DOMESTIC VIOLENCE AWARENESS MONTH TOOLKIT

October is Domestic Violence Awareness Month. The following toolkit has been created for any organization that wants to reach the Latino community in order to raise awareness about domestic violence, but are not able to access tools that are culturally and linguistically appropriate due to lack of bilingual staff or budget.

Latinos in Virginia Empowerment Center offers this resource to be used in social media campaigns. Here you will find 31 posts containing information and statistics for each day of the month of October. We invite you to use the hashtags #latinosenvirginia and #DVAM2022


OCTOBER 1ST

It is not just hitting, it is a pattern of abusive behaviors committed by one partner in any type of relationship in order to maintain control over the other. Domestic violence can happen to anyone, regardless of their country of origin, age, sex, gender, etc.

OCTOBER 2ND

International day of non-violence.
OCTOBER 3RD

Signs of abuse
- Extreme jealousy
- Extreme possessiveness
- Unpredictable
- Bad mood
- Outdated beliefs about the roles of women and men in the relationship
- Animal cruelty
- Verbal abuse
- Controlling behavior
- Victim blaming
- Sabotaging the victim's ability to work or go to school

OCTOBER 4TH

World Animal Day. Pets often live through domestic violence and survivors are forced to leave pets behind as they flee for shelter.

OCTOBER 5TH

1 in every 4 women has experienced sexual violence, physical violence and/or stalking by an intimate partner in their lifetime.
OCTOBER 6TH
1 in every 7 men has experienced sexual violence, physical violence, and/or stalking by an intimate partner in their lifetime.

OCTOBER 7TH
External signs are absent in more than 50% of strangulation cases. Strangulation is one of the deadliest forms of domestic violence.

OCTOBER 8TH
It is my right to have a healthy, safe and respectful relationship.
OCTOBER 9TH
There are different forms of abuse
- Emotional abuse
- Financial abuse
- Physical abuse
- Intimidation
- Sexual abuse

OCTOBER 10TH
World Mental Health Day. The mental health of people living with domestic violence is very affected but help is available for free and in Spanish.

OCTOBER 11TH
50% of women descent Latina who suffer abuse never report it.
OCTOBER 12TH

Barriers Latin@ survivors face
- Fear of deportation
- Misinformation and lack of knowledge about legal rights
- The differences in languages
- Social isolation
- Limited knowledge of support services in your language

OCTOBER 13TH

Digital Abuse
- Tracking their partner’s location without their consent
- Sharing/Threats to share private photos or videos without their consent
- Checking their partner’s phone without their consent
- Forcing their partner to give them their passwords

OCTOBER 14TH

Manipulation sounds like
- You’re very sensitive
- You’re exaggerating
- You’re crazy
- That never happened
- I never said that
OCTOBER 15TH

Intimidation tactics used by abusers
- Throwing objects
- Slamming doors
- Calling the victim names
- Controlling who you’re “allowed” to spend time with
- Accusing the victim of making up a whole situation
- Threats of physical violence

OCTOBER 16TH

Less than 5% of LGBTQ survivors of intimate partner violence sought protective orders.

OCTOBER 17TH

On average, it takes someone 7 attempts to leave an abusive relationship. It is not easy to get out of an abusive relationship. Victims may be worried about their safety, their finances, they may believe that their partner will change, etc.
OCTOBER 18TH

Why victims don’t ‘just leave’

- Fear of their own safety
- They don’t want their partner to be arrested or deported
- Not knowing where to get help
- A manipulative partner
- Fear for the safety of their children
- Fear that their violent partners will gain custody of the children
- No where to go (Housing)
- Financial security

OCTOBER 19TH

Domestic violence and HIV. Domestic violence victims are 48% more prone of being exposed to HIV transmission than those in non-violent relationships.

OCTOBER 20TH

Every minute 20 people are physically abused by an intimate partner in the United States.
OCTOBER 21ST

1 in 15 children are exposed to intimate partner violence each year and 90% of these children are eyewitnesses to this violence.

OCTOBER 22ND

1 out of 10 people ages 60 and up have experienced some form of abuse. Some estimates go as high as five million elders who are abused each year. One study estimated that only one in 24 cases of abuse is reported to the authorities.

OCTOBER 23RD

Financial Abuse
- Preventing their partner from having or keeping a job
- Taking their partner's money
- Refuse to share money
- Not allowing their partner's name to be on the accounts, which prevents them from building cred.
OCTOBER 24TH

Children and Domestic Violence. Between 3.3 million and 10 million children are exposed to adult domestic violence each year. Records show an estimated 683,000 children in the United States were officially documented as having been maltreated.

OCTOBER 25TH

Emotional Abuse
- Insult/Humiliate their partner
- Jealous/possessive behaviors
- Isolate their partner from friends and loved ones
- Threatening their partner with physical harm
- Control their partner’s daily routine

OCTOBER 26TH

What is considered evidence to prove a case of domestic violence?
- Verbal testimony from you or your witness
- Medical reports of injuries from the abuse
- Dated pictures of any injuries
- Police reports of when you or a witness called the police
- Pictures of your household in disarray after a violent episode
- Pictures of weapons used by the abuser against you
OCTOBER 27TH

The Cycle of Abuse
- Tensions building
- Abusive incident
- Reconciliation 'Honeymoon'
- Calm

OCTOBER 28TH

Mental Health Effects on Survivors of Abuse
- PTSD (Post Traumatic Stress Disorder)
- Depression
- Anxiety

OCTOBER 29TH

How to be an Ally to Survivors of Domestic Violence?
- Respect any limits
- Listen
- Don't assume
- Don't judge
- Don't try to be/play savior
OCTOBER 30TH

Immigrant women are 2X more likely to experience domestic violence than the general population.

OCTOBER 31ST

Today marks the end of domestic violence awareness month. Our agency continues to work to support, provide safety and services to survivors of domestic violence and sexual violence. Call our statewide hotline at 888-969-1825 24 hours a day for immediate safety planning and crisis intervention.

Check our website for more resources: https://www.latinosenvirginia.org/recursos