

Domestic Violence Awareness Month Toolkit

2024 Edition

Welcome to The Family Place's Domestic Violence Awareness Month Toolkit—a comprehensive resource designed to empower you to take action against domestic violence. Inside, you'll find educational materials, social media content and actionable tips to help spread awareness and support survivors in our community.

This toolkit is your guide to understanding the impact of domestic violence and the vital role each of us plays in building safer, more supportive environments for everyone. Whether you're an individual advocate, a community leader, or simply someone looking to make a difference, this kit provides the tools you need to be a beacon of hope.

Included in this kit:

- Key Statistics and Facts
- Signs of an Abusive Relationship
- Engage Your Network (Email/Letter/Social)
- Support Resources

Thank you for standing with us this October—and beyond—to support survivors and end domestic violence. Together, we can make a difference.



Key Statistics

In the United States, nearly **20 people per minute** are physically abused by an intimate partner [1].

1 in 4 women and 1 in 7 men over 18 experience physical intimate partner violence in their lifetime [2].

38% of Texas women have experienced intimate partner violence at some point in their life [3].

The first Domestic Violence Awareness Month was observed in October 1987, extending from the Day of Unity, when sponsors across the country mourned victims who died due to violence, celebrating survivors, and working for an end to domestic violence [3].

Our goal is to advocate for an end to family violence and provide safe shelter and supportive services for survivors, this October and all year long.

[1] National Coalition Against Domestic Violence

[2] National Domestic Violence Hotline

[3] Texas Council on Family Violence



Key Facts

Hope begins when fear ends. The Family Place turns the fear of yesterday into the hope of tomorrow, empowering survivors to reclaim their lives.

- 1 in 3 teens will experience dating violence. Our Be Project takes prevention education to area schools and empowers youth to be safe, be kind, be courageous and be more.
- There are many different types of abuse—physical, verbal, financial, sexual, digital and stalking. All are used to reinforce the cycle of domestic abuse.
- 1 in 3 Texans will experience domestic violence.
- The Centers for Disease Control and Prevention have declared intimate partner violence a public health issue in the U.S.
- On average it takes about 7 attempts for a victim to leave an abusive relationship.
- Anyone can be a victim of domestic abuse regardless of age, gender, race, economic background, sexual orientation or education level.
- Anyone can be a voice of encouragement for a survivor of domestic abuse.
- In 2023, The Family Place provided services to 44,024 unduplicated individuals, including 60,955 emergency shelter days, 20,805 transitional housing days, 15,157 counseling hours and 6,144 hours of court-ordered group sessions for batterers.
- In 2023, 98% of shelter clients exited and did not return to their abusers.
- 99% of clients report feeling safer after coming to The Family Place for counseling, and 99% improved knowledge of community resources.



Signs of an Abusive Relationship

Something's just not right in your relationship, and you can't put your finger on it. Most often, victims report that their abusive relationships did not start that way. In the beginning their partner was polite, charming and kind. Over time, however, warning signs emerge. If your partner displays a combination of the behaviors listed below then they may become abusive.

**Take notice of these behaviors and take them seriously.
Talk to someone about the changes you see in your partner.**

- Gets too close, too fast
- Pressures you into a serious relationship right away
- Always has to know where you are
- Calls constantly; visits without warning; checks the mileage on your car; tracks you with mobile devices
- Is controlling
- Insists you ask permission to go anywhere or do anything
- Isolates you
- Stops you from seeing friends or family or from going to work, church or school functions
- Blames you for their feelings
- Says "You make me angry" instead of "I am angry"
- Is cruel to animals
- Is violent toward pets or other animals; mistreats, abuses or kills them
- Displays "playful" use of force
- Throws or holds you down; forces you to be intimate and doesn't accept no for an answer
- Verbally/emotionally assaults you or others
- Constantly says cruel, hurtful things; curses and calls you names; publicly humiliates you
- Displays sudden mood swings
- Quickly switches from sweet and loving to angry and violent
- Hurts or controls you financially by making demands about how you spend your money; monitoring your spending through your receipts, bank account or check book

Domestic violence can happen to anyone in our community.



Engage Your Network - Email or Letter

Dear Friends,

October is Domestic Violence Awareness Month, a crucial time to amplify our support for survivors. Let's be voices of encouragement and advocates for education on aiding those affected by domestic violence. Take notice of these behaviors and take them seriously.

WARNING SIGNS OF ABUSE:

- Gets too close, too fast
- Pressures you into a serious relationship right away
- Always has to know where you are
- Calls constantly; visits without warning; checks the mileage on your car; tracks you with mobile devices
- Is controlling
- Insists you ask permission to go anywhere or do anything
- Isolates you
- Stops you from seeing friends or family or from going to work, church or school functions
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If you observe signs of distress in a coworker, acquaintance, or friend, consider reaching out. Be that friendly face and share a lifeline—The Family Place's 24-hour crisis hotline at 214-941-1991.

Since 1978, The Family Place has been dedicated to assisting victims of family violence in North Texas, providing comprehensive support to help survivors thrive.

Domestic violence can happen to anyone in our community.



Engage Your Network - Social Media Content

Use this sample content to engage your network in a discussion about Domestic Violence Awareness Month.



Join me in observing Domestic Violence Awareness Month. Discover the resources supporting survivors in North Texas.

Since 1978, The Family Place has empowered survivors of family violence. Today, we honor their resilience and remember those lost to domestic violence. Let's unite to make a difference. ❤️

#DVAM2024 #EndDomesticViolence
#TheFamilyPlace #HonorSurvivors"



October is Domestic Violence Awareness Month.

Every survivor's journey is unique. With your help, we can provide the crucial resources and support they need to rebuild their lives. Stand with us to empower survivors.

#DVAM2024 #StandWithSurvivors
#Empowerment #TheFamilyPlace"



Engage Your Network - Social Media Content

Use this sample content to engage your network in a discussion about Domestic Violence Awareness Month.



This Purple Thursday, join us to show solidarity with survivors as we work toward a world free from violence and fear. Wear purple to stand against domestic violence. Snap and share using the hashtags below to spread awareness and ignite change.

Let's paint our community purple to honor the courage of those who have faced domestic violence.

#PurpleThursday #DVAM2024 #EndDomesticViolence #StandWithSurvivors
#TheFamilyPlace



Support Resources

The Family Place Support Resources
Empowering Survivors in North Texas
24-Hour Crisis Hotline: 214-941-1991

Since 1978, The Family Place has offered comprehensive support to help victims of family violence become survivors.

Key Services:

- Crisis Hotline & Emergency Shelter: Immediate assistance and safe housing with comprehensive onsite services. Call 214-941-1991.
- Medical & Dental Clinics: Health screenings and dental care at no cost.
- Transitional Housing: Long-term housing with education and support.
- Children's Education Services: Specialized programs for young trauma survivors.
- Legal Services: Assistance with protective orders, custody and more.
- Job Training: Career skills and job readiness training.
- Community-Based Counseling: Confidential support across multiple locations.

Special Programs:

- Be Project: Education in area schools about healthy relationships and violence prevention.

Shop & Support:

- Resale Shop: Fashion and home décor with proceeds supporting our programs. Located at 11722 Marsh Lane, Dallas, TX.

Get Involved: Visit [The Family Place](#) to learn more, donate, or volunteer. For immediate assistance or more information, call our 24-Hour Crisis Hotline at 214-941-1991.

