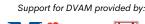
WOMEN Support for DVA DISTRESS Memorial Healthcare System







Domestic Violence Awareness Month

2025 TOOLKIT

Includes Guidance On:





Event Information





Social Media Ways to Get Involved

Created by:

The Education & Prevention Team

TABLE OF CONTENTS



Page 3

About Us

Page 4

Event Calendar

Page 5

Social Media

Page 6

Ways to Get Involved

Page 12

Resources

Page 19

Beyond the Awareness Month



About WID Broward

WID Broward is the only nationally accredited, state-certified, full service domestic violence center serving Broward County, Florida. Our <u>mission</u> is to stop domestic violence abuse for everyone through intervention, education and advocacy. We strive to accomplish this mission through a <u>24-hour crisis line</u>, emergency shelter program, individual counseling, support groups and professional trainings, which are aimed at educating the community on domestic violence. Our confidential services are offered, free of charge, to victims of domestic violence no matter their race, sex, age, religion, mental or physical disability, sexual orientation, gender identity, veteran or military status, immigration status or language spoken. WID believes that each survivor of domestic violence has the right to a safe, secure home and the capability to self-determine their violence free future.

About our DVAM 2025 Theme

The theme for Domestic Violence Awareness Month 2025 is "#1THING". With this focus, we aim to encourage everyone to take one small action to help end domestic violence. The idea is that if each person commits to just one step like sharing resources, starting a conversation, or supporting a survivor, those individual actions add up to real change. Doing #1Thing goes a long way!

About this Toolkit

This domestic violence toolkit was created with the goal of empowering community partners and members by providing varied avenues on how they can get involved in DVAM and actively make an impact in creating a safer, violence-free community. This toolkit includes information that can be adapted and applied in your own community space, with the hopes of encouraging everyone's participation in ongoing awareness and education.

DVAM EVENT CALENDAR

OCT. 16 NATIONAL WEAR PURPLE DAY

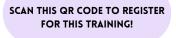
- Purple represents Domestic Violence Awareness!
- Join your friends, families, and colleagues in wearing purple on October 16th to raise awareness, support survivors, and take action to end abuse. Together, wearing purple is #1Thing we can do to increase awareness and make a difference!



OCT. 21 TRAINING - IN HER SHOES WORKSHOP

- ∘ 5:00 PM
- Zoom
- FREE and OPEN TO ALL, especially community professionals who work with domestic violence survivors.

"In Her Shoes" is an interactive, conversation-based workshop that immerses participants in the complex realities faced by survivors of domestic violence. Through engaging real-world scenarios, attendees gain deeper insight into the challenges survivors encounter while learning practical strategies to offer meaningful support. This workshop equips participants with the tools and understanding needed to respond effectively and compassionately—helping to foster a stronger, more supportive community for those experiencing abuse.





Register Here:

https://us06web.zoom.us/meeting/register/cv1tkQV7QaC -YJvZ2Tkjkg





Domestic Violence Awareness Month October 2025

Join the Movement:
Take a Stand Against Domestic Violence

Women In Distress is calling on local lawmakers, businesses, faith communities, organizations, and residents across Broward County to unite in a powerful show of solidarity during Domestic Violence Awareness Month.

We invite you to participate in a Countywide Call to Action by choosing a day between October 10–12 to:



Wear purple to honor survivors of domestic violence



Observe a moment of silence in remembrance of those impacted by abuse

Send photos of you and your team wearing purple, your company logo, and contact information to education@widbroward.org

Your support will be featured on our social media to amplify awareness and ignite change.

Together, we can break the silence, uplift survivors, and create lasting change in our community and beyond.

Women in Distress

In Her Shoes

Domestic Violence Awareness Month Virtual Community Discussion

Tuesday October 21st, 2025

5:00PM - 6:30PM

"In Her Shoes" is an interactive, conversation-based workshop that immerses participants in the complex realities faced by survivors of domestic violence. Through engaging real-world scenarios, attendees gain deeper insight into the challenges survivors encounter while learning practical strategies to offer meaningful support. This workshop equips participants with the tools and understanding needed to respond effectively and compassionately—helping to foster a stronger, more supportive community for those experiencing abuse.

Feel free to click the link or scan the QR code on this flyer to join us for this powerful and engaging virtual workshop. Your participation can make a meaningful difference!

https://us06web.zoom.us/meeting/register/cv1tkQV7QaC-YJvZ2Tkjkg





If you need help, please call: 24 Hour Crisis Line: (954) 761-1133 TTY/TDD (954) 527-5385 www.WomenInDistress.org



SOCIAL MEDIA

WID Broward's theme for Domestic Violence Awareness Month in October this year is #1THING.

We encourage you to use your social media throughout October as a call to action for your fellow community members to get involved in the movement to support survivors and create a future free of abuse.

Stay tuned to our Instagram page @**TheRelationshipSpectrum** every week throughout October to engage with our prevention staff, learn more about domestic violence, and gain tools and resources to do #1THING to make a difference in your community!



When you see this post on our social media

Make sure to <u>comment</u> what is #1Thing you can do to help someone experiencing abuse!

Remember to also tag your friends, family, and fellow community members so they can share and comment too!

We also encourage you to follow our social media pages and re-share any of our content to expand our reach of awareness, education, and prevention:





<u>@TheRelationshipSpectrum</u>

** GET INVOLVED

Abuse can happen to anyone - and everyone can do #1THING about it.

Here are a few ideas to become actively involved in spreading awareness, education, and hopes of prevention; think about how you can apply them in your own life and community!

For Everyone:



Book club - choose a book highlighting DV, abuse, or empowerment for your October's book choice and discuss with your fellow members



Recommended Reads:

- "Big Little Lies" by Liane Moriarty
- "The Girl Who Fell" by S.M. Parker
- o "Should I Stay or Should I Go?" by Lundy Bancroft
- "What Happened to You?" by Oprah Winfrey & Bruce Perry
- o "The Maid" by Nita Prose
- For more book recommendations, check out:
- <u>www.domesticshelters.org/resources/books</u>
- <u>https://stopthehurt.org/dvambooks/</u>









Make a **list of #1Thing** you can do per week to make your community safer.



Volunteer at your local Domestic Violence Center

- Volunteers play an important role in helping to keep families safe as they rebuild their violence-free lives. Check out the volunteering opportunities at Women In Distress here:
- <u>https://widbroward.org/get-involved/volunteer/</u>



Host a community potluck dinner to provide access to Domestic Violence resources



Encourage friends, family members, and co-workers to **wear purple to increase awareness** - remember Wear Purple Day is Oct. 16th!



GET - SINVOLVED

For Teachers:



Encourage your students to create posters about Domestic Violence awareness to be displayed in school.



Invite a Domestic Violence professional in your area as a guest speaker at your PTA/PTSA meetings.

• Contact Joan Dominguez (jdominguez@widbroward.org) if you would like a presentation in Broward County!



Use morning announcements to share statistics, facts, or quick awareness pieces about domestic violence and healthy relationships.

For Community Agencies:



Create an environment of safety for survivors and of accountability for abusers - Share accessible resources like flyers or Get Help cards in your office or bathrooms.



Fundraise or host a donation drive for your local Domestic Violence center.



Host a Lunch & Learn discussion about domestic violence and invite your local DV agency trainers to share education and resources.

 Check out our event calendar in this toolkit for a list of workshops you can attend this month, and stay tuned for future events hosted by our Education & Prevention team!



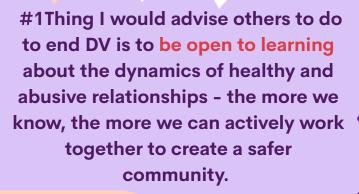
*If you would like to be added to the Education & Prevention contact list to receive information about future trainings, please email Joan Dominguez: jdominguez@widbroward.org



WHAT IS #1THING YOU WOULD ADVISE OTHERS TO DO TO PUT AN END TO DOMESTIC VIOLENCE?

My #1Thing is listening without judgment.

I believe that holding space for someone and validating their experience can be a powerful step toward safety and healing.



The #1Thing I advise others to do is get familiar with isolation and how it is correlated to DV relationships. I personally believe it is the #1 gateway to abusive relationships. The abuser is choosing to isolate the victim to eliminate any outside sources that can step in. Be familiar with isolation, how it looks like, and the reasons why!

The #1Thing I would advise others to do is to be a safe space for those living in fear.

Let them know you hear them.

You believe them.







RESOURCES

Access to resources can be life-changing for survivors of abuse.
The following pages contain agencies, websites, and handouts that
can assist survivors on their journey to reclaim their power.



LOCAL - BROWARD COUNTY

WID Broward

https://widbroward.org/ Crisis Line: 954-761-1133

Dial: 7-1-1 for Florida Relay

2-1-1 Broward

https://211-broward.org/

Call: 211
Text: 898211

SunServe

<u>www.sunserve.org</u>

Call: 800-599-

0996

Nancy J. Cotterman Center

https://www.broward.org/NancyJCottermanCenter/Pages/Default.aspx 24-hr Sexual Assault Helpline: 954-761-RAPE (7273)

NEIGHBORING DV CENTERS

Palm Beach County

Aid to Victims of Domestic Abuse (AVDA)

www.avdaonline.org/

Hotline (call or text): 1-800-355-8547

YWCA Palm Beach County

https://ywcapbc.org/

Hotline: 561-640-9844 or

800-973-9922

Miami-Dade County

Miami-Dade Advocates for Victims

<u>https://tinyurl.com/MiamiDade-</u> ViolencePrevention

Hotline: 305-679-0303

Text Line: 305-285-5900

STATEWIDE

Florida Department of Children & Families

<u>www.myflfamilies.com/service-</u> <u>programs/domestic-violence/</u>

Abuse* Hotline: 1-800-962-2873

Florida Domestic Violence Hotline

Call or Text: 1-800-500-1119

TTY Hotline: 1-800-621-4202 / 711

for Florida Relay

RESOURCES

NATIONAL RESOURCES

National Coalition Against Domestic Violence (NCADV)

www.ncadv.org

National Domestic Violence Hotline

www.thehotline.org

Call: 1-800-799-SAFE (7233)

Text: "START" to 88788

National Sexual Assault Hotline

www.rainn.org/resources

Call: 1-800-656-HOPE (4673)

National Network to End Domestic Violence (NNEDV)

https://nnedv.org/

DomesticShelters.org

Find a Domestic Violence Shelter: https://www.domesticshelters.org/help



Always remember to access resources from a <u>SAFE</u> location and device!

National Sexual Violence Resource Center

www.nsvrc.org

Center for Justice Innovation

www.innovatingjustice.org/

Love is Respect

www.loveisrespect.org

Call: 1-866-331-9474 Text: "LOVEIS" to 22522

Futures Without Violence

www.futureswithoutviolence.org

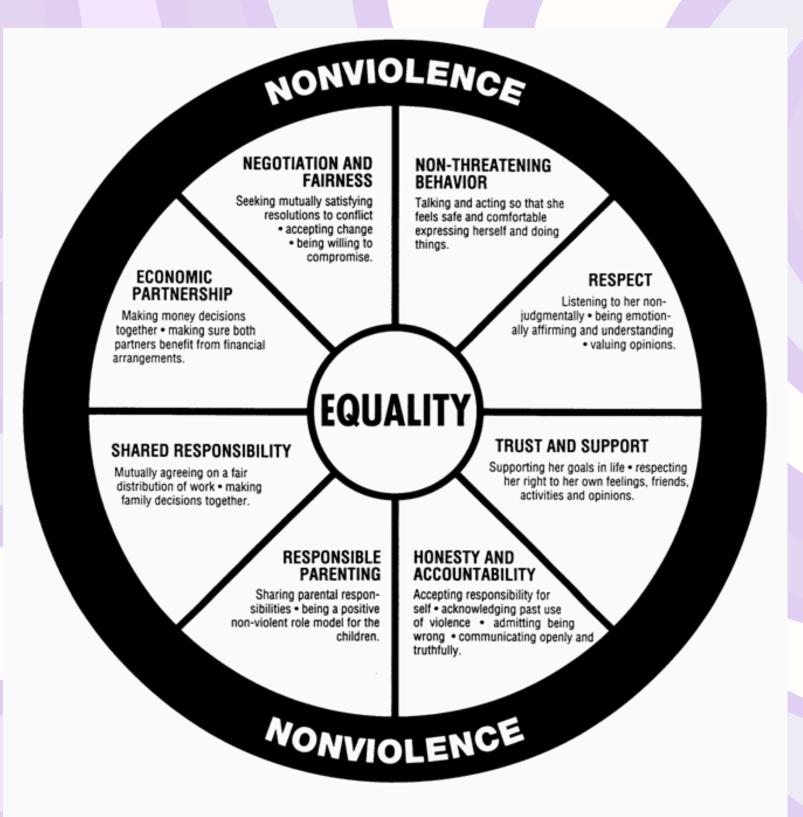
One Love

www.joinonelove.org

POWER & CONTROL WHEEL



EQUALITY WHEEL





FORMS OF ABUSE

Teens and young adults experience the same types of abuse as adults, including the types mentioned below. If you or someone you know sees the warning signs in their relationship, text loveis to 22522.

SEXUAL ABUSE



Sexual activity that occurs without willing, active, unimpaired consent, such as unwanted sexual touch, sexual assault, rape, or tampering with contraceptives.

EMOTIONAL/VERBAL ABUSE



Non-physical damaging behaviors like threats, insults, screaming, constant monitoring, or isolation.

STALKING



Being repeatedly watched, followed, monitored, or harassed. Can occur online or in-person, & include giving unwanted gifts.

PHYSICAL ABUSE

Any intentional use of physical touch to cause fear, injury, or assert control, such as hitting, shoving, & strangling.



FINANCIAL ABUSE

Exerting power and control over a partner through their finances, such as taking or hiding money, or preventing a partner from earning money.



DIGITAL ABUSE

Using technology to bully, stalk, threaten, or intimidate a partner using texting, social media, apps, tracking, etc.



For Family and Friends

Is someone you love experiencing domestic violence? Help is here.

Knowing that a loved one is in an abusive relationship can bring about many emotions including:

Pain

- Anger
- Helplessness

Fear

Frustration



It is important that you consider how you can be helpful to the person you care about and how to take care of yourself in the process.

What Can I Do?

- □ Safety planning is key! One of the most valuable things you can do is participate in your loved one's plan for safety.
- ☐ Ask the survivor what they want to do. They know their situation best.
- ☐ Have important numbers available at all times. Some examples include numbers to the Florida Domestic Violence Hotline or the local Certified Domestic Violence Center, the local Sheriff's Office, and/ or another trusted friend or family member of the survivor.
- ☐ Recognize that the batterer is the one responsible for the violence. It is not your fault, it is not the survivor's fault!

Tips for Talking with Survivors:

- ☐ Be supportive. Plan and make decisions with the survivor, not for them.
- □ Provide information and resources. Knowing what kind of help is available may help your loved one feel more confident and secure in deciding what to do.
- ☐ Be aware that your ideas may not work for the survivor's situation; always ask what they think will work best.
- Don't act on behalf of the survivor without consulting with them first. If children are involved, consider their safety as well.



24/7, 365 Crisis Hotline: (954) 761-1133

TTY/TDD: Florida Relay Dial 7-1-1 www.widbroward.org

In case of emergency or immediate danger, dial 9-1-1



WOMEN IN DISTRESS





BEYOND THE AWARENESS MONTH

Abuse can happen anytime - stay connected with your local domestic violence agency and set the intention to continue increasing your education and awareness about abuse and how to prevent it year-round!

Stay involved!

- Human Trafficking Awareness Month January
- Teen Dating Violence Awareness Month February
- Family Strengthening Month March
- Sexual Assault Awareness Month April
- Child Abuse Prevention Month April

For more information, reach out to Joan Dominguez idominguez@widbroward.org