

31 Facts

For Domestic Violence Awareness Month

October is Domestic Violence Awareness Month! Domestic Violence Awareness Month (DVAM) evolved from the "Day of Unity" in October 1981 conceived by the National Coalition Against Domestic Violence. In October 1987, the first Domestic Violence Awareness Month was observed - Auroura Center. Join us as we post facts and information about domestic violence every day during the 31 days of October. #EndDVinAZ #DVAM2023

Did you know that having a furry friend helps develop trusting relationships with others? Making sure that pets are safe is vital for survivors and their families to find safety and services. Check out the [ACESDV BaRC Project](#) to learn more about our efforts to keep pets and survivors safe and together. #woof #meow

"I have come to believe that caring for myself is not self-indulgent. Caring for myself is an act of survival."
- Audre Lorde

Domestic Violence Awareness Month can be a time for healing, reflection, and assessment. Take the time to connect with yourself, not just this month, but for the year ahead. Please enjoy this grounding [worksheet](#) to help focus on yourself as you continue to thrive in the movement.

1 in 4 women and 1 in 10 men experience contact sexual violence, physical violence, and/or stalking by an intimate partner in their lifetime (NISVS, 2017). More than half (54%) of transgender and gender non-conforming individuals experience some form of intimate partner violence, including acts involving coercive control and physical harm (USTS, 2016). Check out these [Trans Specific Power and Control Tactics](#) to learn more about the specific tactics used to cause harm to these communities.

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The term "disability" encompasses many forms and degrees of impairments, including physical, developmental and psychological disabilities. A survey conducted by the Spectrum Institute Disability and Abuse Project found that 70% of respondents with disabilities experienced some form of abuse by an intimate partner, family member, caregiver, acquaintance or stranger. For more information, click [here](#).

The Human Rights Campaign has tracked a record breaking number of anti-LGBTQ+ bills this year - many of them targeting transgender and gender non-conforming individuals. Although many of these bills have failed, they still contribute to the harm and violence that the LGBTQ community experiences. Learn more about these harmful bills being tracked in Arizona and throughout the country [here](#).
(HRC)

People of all genders with intellectual disabilities are seven times more likely to experience sexual violence than people without disabilities, and women with disabilities are twelve times more likely to experience sexual violence. (NCADV)

Police are less likely to respond to reported violence against victims with disabilities than they are to reported violence against victims without disabilities. Police respond to 90% of reports by victims without disabilities and 77% of reports by victims with disabilities. (NCADV)

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What is Indigenous People's Day? This day usually falls on the second Monday of October. Indigenous Peoples' Day recognizes and celebrates the Indigenous communities that have lived in the Americas for thousands of years. In support of this day, we want to bring awareness to the staggering statistics of those affected by violence at the highest level. "More than four in five American Indian and Alaska Native adults (83 percent) have experienced some form of violence in their lifetime." - National Institute of Justice With 22 federally recognized tribes in Arizona we invite you to learn more [here](#).

With it being World Mental Health day we want to uplift the link between domestic violence and mental health. "Research suggests that women experiencing domestic abuse are more likely to experience mental health problems. In contrast, women with mental health problems are more likely to be domestically abused, with 30-60% of women with mental health problems have experienced domestic violence." - The Mental Health Foundation. We invite you to learn more about this link [here](#).

What does domestic violence look like for a victim with a disability? Verbal and psychological abuse physical violence, unwanted sexual contact, threats and intimidation, neglect, withholding medications, physically harming service animals, isolating victims, depriving victims of necessary physical accommodations, withholding or destroying assistive devices such as wheelchairs, financially exploiting victims and misusing victims' money. (NCADV)

Washington DC's Project Peer, c/o DC Quality Trust for Individuals with Disabilities developed the Power and Control Wheel for Women with Developmental Disabilities and/or Mental Health. [This diagram](#) is based on the Power and Control wheel developed by the Domestic Violence Intervention Project, Duluth, MN, and the Abuse of People with Developmental Disabilities by a Caregiver wheel developed by the Wisconsin Coalition Against Domestic Violence, Madison, WI..

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Intimate partner violence has a substantial effect on HIV risk among gay men, and is associated with an increased risk of HIV acquisition. One reason for this is men experiencing sexual coercion are less likely to use condoms or refuse sex. Oral HIV pre-exposure prophylaxis (PrEP), are highly effective antiretroviral medications for HIV prevention that can act as an alternative for self-protection from HIV without requiring condom-negotiation or compromising physical safety, and may also be used covertly if desired (Braksmajer et al., 2020).

Learn more about PrEP [here](#).

Source: <https://europepmc.org/article/MED/31953703>

People with disabilities from racial and ethnic groups other than non-Hispanic White experience a disproportionate burden of the impact of gun violence. People with disabilities from these racial and ethnic groups have increased vulnerability because of historical and current day discrimination and marginalization based on their multiple identities. Because of these realities, care must be taken to protect the lives of people of color with disabilities where the risk and consequences of gun violence are greater due to discrimination, misidentification, and inadequate care, supports and services (AUCD, 2022).

A CDC study found that, in addition to experiencing intimate partner violence at a higher lifetime rate, in the previous twelve months, when controlling for other factors: Women with disabilities were more likely to have experienced intimate partner physical violence, intimate partner sexual violence, intimate partner stalking and intimate partner psychological aggression than their non-disabled peers; Men with disabilities were more likely to have experienced intimate partner stalking and intimate partner psychological aggression than their non-disabled peers. (NCADV)

Highlighting and nurturing protective and resiliency factors is pivotal in mending and transforming adverse experiences and providing youth the tools necessary to heal from experiencing violence in their homes. Learn more about protective factors by visiting the [Child Welfare Information Gateway](#).

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17 "Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel." - Eleanor Brown. Click [here](#) to learn more about a fun self-care project for home or at the office.

18 "Gender plays a significant role in perceiving and reporting instances of domestic violence. Many people 'gender' the violence in LGBTQ relationships; for example, they may assume that the person causing harm in a relationship is always the more masculine-presenting partner. However, domestic violence does not discriminate: it can impact or be perpetrated by any person regardless of their physical or personal attributes. (HRC, 2018)."

19 It's wear purple day!! The color purple was the chosen color by the then called "Battered Womens Movement". Over the evolution of the movement, lavender chosen by the suffragents, to the royal purple we use now, it is easily recognizable and a symbol of hope to end domestic violence in our communities. Show us how you wear purple in honor of domestic violence survivors and victims. #EndDVinAZ #DVAM2023 #PurpleThursday

20 Talking to youth about individuality and healthy boundaries is vital to fostering healthy relationships not only with their peers, but with all individuals in their lives. Need help starting the conversation? Check out [Love Is Respect](#).

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21 One in three adolescents in the U.S. will be the victim of physical, sexual, emotional, or verbal abuse from a dating partner. This number is much higher than any other type of youth violence - and abuse isn't only happening in heterosexual relationships. Dating abuse is just as serious in LGBTQIA+ relationships as it is in heterosexual relationships, although less than 25% of queer youth experiencing dating violence ever report it. Learn more about LGBTQIA+ specific forms of abuse and resources for navigating dating as a queer young person [here](#).

22 More than 40% of Black women will experience domestic violence in their lifetime, according to the Institute of Women's Policy Research's Status of Black Women in the United States. In comparison, 31.5% of all women will experience domestic violence. - Blackburn Center Domestic violence is the number one issue facing black women according to the Black Women's Health Project. To learn more, please click [here](#).

23 Communities whose members experience greater prevalence of domestic violence face barriers to participating in prevention and intervention programs and services, including low-income communities, communities of color, immigrant communities, Native American communities, LGBTQ communities, the Deaf and Hard of Hearing community, and communities of people with disabilities. [Learn more](#) about building culturally-informed prevention.

24 "Nearly half of Latinas in one study did not report abuse to authorities. Reasons for underreporting may include fear and lack of confidence in the police, shame, guilt, loyalty and/or fear of partners, fear of deportation, and previous experience with childhood victimization." With Arizona being a boarder state, it is important to uplift these survivors' voices. We invite you to learn more [here](#).

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1 "True accountability is not only apologizing, understanding the impacts your actions have caused on yourself and others, making amends or reparations to the harmed parties; but most importantly, true accountability is changing your behavior so that the harm, violence, abuse does not happen again." -Mia Mingus, Transformative & Disability Justice Organizer

2 "Once someone separates from an abusive spouse/partner, the abuser may try to keep power and control over the victim by misusing the court system against the victim. For example, filing repeated petitions or motions, requesting many adjournments, appealing the judge's orders without a legal basis to do so, or taking other actions that make the victim repeatedly come to court. Sometimes this type of behavior is called "litigation abuse."" - Womenslaw.org.

3 Domestic abuse can happen to anyone, even men. Men experience abuse in much higher rates than many think, regardless of whether they are in a same-sex or heterosexual relationship. This type of abuse is highly underreported because men and boys experience a lack of support from family and friends, shame, guilt, and blame for the abuse and can be experiencing threats of further harm from their partner. Please click [here](#) for more information.

4 "Studies have shown that the rate of domestic violence in military families is 2 to 5 times higher than in civilian families, with estimates ranging from 22% to 58%. Contributing factors for higher rates of domestic violence in military families include frequent deployments and separations, high-stress levels, PTSD and other mental health issues, exposure to violence, and a culture of secrecy and loyalty." - Citnux.com

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5 Interested in learning more about how you can support LGBTQ+ survivors of violence? Get involved with ACESDV's Rainbow Collective! This committee meets monthly to enhance awareness, support, and response to LGBTQ+ survivors of domestic and sexual violence. Reach out to info@acesdv.org to learn more!

6 Did you know that LGBTQ youth are at an elevated risk for suicide when compare to their straight/cisgendered peers? This is partly because LGBTQ youth are also at greater risk of experiencing additional documented risk factors for suicide, including dating violence. Learn more about this intersection at the [Trevor Project](#).

7 "We have the power within us to create the world anew. We can begin by doing small things at the local level, like planting community gardens or looking out for our neighbors. That is how change takes place in living systems: not from above but from within, from many local actions occurring simultaneously." -Grace Lee Boggs

