nationwide receive over 19,000 calls, approximately 13 calls every minute.

#DVFACTS

SOURCE: National Network to End Domestic Violence (2020). 14th annual domestic violence counts report.

NCAADV



An abuser's access to a firearm increases the risk of intimate partner femicide by 400%.

#DVFACTS

SOURCE: Campbell, J.C., Webster, D., Koziol-McLain, J., Block, C., Campbell, D., Curry, M.A., ... & Langhinrichsen, J. (2003). Risk factors for femicide in abusive relationships: Results from a multisite case-control study.

NCAADV



Intimate partner violence is most common against women between the ages of 18-24

#DVFACTS

SOURCE: Truman, J.L., & Morgan, R.E. (2019). National domestic violence, 2009-2012.

NCAADV



Intimate partner violence accounts for 15% of all violent crime.

#DVFACTS

SOURCE: Truman, J.L., & Morgan, R.E. (2014). National domestic violence, 2009-2012.

NCAADV

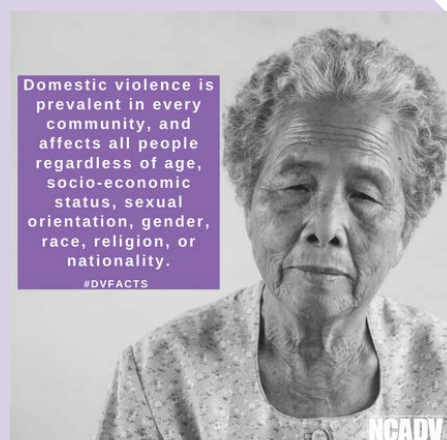


19% of intimate partner violence involves a weapon.

#DVFACTS

SOURCE: Truman, J.L., & Morgan, R.E. (2014). National domestic violence, 2009-2012.

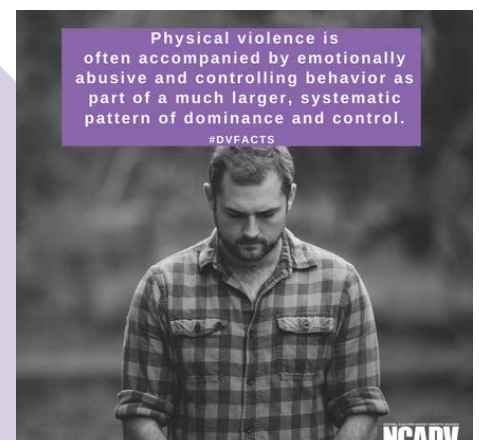
NCAADV



Domestic violence is prevalent in every community, and affects all people regardless of age, socio-economic status, sexual orientation, gender, race, religion, or nationality.

#DVFACTS

NCAADV



Physical violence is often accompanied by emotionally abusive and controlling behavior as part of a much larger, systematic pattern of dominance and control.

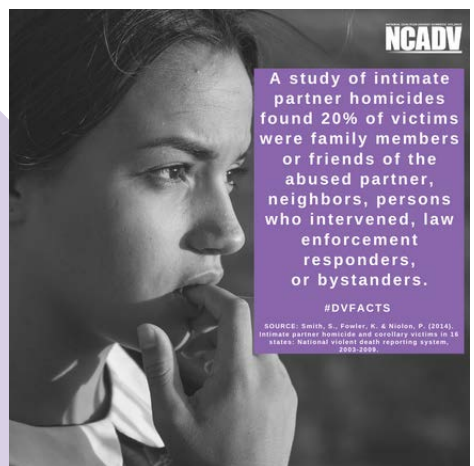
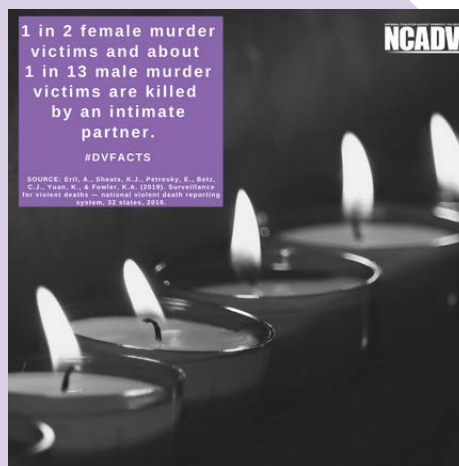
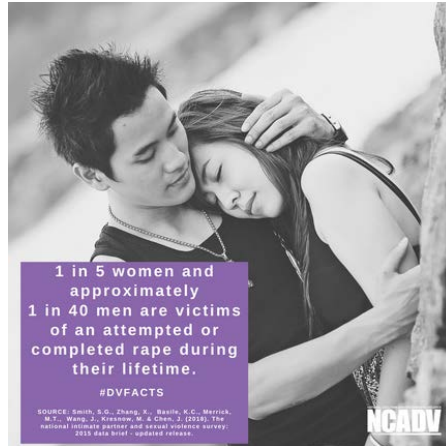
#DVFACTS

NCAADV

[Download #DVFacts](#)

DVAM RESOURCES

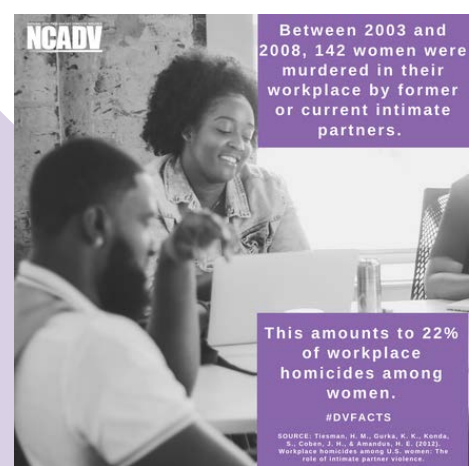
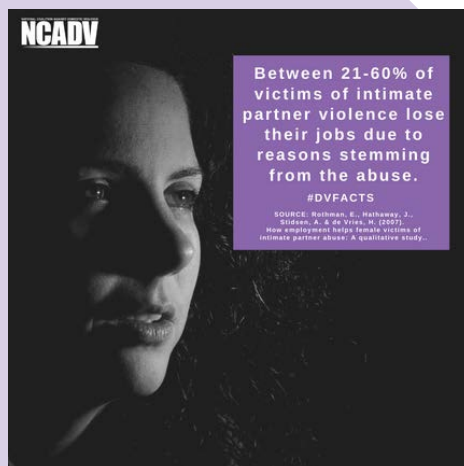
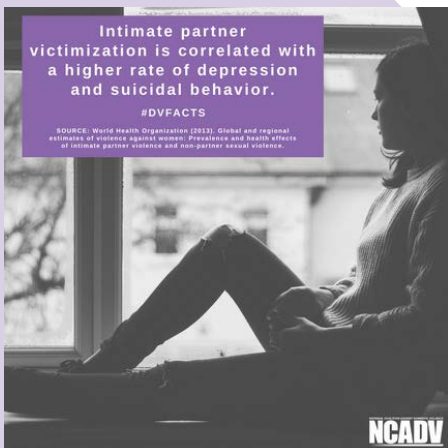
Shareable #DVFacts Graphics



[Download #DVFacts](#)

DVAM RESOURCES

Shareable #DVFACTS Graphics



[Download #DVFACTS](#)

DVAM RESOURCES

Fact Sheets

Statistics

[National Statistics](#)

[State by State Statistics](#)

Tools of Abuse and Violence

[Economic Abuse](#)

[Domestic Violence and Guns](#)

[Physical Abuse](#)

[Psychological Abuse](#)

[Domestic Violence and Sexual Assault](#)

[Stalking](#)



Domestic Violence in Specific Populations

[Domestic Violence and the Impact on Children](#)

[American Indian/Alaskan Native Women and Domestic Violence](#)

[Domestic Violence in the Black Community](#)

[Male Victims of Intimate Partner Violence](#)

[Dating Violence and Teen Domestic Violence](#)

[Domestic Abuse in Later Life](#)

[Gender-Based Violence in Rural Areas](#)

[People with Disabilities and Domestic Violence](#)

DVAM RESOURCES

Blog Posts

By NCADV

[Quick Guide: What is Domestic Violence?](#)

[Why Increasing Federal Funding to Domestic Violence Programs Matters](#)

[Quick Guide to Stalking: 16 Important Statistics and What You Can Do About It](#)

[Quick Guide: Teen Dating Violence](#)

[Quick Guide: Economic and Financial Abuse](#)

[Domestic Violence and People with Disabilities: What to Know, Why It Matters, and How to Help](#)

[Quick Guide: Domestic Violence and Sexual Abuse](#)

[When #MeToo Isn't Enough: Why Domestic Violence Needs Its Own Hashtag](#)

[Domestic Violence and the LGBTQ Community](#)

[Quick Guide: Domestic Abuse in Later Life](#)



By Guest Bloggers ...

...on working with survivors

[Domestic Violence Agencies Must Interrogate Violence Against Black Women So Real Healing Can Begin](#)

[Including Domestic Violence in #ShowUsYourLeave](#)

[Working with Survivors: Equipping Survivors with Their Voice Using Creativity as a Tool for Transformation with Survivors](#)

DVAM RESOURCES

Blog Posts

By Guest Bloggers ...

...on surviving domestic violence / #SurvivorSpeaks

[The Aftermath of Domestic Violence](#)

[The Apartment Game After the Divorce](#)

[But, Why Did You Stay ...?](#)

[Emerging Hope](#)

[Finding Legitimacy After the Violence](#)

[Forgiveness](#)

[I Don't Know About You, but Lately I'm Feeling Violated](#)

[Mad Love](#)

[No Ordinary Love](#)

[Officer-Involved Domestic Violence: A Survivor's Story](#)

[Poem: A Daughter's Perspective](#)

[The Power of Speaking Up](#)

[Rebekah's Last Gift to the World: A Grieving Mother's Story](#)

[Red Flags: A Domestic Violence Awareness Guest Blog Post](#)

[Unknown Battle Scars: The Hidden Wounds](#)

[What Everyone Ought to Know about Domestic Violence](#)

[When I Broke the Silence](#)

...on self-care

[Be Good to Yourself!](#)

[Believe It or Not, Coloring is Therapeutic!](#)

...on other topics

[Bystander Paralysis: It Happens to Everyone -- Even Domestic Violence Experts](#)

[The Revictimization Game](#)

[What Most People Missed When They Watched "Lorena"](#)

[What Will My Job Think?](#)



DVAM RESOURCES

SAMPLES AND TEMPLATES

Social Media Messages for Survivors

This is what a survivor of DV looks like! Join me this October and show #WeAreResilient! Because when a #SurvivorSpeaks, it's powerful.

Share #WeAreResilient with @NCADV and survivors like me this October to raise awareness about domestic violence! Learn more at [NCADV.org/2022DVAM](https://www.ncadv.org/2022DVAM)

Social Media Messages for Advocates

This is what an advocate looks like!
Join me this October and show #WeAreResilient!

Share #WeAreResilient with @NCADV and advocates like me this October to raise awareness about domestic violence! Learn more at [NCADV.org/2022DVAM](https://www.ncadv.org/2022DVAM)

Join [your organization] for our #DVAM2022 [name of event] to show #WeAreResilient this October! [insert event URL]

Social Media Message for Allies

This is what an ally against DV looks like! Join me this October and show #WeAreResilient!

Share #WeAreResilient with @NCADV and allies like me this October to raise awareness about domestic violence! Learn more at [NCADV.org/2022DVAM](https://www.ncadv.org/2022DVAM)

DVAM RESOURCES

SAMPLES AND TEMPLATES

Social Media Messages for Everyone

What @NCADV started in October 1981 as a Day of Unity has grown into a national month of awareness for domestic violence. This October, we share #WeAreResilient and we need your help.

Join us at [NCADV.org/2022DVAM](https://www.ncadv.org/2022DVAM)

Create your own #WeAreResilient profile to show everyone you're ready to raise awareness about domestic violence for #DVAM2022!

[NCADV.org/2022DVAM](https://www.ncadv.org/2022DVAM)

This #DVAM2022, I will show #WeAreResilient with @NCADV by [add your own DVAM plans]!

If you or someone you love is a victim of DV, reach out to the National DV Hotline at 1-800-799-7233 or chat online at thehotline.org.

You are not alone! #WeAreResilient

Domestic violence harms more than victims. It harms communities and our nation as a whole. Join me this October and share

#WeAreResilient! [NCADV.org/2022DVAM](https://www.ncadv.org/2022DVAM)

Raise awareness and educate others about domestic violence statistics using #DVFacts. Share #WeAreResilient this October and all year!

#DYK up to 99% of domestic violence experience economic abuse while with an abusive partner? Learn more #DVFacts with the "Quick Guide: Economic and Financial Abuse" [[Blog URL](#)]

DVAM RESOURCES

SAMPLES AND TEMPLATES

Social Media Messages for Everyone

Every day, over 19,000 calls are placed to DV hotlines in the U.S. Help shrink this number by joining @NCADV and sharing #DVFacts to raise awareness! NCADV.org/2022DVAM

Everybody recognizes physical violence as a potential sign of domestic violence, but what about name-calling? Controlling a bank account? Refusing to use birth control? Share #WeAreResilient and teach others all the ways DV can look with the Iceberg of DV.

Learn more #DVFacts with NCADV's fact sheet on [Fact Sheet Topic]. [Fact Sheet URL] #WeAreResilient

Domestic violence + firearms = a lethal combination. Learn more with @NCADV's blog post, "Domestic Violence and Firearms" [insert blog URL]

Join me in raising funds for @NCADV this October! [insert fundraiser URL] #WeAreResilient

Domestic violence doesn't end when October does, and neither will our efforts to raise awareness about domestic violence by sharing #DVFacts!

#DVAM2022 is coming to a close, but our commitment to raise awareness about DV remains strong year round!

DVAM RESOURCES

SAMPLES AND TEMPLATES

Templates

[Sample Proclamation Template](#)

[Sample Press Release Template](#)

Talking Points for Key Questions on Domestic Violence

[How prevalent is domestic violence?](#)

[How are children impacted by domestic violence?](#)

[What types of services and supports are offered to victims of domestic violence?](#)

[How does the economy affect domestic violence incidents and reporting by victims?](#)

[What are the personal and societal costs of domestic violence?](#)

[Does domestic violence lead to homicide?](#)

[How prevalent is domestic violence within LGBTQ communities?](#)

[How can faith or spirituality be a resource for domestic violence survivors?](#)

[What is the connection between firearms and domestic violence?](#)

[What do we know about domestic violence within immigrant communities?](#)

[What are the connections between domestic violence and human trafficking?](#)

[How and why are domestic violence and animal abuse related?](#)

[Is domestic violence preventable?](#)

[Create Your Own](#)



MORE WAYS TO GET INVOLVED

Looking to get more involved in the movement against domestic violence? There's lots of ways to support NCADV and its vision of a national culture in which we are all safe, empowered and free from domestic violence. Here's some ideas for different ways to make it happen:

Contact Congress using NCADV's Action Alerts

Sign up below to receive "Public Policy Emails and Action Alerts" and get ready to take action!

These blog posts will teach you how to effectively lobby on behalf of domestic violence victims and survivors!

[Lobbying 101](#)

[The Art of Lobbying](#)

[Lobbying for Domestic Victims and Survivors](#)

Sign up for NCADV Emails

Choose what information you'd like to receive:

- Annual Conference
- General News and Information
- Public Policy Emails and Action Alerts
- Webinars, Trainings and Events

[Sign Up for NCADV's Emails](#)

Follow NCADV on Social Media



MORE WAYS TO GET INVOLVED

Looking to get more involved in the movement against domestic violence? There's lots of ways to support NCADV and its vision of a national culture in which we are all safe, empowered and free from domestic violence. Here's some ideas for different ways to make it happen:

Donate to NCADV

[Donate Funds to NCADV](#)

[Donate Cell Phones to Support NCADV](#)

[Host a Cell Phone Collection in Your Community](#)

[Host a Facebook Fundraiser for NCADV](#)

Become a Member of NCADV

NCADV offers memberships for individuals and organizations.

[Learn More](#)

[Join Now](#)