

Monday	Tuned-In Tuesday	Do Work Wednesday	Thoughtful Thursday	Find a Resource Friday	Stats on Sat(urday)	Social (Media) Sunday
<p>1</p> <p><b>Week One: #Every1KnowsSome1 Myth Monday</b></p>				<p>1</p> <p><b>Resource:</b> <a href="http://VAWnet.org">VAWnet.org</a> is an online library focused on gender-based violence</p>	<p>2</p> <p><b>Statistic:</b> <a href="#">20 people per minute are physically abused by an intimate partner.</a></p>	<p>3</p> <p><b>Discussion Question:</b> What forms of abuse are you familiar with?</p>
<p>4</p> <p><b>Myth:</b> Domestic violence only impacts poor, uneducated, and minority families. <b>Truth:</b> <a href="#">Click Here to review the truth.</a></p>	<p>5</p> <p><b>Topic of Discussion:</b> <a href="#">Gabby Petito case</a> Events like this can trigger survivors of relationship violence. Stay aware.</p>	<p>6</p> <p><b>Participate in the Healing the Healers Workshop</b> <b>In 2020, 109 people died due to domestic violence in Pennsylvania.</b> Take 109 seconds to reflect on the impact of domestic violence.</p>	<p>7</p> <p><b>Book:</b> <a href="#">Family and Friends' Guide to Domestic Violence: How to Listen, Talk and Take Action When Someone You Care About is Being Abused</a>, by Elaine Weiss</p>	<p>8</p> <p><b>Resource:</b> <a href="#">Women's Advocates</a> discusses warning signs of domestic abuse and how to help someone you believe is in an abusive relationship.</p>	<p>9</p> <p><b>Statistic:</b> <a href="#">Daily, there are more than 20,000 phone calls placed to domestic violence hotlines nationwide.</a></p>	<p>10</p> <p><b>Discussion Question:</b> What are some myths surrounding domestic violence that you've heard?</p>
<p>11</p> <p><b>Week Two: Behaviors that Constitute Domestic Violence</b> <b>Myth:</b> Abuse is an isolated incident. <b>Truth:</b> <a href="#">Click Here to review the truth.</a></p>	<p>12</p> <p><b>Topic of Discussion:</b> <a href="#">In the Dream House</a> by Carmen Maria Machado What do you know about abuse in LGBTQ+ relationships?</p>	<p>13</p> <p><b>Activity:</b> <a href="#">Register for the Virtual 5K!</a> If you sign up, share on social media <b>Laurel House's 5K DASH is this weekend! Register today.</b></p>	<p>14</p> <p><b>Book:</b> <a href="#">When Dating Hurts</a> by Bill Mitchell</p>	<p>15</p> <p><b>5K DASH</b> <b>Resource:</b> <a href="#">The Mayo Clinic</a> talks about red flags to look for in a relationship.</p>	<p>16</p> <p><b>5K DASH</b> <b>Statistic:</b> <a href="#">Nearly 1 in 6 women and 1 in 17 men have experienced stalking at some point in their lifetime.</a></p>	<p>17</p> <p><b>5K DASH</b> <b>Discussion Question:</b> As a bystander, what are some signs that a loved one or a stranger may be in an unhealthy relationship?</p>
<p>18</p> <p><b>Week Three: Week of Action Media Monday</b> <b>Myth:</b> Online abuse tends to stay online. <b>Truth:</b> <a href="#">Click Here to review the truth.</a></p>	<p>19</p> <p><b>Twitter Tuesday</b> <b>Topic of Discussion:</b> #PutANailInIt Paint your nails purple. Take a photo for Twitter and social media!</p>	<p>20</p> <p><b>Do Work Wednesday</b> <b>Watch a Webinar:</b> Domestic Violence Through the Lens of Those Victimized <b>Part 2: Domestic Violence Through the Lens of Those Who Abuse, will take place on 10/21/21.</b></p>	<p>21</p> <p><b>Purple Thursday</b> Wear purple, shine purple lights, and more! Share on social media! Tag Laurel House! <b>Book:</b> <a href="#">Exposing Financial Abuse</a> by Shannon Thomas LCSW</p>	<p>22</p> <p><b>Philanthropy Friday</b> Celebrate Philanthropy Friday by donating to Laurel House. <a href="#">Start an FB fundraiser</a> <b>Resource:</b> <a href="#">The Office on Women's Health</a> covers financial and economic abuse.</p>	<p>23</p> <p><b>Speak Up Saturday</b> <b>Statistic:</b> <a href="#">Globally, 275 million children witness firsthand violence at home.</a></p>	<p>24</p> <p><b>Sharing Sunday</b> <b>Discussion Question:</b> Do you know what a domestic violence safety plan looks like?</p>
<p>25</p> <p><b>Week Four: Continue the Conversation after DVAM Ends</b> <b>Myth:</b> It is easy to leave an abusive relationship. <b>Truth:</b> <a href="#">Click Here to review the truth.</a></p>	<p>26</p> <p><b>Topic of Discussion:</b> Domestic Violence Awareness Campaigns What are effective Domestic Violence Awareness campaigns you've seen?</p>	<p>27</p> <p><b>Activity:</b> Volunteer with your local domestic violence agency! Volunteers are essential to the mission of any agency. Reach out to learn more.</p>	<p>28</p> <p><b>Book:</b> <a href="#">The Legacy He Left Me</a>, by Lovern Gordon</p>	<p>29</p> <p><b>Amazing Raise</b> <b>Resource:</b> <a href="#">Pennsylvania Coalition Against Domestic Violence</a>, with statistics and resources specific to the state of Pennsylvania</p>	<p>30</p> <p><b>Statistic:</b> <a href="#">75% of domestic violence-related homicides occur upon separation. There is a 75% increase of violence upon separation for at least two years.</a></p>	<p>31</p> <p><b>Discussion Question:</b> What do you know about domestic violence agencies? Are you interested in getting involved with your local organization?</p>

See the key below to learn more about the theme of each day and for more information about the Week of Action.

Days:

● **Myth Monday**

- Share one (or multiple!) myth surrounding DV and facts/statistics that dispel it.
- For DVAM Week of Action, this day is “Media Monday.” This day will feature a media-related myth.

● **Tuned-In Tuesday**

- For relevant news stories/articles/etc.
- For DVAM Week of Action, that Tuesday is “Twitter Tuesday.” This particular Tuesday, if you have a Twitter account, try to be active on there.

● **Do Work Wednesday**

- For community activities/activism
- For DVAM Week of Action, that Wednesday is also “do work Wednesday.”

● **Thoughtful Thursday**

- For books/reflection/quotes/etc.
- For DVAM Week of Action, this Thursday is “Wear Purple Thursday.”

● **Find a Resource Friday**

- For resources concerning DV
- For DVAM Week of Action, this Friday is “Philanthropy Friday.” In addition to encouraging donations on this day, this is a good day to focus on shining a light on financial abuse/offering resources for financial abuse.

● **Stats on Sat(urday)**

- For relevant statistics
- For DVAM Week of Action, this is “Speak Up Saturday.” This is a day to sign up for action alerts/need voices to make a difference.

● **Social (Media) Sunday**

- Social: encourage discussion amongst your friends/family about DV. The discussion questions can be used as a catalyst to start conversations on social media.
- For DVAM Week of Action, this Sunday is “Sharing Sunday.” This is a day to share resources. We have this date as Friday on our calendar, but this week can feature extra resources.

## Weeks:

- Week One (Oct. 1 – 10): #Every1KnowsSome1
- Week Two (Oct. 11 – 17): The behaviors that constitute domestic violence.
  - Monday the 11<sup>th</sup> is both Indigenous Peoples' Day and National Coming Out Day. On this day, take some time to focus on struggles specific to Indigenous people and the LGBTQ+ community.
- Week Three (Oct. 18 – 24): DVAM Week of Action.
  - Media Monday
  - Twitter Tuesday
  - Do Work Wednesday
  - Wear Purple Thursday
  - Philanthropy Friday
  - Speak Up Saturday
  - Sharing Sunday
- Week Four (Oct. 25 – 31): Stay involved after DVAM ends - continue the conversation!