DVAM Facts 2026

DOMESTIC VIOLENCE
AWARENESS MONTH

OCTOBER 1 THROUGH 6

01 OCT

October is Domestic Violence Awareness Month (DVAM)! It started as the "Day of Unity" in October 1981, established by the National Coalition Against Domestic Violence. The first official DVAM was held in October 1987. Join us all month long as we share daily facts, resources, and stories to raise awareness and to amplify the voices and experiences of #EverySurvivor. #EndDVinAZ #DVAM2026

02 OCT

As technology continues to evolve, so do the ways people who cause harm can use it to facilitate abuse. One example is through the Internet of Things (IoT) connected devices such as smart locks, thermostats, and doorbells. In 2018, The New York Times documented survivors experiencing technology-facilitated abuse, including air conditioners being remotely turned off, digital door codes being changed, and doorbells being repeatedly activated. Read more about IoT-facilitated abuse and the legal challenges surrounding it here.

03 OCT

Historically, children living with domestic violence were often described as “witnesses” or “secondary victims.” Today, research and advocacy increasingly recognize children as directly affected by domestic violence, acknowledging that their experiences extend beyond simply witnessing an incident. Children may experience DV through what happens to them, their relationships, their home environment, and their efforts to navigate safety. Click here to learn more about the shift and what it means for the movement to end violence.

04 OCT

1 in 2 women and 1 in 4 men report experiencing any contact sexual violence, physical violence, and/or stalking victimization by an intimate partner in their lifetime. These prevalence rates are even higher for communities that experience oppression. Read the full report here.

05 OCT

Self-care is often portrayed as luxurious vacations, spa days, or shopping sprees. However, for survivors of domestic violence, economic abuse and coercive control, their partners can impact the way that they are able to engage in self-care. It can be important for advocates and survivors to redefine self-care into small, realistic practices that support survivors with feeling connected to themselves. Click here to read more about self-care practices for survivors of abuse.

06 OCT

Did you know that October 6th is National Coach’s Day? Coaches are looked up to in their communities and are consistently ranked as the #1 positive impact on today’s youth. They can also play a huge role in preventing domestic and sexual violence – learn more here, and reach out to ACESDV if you would like to bring Coaching Boys Into Men to your sports program!

DVAM Facts 2026

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OCTOBER 7 THROUGH 12

07 OCT

Research shows that natural disasters worsen the frequency and severity of intimate partner violence and make access to care and support even more critical. With natural disasters becoming increasingly frequent, it is important to safety plan around emergencies like floods, wildfires, and severe storms. Learn more about disaster preparedness at www.ready.gov

08 OCT

Children under the age of 1 are at the highest risk for child abuse and neglect, and Abusive Head Trauma (AHT) is one of the leading causes of child abuse fatalities in the United States. AHT occurs when a caregiver shakes an infant or young child violently, and the resulting trauma can cause brain damage, blindness, or death. Learn more about AHT and prevention efforts here.

09 OCT

Women who report intimate partner violence experience food insecurity two times more than those who do not report IPV, making food insecurity an important consideration in domestic violence prevention efforts. Learn more about food insecurity and intimate partner violence in Arizona here.

10 OCT

Did you know that October 10th is World Mental Health Day? While there has been muchĂ progress in the way society views mental health conditions, stigma and myths continue toĂ exist around mental health. One such myth is that people with mental illnesses areĂ dangerous. On the contrary, research shows that people with mental health conditions areĂ much more likely to be victims of violent crimes, including domestic violence and sexualĂ assault. To learn more about the intersections between domestic violence and mentalĂ illness, visit the National Center on Domestic Violence, Trauma, and Mental Health.

11 OCT

“Animal cruelty is one of the earliest and most dramatic indicators that an individual is developing a pattern or using power and control through abuse of others” – Sudbury-Wayland-Lincoln Domestic Violence Roundtable
Learn more about the link between animal cruelty and human violence here.

12 OCT

“As a Diné and Shoshone-Bannock woman and survivor, healing has been a sacred journey home… to Creator, to Hózhó, and to the parts of myself I once believed violence had taken beyond my reach. Somewhere along that journey, I found my voice waiting for me… not broken, not gone, but quietly carrying the stories of every version of me who had survived long enough for this one to finally speak. And when I reclaimed that voice, my story became more than a testimony of survival; it became medicine… a reminder that what was meant to silence us can become the very thing that calls us home, strengthens our communities, and clears a path toward healing for generations we may never live to see.”—Crystal James #IndigenousPeoplesDay

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OCTOBER 13 THROUGH 18

13 OCT

Did you know that Congress has formally recognized the link between domestic violence and homelessness? Congress has found that 44% of homeless individuals listed domestic violence as a primary cause of homelessness, and that many survivors throughout the country face additional barriers to housing because of their status as a survivor. Learn more about Congress' findings here.

14 OCT

Domestic violence and suicide are closely linked, with abuse of survivors facing significantly higher risks of suicidal thoughts and attempts due to severe trauma, isolation, and psychological distress. One study suggests that intimate partner violence influences 6.1% of suicides overall, including both perpetrator and victim suicides.

15 OCT

It's Wear Purple Day!! Chosen by the "Battered Women's Movement" in 1981 because of the color's long association with women, purple became the color to promote awareness of domestic violence. As the movement evolved, various shades of purple continued to raise awareness of gender-based issues. From lavender chosen by the suffragettes to the royal purple we use now, it is an easily recognizable 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 #DVAM2026 #PurpleThursday

16 OCT

There are many reasons a survivor may stay or return, including fear, financial dependence, housing barriers, children, immigration concerns, isolation, love, hope for change, disability-related needs, and threats from the abusive partner.

17 OCT

Did you know that many survivors identify economic abuse as a key reason they stayed with or returned to an abusive partner? Despite its prevalence and impact, economic abuse remains one of the least understood forms of abuse. Learn more about economic abuse and its impact on survivors here.

18 OCT

Since 1999, ACESDV has supported survivors through our statewide Helpline. Initially launched as a Lay Legal Advocacy line, it provided guidance on protection orders, safety planning, and victims' rights. Over time, it evolved into the Arizona Sexual and Domestic Violence Helpline (ASDVH), expanding its services and accessibility.

Today, support is available via phone calls, live chats, text messages, and emails. From September 1st, 2025 to August 31st, 2026, we have responded to 3,603 contacts from survivors and those supporting them.

We are proud to serve all Arizonan survivors, advocates, agencies, and anyone seeking support with accurate information, reliable referrals, and valuable resources. Learn more or reach the Helpline at www.arizonasurvivors.org.

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OCTOBER 19 THROUGH 24

19 OCT

Children can be impacted by domestic violence even when they are not physically abused. At the same time, children are resilient, and supportive relationships and safe environments can promote healing.

20 OCT

According to a study done by the Vera Institute sexual
and domestic violence survivors with disabilities or who are part of the deaf community being more likely to experience more severe victimization, experience victimization for a longer duration, experience multiple episodes of abuse and have a larger number of perpetrators.

21 OCT

In the United States, intimate partners are responsible for nearly 50% of female homicides and 10% of male homicides. Intimate partner violence also contributes to about 6% of suicides. A study of intimate partner homicides found that 20% of victims were not the intimate partners themselves, but family members, friends, neighbors, persons who intervened, law enforcement responders, or bystanders. For more statistics, click here Domestic Violence Statistics in the United States | CPGN

22 OCT

The impact on physical and mental health for domestic violence victims is high. Victims are at higher likelihood of heart and cardiovascular problems, digestive and gastrointestinal issues, chronic pain, and reproductive and sexual difficulties. Compared to the general population, domestic abuse victims are more likely to be diagnosed with major depressive disorder, general anxiety disorder, post-traumatic stress disorder, and substance abuse disorders and to experience thoughts of suicide.

23 OCT

Domestic violence is one of many stressors that can affect parenting, but experiencing abuse does not make someone an ineffective parent. It can create additional challenges and trauma for parents and children to navigate. Learn more about how domestic violence can affect parenting and parent-child relationships, and how we can support the bond between the parent and child here.

24 OCT

Survivors with varying immigration statuses may face increased vulnerability due to abuse, including situations where the person causing harm refuses to assist with immigration paperwork, threatens to report them to immigration authorities, or prevents them from communicating with their family. Learn more about these specific tactics of abuse and some considerations for advocacy with immigrant survivors by clicking here.

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OCTOBER 25 THROUGH 31

25 OCT

Every minute, 32 people experience intimate partner violence in the United States. On an average day, domestic violence hotlines across the nation receive over 19,000 calls. Yet researchers estimate this represents only a fraction of those experiencing abuse. For more information, click here.

26 OCT

One of the most important domestic violence facts is how rarely it is reported. Survivors face barriers including fear, financial dependency, shame, distrust of authorities, and cultural pressures. According to the APA, women are most likely to be in an abusive relationship in their twenties, specifically ages 18 to 34. Many in this age group are economically dependent on their abusers.

27 OCT

Advocacy and support for domestic violence survivors extend beyond shelter. Advocates work in many settings and roles, including mobile and system-based advocacy, to support survivors where they need it. Want to learn more about the different types and roles of advocates? Click here to learn more.

28 OCT

Collaboration is essential in victim services because survivors' needs rarely fit within the services of just one organization or system. A survivor may need safety planning, housing, legal advocacy, healthcare, financial assistance, counseling, childcare, transportation, law enforcement assistance, and other resources, sometimes all at the same time. Strong collaboration helps victim service providers: Create a more coordinated response, improve survivor safety, provide more holistic support, reduce the burden on survivors, identify and address service gaps, increase access to resources, strengthen community accountability, build understanding across systems, and promote survivor-centered practices.

29 OCT

Based on data from the National Incident-Based Reporting System, researchers have found that domestic violence incidents rise by about 10% on days when NFL games are played. Learn more about the connection between family violence and football here.

30 OCT

Strangulation, often referred to as "choking," is a potentially lethal form of violence that can have serious and lasting health consequences. Advocates, law enforcement, and care providers should assess strangulation and any incident involving pressure to the neck. Learn more about recognizing and responding to non-fatal strangulation in the Advocacy Toolkit for Survivors of Strangulation/Suffocation.

31 OCT

As Domestic Violence Awareness Month ends, remember to give yourself the same compassion you give to others. October may end, but your self-care era doesn't have to. Rest. Recharge. Find your people. Make time for the things that bring you joy. Remember, the work continues, but so does taking care of yourself. DV doesn't end when October does, and neither should your commitment to your own well-being.