

Shining a Light: Domestic Violence Awareness Month

Every October, we recognize Domestic Violence Awareness Month (DVAM), a time to raise awareness, show support, and provide resources for individuals and families impacted by domestic violence. While often hidden behind closed doors, domestic violence affects millions each year, crossing all ages, genders, races, and socioeconomic backgrounds.

Domestic violence is not just physical. It can also be emotional, psychological, sexual, financial, or digital abuse. At its core, it's about power and control. By understanding the warning signs and sharing resources, we can play a vital role in prevention and support.

Key Facts You Should Know

- 1 in 4 women and 1 in 9 men experience severe intimate partner violence in their lifetime.
- Domestic violence is a leading cause of homelessness among women and children.
- Abuse often escalates over time—early intervention saves lives.
- College students and young adults are at particularly high risk, with 43% of dating college women reporting experiencing abusive behaviors.

Recognizing the Warning Signs

Abuse may look different for everyone, but common red flags include:

- Controlling finances, friendships, or activities
- Extreme jealousy or possessiveness
- Isolation from friends and family
- Frequent insults, humiliation, or threats
- Unexplained injuries or frequent "accidents"



How You Can Help

You don't need to be an expert to make a difference. A supportive conversation can be a lifeline.

- **Listen without judgment:** Believe survivors and respect their story.
- **Express concern:** "I'm worried about you" can open the door.
- **Know resources:** Share hotlines, counseling, or local shelters.
- **Avoid pressuring:** Leaving an abusive relationship can be dangerous and complex, support their pace and decisions.

Resources for Support

If you or someone you know may be experiencing domestic violence, help is available:

- **National Domestic Violence Hotline:** 1-800-799-SAFE (7233) or text "START" to 88788
- **Love is Respect (for teens & young adults):** 1-866-331-9474 or text "LOVEIS" to 22522
- **RAINN (sexual assault support):** 1-800-656-HOPE (4673)

Creating a Culture of Safety

Domestic violence thrives in silence. Together, we can break the stigma and create an environment where survivors feel safe and supported. During DVAM, wear purple, attend awareness events, and share resources to show your commitment to ending domestic violence.

When we raise our voices together, we shine a light of hope, healing, and resilience.

**For more information, tools, resources, or app information, call your
Life Advisor Employee Assistance Program!**



**Ulliance provides no cost, confidential, short-term counseling
for you & your family.**

Call us- we're here to help **800.448.8326**