



Reclaim
Foundation

Domestic Violence Awareness

NOTE: This content contains topics such as violence and abuse. Take A Break from reading the material as needed.

National Domestic Violence Awareness

First launched in October of 1987, Domestic Violence Awareness Month has become a time to bring attention to the prevalence of domestic violence, and connect people all over the nation to amplify the voices of victims and work together to end the violence.

What is Domestic Violence?

Domestic Violence is a widespread problem that is best defined as a pattern of abusive behavior by one intimate partner against the other. This behavior can include abuse that is physical, sexual, emotional, economic or psychological actions or threats of actions that influence another person.

Who does this happen to?

Unfortunately, domestic violence is more prevalent than most people realize. 1 in 4 women and 1 in 7 men will experience domestic violence in their lifetimes. Domestic violence can happen to anyone and it is present in every community, regardless of age, gender, sexual orientation, race, socioeconomic status, religion, or nationality.



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Domestic Violence and COVID-19

The COVID-19 pandemic and the consequent lock-downs have exacerbated domestic violence. Given this increase, it is important as ever to bring awareness to this issue and unite to put a stop to the violence.

Resources

National Domestic Violence Hotline

1.800.799.SAFE (7233)

www.thehotline.org

National Dating Abuse Helpline

1-866-331-9474

www.loveisrespect.org

National Center for Victims of Crime

1-202-467-8700

www.victimsofcrime.org

Futures Without Violence: The National Health Resource

Center on Domestic Violence

1-888-792-2873

www.futureswithoutviolence.org

National Center on Domestic Violence, Trauma & Mental

Health

1-312-726-7020 ext. 2011

www.nationalcenterdvtraumamh.org